

## Information sheet for the course Physical Education and Physical Activities II.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>TVPA2/d</i>	<b>Course unit title:</b> <i>Physical Education and Physical Activities II.</i>
<b>Type of course unit:</b> <i>compulsory</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>2<sup>nd</sup> semester in the 1<sup>st</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>The student will get 50 points per semester:</i> <i>-Active participation (30 p)</i> <i>-Handing in a seminar work and its presentation (20 p).</i> <i>For receiving a grade A the student must get at least 47 points, for B at least 43 points, for C at 39 points, for D at least 35 points and finally for E at least 30 points.</i>	
<b>Learning outcomes of the course unit:</b> <i>By attending the course Physical education and physical activities II with the focus on physical activities and recreational sport, the student will get theoretical and practical knowledge in the field of physical education appropriate for sustaining one's physical and psychical health. The student will get a positive attitude towards physical activities and the culture of a human body. The student will get familiar with the appropriate physical and sport activities for developing a good health. He will also get to know the influence of physical and recreational activities on developing and maintaining a healthy lifestyle.</i>	
<b>Course contents:</b> <ol style="list-style-type: none"> <li>1. <i>Physical activities in the fitness centre.</i></li> <li>2. <i>Swimming and its importance in maintenance of good health.</i></li> <li>3. <i>Ball games- football, floorball</i></li> <li>4. <i>Ball games-volleyball, basketball</i></li> <li>5. <i>Modern trends in sport /in-line roller-skates, Nordic walking/</i></li> <li>6. <i>Aerobical exercises /zumba, aerobic, spinning/</i></li> <li>7. <i>Sport in the nature /badminton, speed badminton/</i></li> <li>8. <i>Sport and the way of living /healthy lifestyle/</i></li> <li>9. <i>Development of the physical ability</i></li> <li>10. <i>Individual constitution of the sport schedule</i></li> <li>11. <i>Relaxing exercises</i></li> <li>12. <i>Hiking, cycling, hiking in the water</i></li> </ol>	
<b>Recommended of required reading:</b> <ol style="list-style-type: none"> <li>1. <i>MACKOVÁ, Z. 2003. Šport ako duševný zážitok. Bratislava : FTVŠ UK, 2003.</i></li> <li>2. <i>HRČKA, J. 2009. Kapitoly zo športovej zdravotvedy vysokoškolača. Žilinská univerzita in Žilina. 2009, ISBN, 978-80-554-0096-9.</i></li> <li>3. <i>HRČKA, J. 2008. Držanie tela a jeho ovplyvnenie. Trnava: UCM Trnava, 2008, ISBN 978-80-8105-064-0.</i></li> <li>4. <i>HRČKA, J. 2005. Tvorba osobného kondičného programu. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, UMB B. Bystrica, ISBN 80-89075-27-4.</i></li> </ol>	

5. HRČKA, J.: *Šport pre všetkých – tvorba športovo rekreačných programov. ManaCon 2000. ISBN: 80-85668-97-1*
6. JEDLIČKA, J. 2009. *Zdravý životný štýl. Nitra. SpU v Nitre, ISBN 978-80-552-0295-2.*
7. MACHOVÁ, J., KUBÁTOVÁ, D. 2009. *Výchova ke zdraví. Praha, GRADA, ISBN 978-80-247-27158.*
8. ZYLL, A., MIEBNER, W. 2010. *Jóga- krátká cvičení pro každý den. Praha, GRADA, ISBN 978-80-247-3036-3.*
9. MARTINOVÁ, S. 2010. *Precvičenie chrbta na každý deň. IKAR, ISBN 978-80-551-2193-2.*
10. HRČKA, J.: 2013. *Terminológia cvičebných polôh a pohybov v terapeutickej praxi. Trnava UCM. ISBN: 978-80-8105-467-9*

**Language:** *Slovak*

**Remarks:**

**Evaluation history:** *Number of evaluated students*

A	B	C	D	E	FX

**Lectures:**

*PaedDr. Iveta Petříková Rosinová, PhD., MHA*

*PaedDr. Lubomír Král, PhD.*

*PhDr. PaedDr. Tatiana Nevolná, PhD.*

**Last modification:** *22.04.2014*

**Supervisor:** *doc. PhDr. Dagmar Mastiliaková, PhD.*