

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tv-BD202B/22	Course title: Conditioning 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 13 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 2., 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: 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 using gymnastic exercise forms (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%	
Learning outcomes of the course: Objective of the subject: The aim of the subject is to improve the level of basic exercise forms from simple exercises and from exercises on tools and their technique. Increase the level of fitness and coordination skills using gymnastic exercise forms. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student acquires and consolidates knowledge in the field of aesthetics of body movement, the need for health, harmonic and rhythmic feeling when performing exercise forms from gymnastics, - the student will improve the level of basic movement skills of exercise forms from flats and exercises on tools and will use them to develop their own fitness and coordination skills, - knows how to constructively approach the creation of training units focused on the development of fitness skills with a focus on gymnastics.	
Course contents:	

Course contents:

1. Simple - rollers, handstand, development of coordination skills and flexibility
2. Simple - stand, forward roll, side flip, development of coordination skills and flexibility
3. Projections tied to the side, projection forward, development of coordination skills and flexibility
4. Circles - swing in the air, hang high, hang headlong, carry forward in the air
5. Circles - prone resistance, development of coordination skills and strength skills
6. Trapeze - escape with a bounce from the foot, turn back, turn with the horse, development of coordination skills
7. Trapeze - suspension with a hinge in the lower leg, swings forward and backward with one leg, development of strength skills
8. Trapeze - pull-out escape, incline resistance, development of explosive power
9. Leap - goat in width, in length, development of explosive power of the lower limbs
10. Leap - box in width: leg, squat, turn, development of coordination skills
11. Parallel bars - swaying in support, shoulder stand, jump, development of strength skills of upper limbs
12. Balance beam - walking, turns, jumps, roll, shoulder stand, jumps, development of coordination skills
13. Rope - positions - hangs, carry, strength exercises, use of start and bounce

Recommended or required literature:

Recommended reading:

1. NOVOTNÁ, N. – NOVOTNÁ, B. – KRŠKA, P.: Gymnastics. VERBUM, 2011, 144 p. ISBN 978-80-8084-755-5.
2. FEČ, K. 1994. Didactics theory of gymnastics. Prešov: PF in Prešov, 1994. 118 p.
3. NOVOTNÁ, N. 2003. Gymnastics (Selected chapters). B. Bystrica: PF UMB, 2003. 121 p.
4. KRŠJAKOVÁ, S. 2000. Gymnastics as a game. Bratislava: Faculty of Education, UK, 2000. 112 p. ISBN 80-88868-52-1.
5. NEUMAN, J. 2003. Exercises and tests of agility, endurance and strength. Prague: Portal, 2003. 157 p. ISBN 80-7178-730-2.
6. ŠIMONEK, J., MIKLOVIČOVÁ, D. 2012. Development of agility in school physical and sports education programs. Nitra: PF Univerzita Konštatntín Filozofa, 2012. 113 p. ISBN 978-80-5580-163-6.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 26

A	B	C	D	E	FX
23.08	26.92	7.69	19.23	23.08	0.0

Name of lecturer(s): Mgr. Ľuboslav Šiška, 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.