

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tv-BD203B/22	Course title: Conditioning 3
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: 3., 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 mastering specific movement activities (max. 50%). Seminar work: develop a fitness training program in a selected sports game (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the seminar 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: To acquaint students with the possibilities of using specific means of sports games in fitness training with the aim of developing movement skills and their effective application in sports games. 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 skills in connection with their development using movement aids, - acquires the starting points for creating fitness training plans in sports games, - will learn to practically demonstrate and creatively apply the means of movement in acquired movement activities in sports games, - knows how to constructively approach the creation and management of training units focused on the development of movement skills with a focus on the specifics of the relevant sports game.	

Course contents:

Course contents:

1. Characteristics of fitness training for selected sports games
2. Focusing on fitness training for selected sports games
3. Forms of fitness training for selected sports games
4. Endurance skills – aerobic endurance in sports games
5. Endurance skills – anaerobic endurance in sports games
6. Strength skills in sports games
7. Speed skills in sports games
8. Coordination skills in sports games
9. Flexibility skills in sports games
10. Principles of creating fitness training programs in basketball
11. Principles of creating fitness training programs in volleyball
12. Principles of creating fitness training programs in football
13. Principles of creation of conditioning programs in floorball

Recommended or required literature:

Recommended reading:

1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986.
2. ŠIMONEK, J., ZRUBÁK, A. et al. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3.
3. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611.
4. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786.
5. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778.
6. KRŠKA, P., ADAMČÁK, Š. 2008. Motor skills and games for their development. Ružomberok: Catholic University, Faculty of Education, Department of Physical Education and Sports, 2008. 103 p. ISBN 978-80-8084-319-9.
7. NEUMAN, J. 2003. Exercises and tests of agility, endurance and strength. Prague: Portal, 2003. 157 p. ISBN 80-7178-730-2.
8. COOPER, K. H. 1990. Aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 15

A	B	C	D	E	FX
46.67	20.0	20.0	0.0	13.33	0.0

Name of lecturer(s): doc. PaedDr. Peter Mačura, PhD.

Last modification: 31.07.2022

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.