

Information sheet for the course Physical Education X.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>TV10oše/e</i>	Course unit title: <i>Physical Education X.</i>
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>4th semester in the 2nd year (part-time)</i>	
Degree of study: <i>II (magister)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>Students will gain 100 credits for exercises</i> <i>Active participation in practical tutorial in total 26 practical teaching units (50 credits).</i> <i>Acquired competence to correctly describe and demonstrate techniques of individual swim strokes – crawl, breaststroke, and backstroke. Acquired competence of basic swimming skills (50 credits).</i> <i>In order to receive A level it is necessary to get at least 90 credits, for B level students must have at least 80 credits, for C level at least 75 credits, for D level the minimum of 65 credits is required, and for E level at least 55 credits.</i>	
Learning outcomes of the course unit: <i>In the PE subject of Physical Education – Rehabilitation swimming students will learn primary theoretical knowledge in the area of Swimming methodology and practical skills in the area of rehabilitation swimming.</i> <i>By the means of this subject students will learn the following:</i> (in the cognitive area): <ul style="list-style-type: none"> • <i>Students can name and define basic terms and characteristics of swimming methodology,</i> • <i>Students can define the importance of swimming,</i> • <i>Students can give particular examples of a positive effect of swimming on body organs and tracts,</i> • <i>Students can name correct technique of individual swim strokes and explain the methodology of practising individual strokes.</i> (in psychomotor area): <ul style="list-style-type: none"> • <i>Students can demonstrate basic swimming skills,</i> • <i>Students can demonstrate the correct technique of individual swim strokes with regards to rehabilitation swimming,</i> • <i>Students can use particular physical education models focused on swimming in nursing patients with different health weaknesses and disorders, and they can apply these models in nursing practice.</i> (in affective area): <ul style="list-style-type: none"> • <i>Students can realize the importance of swimming on human body and health,</i> • <i>Students can show interest in theoretical knowledge and practical skills in the area of swimming including its application in the nursing practice.</i> 	
Course contents: <ol style="list-style-type: none"> 1. <i>Diagnostics of current swimming skills and competences. Acquiring basic swimming skills.</i> 2. <i>Improving and enlarging basic swimming skills.</i> 3. <i>Methodology of teaching the swim stroke crawl.</i> 	

4. *Technique drills and element swimming in order to acquire the correct technique of swim stroke crawl.*
5. *Methodology of teaching backstroke.*
6. *Technique drills and element swimming in order to acquire the correct technique of backstroke.*
7. *Methodology of teaching breaststroke.*
8. *Technique drills and element swimming in order to acquire the correct technique of breaststroke.*
9. *Improving the correct swimming technique.*
10. *Rehabilitation swimming.*
11. *Making use of rehabilitation properties of aquatic environment. Exercises in water.*
12. *Practising application of rehabilitation swimming in curing practice.*
13. *Diagnostics of acquired swimming skills.*

Recommended of required reading:

1. BĚLKOVÁ, T. 1994. *Zdravotní a léčebné plavání. Praha: Univerzita Karlova. 1994. 85 p.*
2. BENCE, M. - MERICA, M. - HLAVATÝ, R. 2005. *Plávanie. Banská Bystrica: Univerzita Mateja Bela v Banskej Bystrici, 2005. 197 p. ISBN 80-8083-140-8.*
3. ČECHOVSKÁ, I. - MILER, T. 2001. *Plavání. Praha: Grada Publishing, spol. s.r.o., 2001.130 p. ISBN 80-247-9049-1.*
4. GURSKÝ, K. 2008. *Šport v prevencii a liečbe, fyziologické základy športovej liečby. Prešov: Prešovská univerzita v Prešove, , Faculty of Health Care, Department of physiotherapy. 2008, 57 p.*
5. MACEJKOVÁ, Y. 2005. *Didaktika plávania. Bratislava: FTVŠ UK – Department of swimming and swimming sports, 2005.149 p. ISBN 80-969268-3-7.*
6. MICHAL J. 2002. *Teória a didaktika plávania. Banská Bystrica: PF UMB BB, 2002. 98 p. ISBN 80-8055-679-2.*

Journals:

7. BARAN, I. 1994. *Obsahová analýza vybratých vyučovacích programov základného plávania. In: Aktuálne problémy plávania a plaveckých športov. Bratislava: FTVŠ UK, 1994. p. 97 - 103.*
8. ČECHOVSKÁ, I. A KOL. 2001. *Plavání zrakově postižených. In: A. Řychtecký, T., Perič.. Sport v České republice na začátku nového tisíciletí. (pp. 379-381). Praha: UK FTVŠ.*
9. JURSIK, D. 1994. *Faktory ovplyvňujúce efektívnosť výučby v základnom plávaní. In: Aktuálne problémy plávania a plaveckých športov. Bratislava: FTVŠ UK,1994. p. 4 - 8.*
10. MACEJKOVÁ, Y. 2009. *Vyučovanie plávania patrí predovšetkým na školy. In: Športový edukátor, 2009. Vol. II, No 2/2009. ISSN 1337-7809, p. 37 – 42.*

Language: Slovak

Remarks:

Evaluation history: Number of evaluated students

A	B	C	D	E	FX

Lectures: PaedDr. Lubomír Král, PhD., PhD. PaedDr. Tatiana Nevolná, PhD., PaedDr. Iveta Petříková Rosinová, PhD.

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