

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tx-BD106A/22	Course title: Swimming 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: 2.	
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 rating: The student manages the practical requirements, achieves the required swimming performance, demonstrates practical skills during the semester - applies the required technique of freestyle swimming (crawling technique) and breaststroke. Swimming under water. Continuous assessment of movement performance and quality of learning specific movement activities (max. 40 + 40 + 20%) 100%. 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 course is to clarify and acquire basic knowledge and skills in swimming, to be able to explain the technique and apply the didactics of selected basic swimming methods when teaching non-swimmers. Learn basic swimming skills. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student gets a comprehensive overview of games in the water environment, acquires knowledge in the field of hydrodynamics and hydrostatics, - acquires and applies acquired didactic knowledge and skills in teaching swimming in selected swimming methods, - masters swimming skills and the required technical level of breaststroke and freestyle swimming (crawling technique) and underwater swimming, manages the block start, pendulum turn and underwater swimming,	

- precisely and dynamically controls the processes necessary to teach basic swimming to non-swimmers.

Course contents:

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1. Introduction to the theory and didactics of swimming - safety and hygiene requirements
2. Basic swimming and water games - division of games
3. Diagnostics of the entry level of students' swimming ability
4. Freestyle technique (crawling technique)
5. Didactics free style (crawling technique)
6. Breast method technique
7. Breast method technique
8. Pendulum turn
9. Starting jump from the blocks
10. Technique of swimming under water
11. Basics of first aid for drowning
12. Evaluation of the effectiveness of swimming methods
13. Evaluation of swimming performance

Recommended or required literature:

Recommended reading:

1. ČECHOVSKÁ, I. – MILER, T. 2008. Swimming. Prague: Grada, 2008. 127 p. ISBN 978-80-247-2154-5.
2. HOCH, M., ČERNUŠÁK, V. et al. 1968. Swimming. Prague: SPN, 1968. 249 p. ISBN 83-08-09.
3. HOHMANN, A., LAMES, M., LETZELTER, M. 2010. Introduction to sports training. Prostějov: Sport and Science Association, 2010.
4. THOMAS, D. G. 2005. Swimming. Steps to success. Leeds: Human Kinetics, 2005. 190 p. ISBN 0-7360-5436-7.
5. MACEJKOVÁ, Y. - BENČURIKOVÁ, Ľ. 2014. Swimming. Bratislava: STIMUL, 1st edition, teaching texts for trainers, 2014. 103 p. ISBN 978-80-8127-100-7.
6. MACEJKOVÁ, Y. et al. 2005. Didactics of swimming. Bratislava: ICM AGENCY, 2005. 152 p. ISBN 80-969268-3-7.

Language of instruction:

Slovak and English language

Notes:**Course evaluation:**

Assessed students in total: 44

A	B	C	D	E	FX
6.82	6.82	27.27	15.91	2.27	40.91

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

Last modification: 18.07.2022

Supervisor(s):

Guarantor:

Administrátor Systému

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

prof. ThDr. Rastislav Adamko, PhD., doc. Mgr. Marek Babic, PhD., doc. RNDr. Pavel Bella, PhD., prof. PaedDr. Mgr. art. Rastislav Biarinec, ArtD., prof. Irina Chelysheva, DrSc., prof. PaedDr. František Dlugoš, PhD., Mgr. Juraj Dvorský, PhD., prof. PhDr. Ingrid Emmerová, PhD., doc. Tatiana Korenkova, CSc., prof. PaedDr. Milan Ligoš, CSc., doc. Mgr. Eva Litavcová, PhD., doc. PaedDr. Peter Mačura, PhD., prof. PhDr. David Papajík, PhD., doc. Ing. Miroslav Saniga, CSc., prof. Nóra Séllei, PhD., DrSc., PhDr. ThLic. Martin Taraj, PhD., Prof. Ing. Peter Tomčík, PhD., prof. Dr. phil. fac. theol. Peter Volek, doc. Ing. Igor Černák, PhD.