

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tv-BD204B/22	Course title: Conditioning 4
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%). 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%	
Learning outcomes of the course: Objective of the subject: The aim of the subject is to acquaint students with the possibilities of using swimming 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 will gain knowledge and experience in the field of specific methods of developing fitness skills in swimming sports, - the student will improve the level of his swimming skills and use them for his own development of fitness and coordination skills, - 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 swimming sports, - controls and applies the principles of creating exercise programs and training cycles in the stage of swimmers' sports training.	
Course contents: Course contents: 1. Characteristics, focus and forms of fitness training for swimming sports 2. Use of means to increase general swimming performance in swimming methods	

3. Improving fitness performance in crawl swimming
4. Improving fitness performance in backstroke swimming
5. Improving fitness performance in breaststroke swimming
6. Improving fitness performance in butterfly swimming
7. – 8. Sports swimming
- 9.-10. Fitness training in water polo
- 11.- 12. Application of specific swimming methods (volume, intensity, alternating load, interval training, fartleks, repeated sections, series of sections, hypoxic training, etc.) in fitness swimming to develop specific swimming skills and improve swimming skills
13. Principles of creating fitness training programs in swimming sports

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. COOPER, K. H. 1990. An aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.
7. KALEČÍK, Ľ. And col. 1997. Theory and didactics of swimming sports. Bratislava: Comenius University, 1997. 200 p. ISBN 80-223-0959-1.
8. MACEJKOVÁ, Y. et al. 2005. Didactics of swimming. Bratislava: ICM AGENCY, 2005. 152 p. ISBN 80-969268-3-7.
9. HOCH, M., ČERNUŠÁK, V. et al. 1968. Swimming. Prague: SPN, 1968. 249 p. ISBN 83-08-09.
10. HOHMANN, A., LAMES, M., LETZELTER, M. 2010. Introduction to sports training. Prostějov: Sport and Science Association, 2010.
11. THOMAS, D. G. 2005. Swimming. Steps to success. Leeds: Human Kinetics, 2005. 190 p. ISBN 0-7360-5436-7.
12. MACEJKOVÁ, Y. - BENČURIKOVÁ, Ľ. 2014. Swimming. Bratislava: STIMUL, 1st edition, teaching texts for trainers, 2014. 103 p. ISBN 978-80-8127-100-7.

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 13

A	B	C	D	E	FX
61.54	7.69	7.69	0.0	23.08	0.0

Name of lecturer(s): PaedDr. Andrej Hubinák, 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.