

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-BD201B/22	<b>Course title:</b> Conditioning 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 2., 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: Continuous assessment of movement performance and the quality of learning specific movement activities (max. 50%). Exercised work: develop a fitness training program (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the practical work (50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to acquaint students with the possibilities of using athletic equipment in fitness training with the aim of developing movement skills and their effective application in acquired movement activities. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student acquires knowledge and understanding of the meaning, focus and forms of fitness training and the systematics of fitness, hybrid and coordination abilities in connection with their development using athletic means, - the student will learn to practically demonstrate and creatively apply the means of movement in acquired movement activities in various sports branches and disciplines, - acquires and knows the competencies that serve as starting points for the creation of fitness training plans.	

**Course contents:**

Course contents:

1. – 2. Use of athletic equipment in fitness training
- 3.- 4. Endurance skills – aerobic and anaerobic endurance
- 5.- 6. Power abilities
- 7.- 8. Speed skills
- 9-10 Flexibility skills
- 11.-12. Coordination skills
13. Principles of creating fitness training programs

**Recommended or required literature:**

Recommended reading:

1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986.
2. SEDLÁČEK, J. et al. 2007. Fitness athletic training and recreational athletics. Bratislava: Comenius University, 2007. 168 p. ISBN 80-223-1817-5.
4. SEDLÁČEK, J., LEDNICKÝ, A. 2010. Fitness athletic training - selected chapters. Bratislava: 2010.
5. ŠIMONEK, J., ZRUBÁK, A. et al. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3.
6. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611.
7. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786.
8. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778.
9. COOPER, K. H. 1990. Aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.
10. JEŘÁBEK, P. 2008. Athletic training. Prague: GRADA Publishing, 2008. 190 p. ISBN 978-80-247-0797-6.

**Language of instruction:**

Slovak language

**Notes:****Course evaluation:**

Assessed students in total: 24

A	B	C	D	E	FX
70.83	12.5	8.33	0.0	8.33	0.0

**Name of lecturer(s):** PaedDr. Peter Krška, PhD.

**Last modification:** 30.07.2022

**Supervisor(s):**

People responsible for the delivery, development and quality of the study programme:

prof. PhDr. Ingrid Emmerová, PhD., doc. PaedDr. Peter Mačura, PhD., PhDr. ThLic. Martin Taraj, PhD.