

Information sheet for the course Physical Education III.

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| University: <i>Alexander Dubček University of Trenčín</i> | |
| Faculty: <i>Faculty of Health Care</i> | |
| Course unit code: TV3/e | Course unit title: Physical Education III. |
| Type of course unit: <i>optional</i> | |
| Planned types, learning activities and teaching methods: <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i> | |
| Number of credits: <i>1</i> | |
| Recommended semester: <i>3rd semester in the 2nd year part-time</i> | |
| Degree of study: <i>I (bachelor)</i> | |
| Course prerequisites: <i>none</i> | |
| Assessment methods: Students can obtain 50 credits per term: <ul style="list-style-type: none"> - Active participation in lectures and tutorials. - Submission of term work and its presentation in MS Power Point (50 credits) In order to receive the A level it is necessary to obtain at least 47 credits. In order to receive level B at least 43 credits are necessary, for level C at least 39 credits, for level D at least 35 credits, and for level E at least 30 credits. | |
| Learning outcomes of the course unit: In the programme Physical Education III focused on the area of regeneration, wellness, and healthy lifestyle students will gain theoretical knowledge and practical skills in the field of regeneration and healthy lifestyle and they will learn how to use physical activities for prevention and support of their health. Students will learn the ways of physical and mental regeneration, the principles of healthy diets focused on nutrition and the right balance of physical activities and rest. Students will be able to calculate the energy intake and output as well as the glycemic index. They will be able to determine the amount of body fat and they will know the formula for the BMI calculation as well as its usage. Students will be able to create their own exercise programmes for physical and mental relaxation and to discuss them. Students will learn about the importance of healthy lifestyle to stress relief and to the primary prevention of non-infectious epidemiological diseases such as diabetes, hypertension, ischemic heart disease, and obesity with back aches connected to it, etc. | |
| Course contents: <ol style="list-style-type: none"> 1. Basic terms and definitions of healthy lifestyle, the characteristics of main determinants of health, the health code, and its importance. 2. Classification and determination of the physical efficiency. 3. Leisure time sports and their importance to health. 4. Disorders caused by the lack of physical activities. 5. Body energy balance– recommended doses of nutrition, nutritional pyramid. 6. Diets for specific disorders. 7. Fluid intake. 8. Addictive substances (nicotine, coffee, alcohol, and drugs). 9. Positive thinking and mental hygiene. 10. Sport and physical education programmes for the support of health in Slovakia and abroad and national health support programmes. 11. Healthy lifestyle as a means for keeping one's own high work load. 12. The importance of correct posture and its diagnostics. 13. Body adaptation to physical load, correct dosage of move load and its specifications. | |

14. Warm-up exercise and its importance to body. Stretching exercises.
15. Calculation of energy intake and output, body fat percentage, and BMI.
16. Testing motor skills.
17. Cardiovascular fitness and testing the circulatory efficiency.
18. Breathing and relaxation exercises for relieving the muscle tension.
19. Methodological directives and practice of suitable and effective stress relief techniques, exercises against obesity, back pain and for prevention of cardiovascular diseases.
20. Relaxing and compensatory exercises and techniques.

Recommended of required reading:

1. HRČKA, J. 2009. *Kapitoly zo športovej zdravotvedy vysokoškolača*. Žilinská univerzita v Žiline. 2009, ISBN, 978-80-554-0096-9.
2. JEDLIČKA, J. 2009. *Zdravý životný štýl*. Nitra. SpU v Nitre, ISBN 978-80-552-0295-2.
3. MACHOVÁ, J., KUBÁTOVÁ, D. 2009. *Výchova ke zdraví*. Praha, Grada, ISBN 978-80-247-27158.
4. HRČKA, J. 2008. *Držanie tela a jeho ovplyvnenie*. Trnava: UCM Trnava, 2008, ISBN 978-80-8105-064-0.
5. FOŘT, P. 2005. *Výživa pro dokonalou kondici a zdraví*. Praha, Grada, ISBN 80-247-1057-9.
6. DÝROVÁ, J., LEPKOVÁ, H. a coll. 2008. *Kardiofitness – vytrvalostní aktivity v každém věku*. Praha, Grada, 2008, ISBN 978-80-247-2273-3.
7. ZYLL, A., MIEBNER, W. 2010. *Jóga- krátká cvičení pro každý den*. Praha, Grada, ISBN 978-80-247-3036-3.
8. MARTINOVÁ, S. 2010. *Precvičenie chrbta na každý deň*. IKAR, ISBN 978-80-551-2193-2.
9. HRČKA, J. 2005. *Tvorba osobného kondičného programu*. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, UMB B. Bystrica, ISBN 80-89075-27-4.
10. WILSON, P. 2011. *Základní kniha relaxačních technik*. Praha: Levné knihy a.s., ISBN 978-80-7309-922-0.

Language: Slovak

Remarks:

Evaluation history: *Number of evaluated students*

| A | B | C | D | E | FX |
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Lectures:

PaedDr. Iveta Petříková Rosinová, PhD.

PhDr. PaedDr. Tatiana Nevolná, PhD.

PaedDr. Lubomír Král, PhD.

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