

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tx-BD102A/22	Course title: Gymnastics 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 2 hours per semester: 26 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 1.	
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: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (75%) Theory test (25%) 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 provide the student with knowledge about the function of gymnastics in a person's life and to prepare him from a practical and fitness point of view to master the methodology of basic gymnastic elements. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student has basic cross-sectional and relevant knowledge about the forms of warm-up and stretching and knows how to name the basic exercise forms correctly in terms of terminology, - possesses basic skills in exercises of simple elements and in exercises on tools, - can solve problems in the process of motor learning while improving the technique of performing gymnastic elements.	
Course contents: Course contents:	

1. Tasks and goals of basic gymnastics
2. Sequence exercises
3. Terminology of gymnastics
4. Types and forms of exercise
5. Tasks of warm-up in the physical education process
6. Basic movements – walking, running, hops, lunges, etc.
7. Basic dance steps - one-step, step-step, hopping, polka, waltz...
8. Creation of movement studies
9. Stretching and its types
10. Exercises with and without equipment
11. Basic gymnastic elements - floor
- 12.-13. Practice on tools

Recommended or required literature:

Recommended reading:

1. HATJAR, B, et al. 1998. Rhythmic modern and sports gymnastics. Bratislava: Comenius University. 1998. 235 p. 80-223-1250-9.
2. NOVOTNÁ, N., NOVOTNÁ, B., KRŠKA, P. 2011. Gymnastics. Ružomberok: VERB. 144 p. ISBN 978-80-8084-755-5.
3. SKOPOVÁ, M., ZÍTKO, M. 2008. Basic gymnastics. Prague: Karolinum. 2008. 178 p. 978-80-246-1478-6.
4. KRŠJAKOVÁ, S. 2000. Gymnastics as a game. Bratislava: PF UK. 2000. 112 p. 80-88868-52-1.

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 46

A	B	C	D	E	FX
10.87	13.04	19.57	13.04	23.91	19.57

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

Last modification: 14.07.2022

Supervisor(s):

Guarantor:

Administrátor Systému

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

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