

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD105A/22	<b>Course title:</b> Track-and-field 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Ongoing fulfillment of performance requirements and the quality of learning movement activities (max. 60%). Final written test (max. 40%). Final assessment: cumulative percentage gain from the interim assessment (60%) and the written test (40%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to acquire basic knowledge and skills from the theory and didactics of physical activity of selected (natural) athletic disciplines. Master the basics of theory and decision-making of selected athletic disciplines. Learning and improving movement of athletic disciplines, specific skills and development of movement skills - sprint and endurance running, long jump, cricket ball (grenade) throw, low start, special running, rebounding and throwing exercises. Learning outcomes: - has basic cross-sectional and relevant knowledge about the development of movement skills, general and special skills in athletic disciplines, - is able to plan, organize, lead and analyze the physical education and sports process at the ISCED 2 and 3 level in profile educational areas. He can evaluate, classify and solve pedagogical situations and processes. Has the necessary fitness prerequisites and movement skills from selected athletic disciplines and special running, rebounding and throwing exercises, knows the basics of biological, physiological, didactic and health laws of athletic disciplines with an orientation to education for a healthy lifestyle, - possesses the basic skills of preparation, organization, management and decision-making of athletic events at the school and regional level,	

- is able to respond promptly and appropriately to the personality and movement expressions of the trainees and is ready to take responsibility for the safety and health protection of the participants in the physical education process,
- is able to create movement training programs with a versatile and specialized focus.

#### **Course contents:**

Course contents:

1. Flexibility and joint mobility - running and rebounding ABC - aerobic endurance 1
2. Running ABC – reaction and acceleration speed – long jump 1 – aerobic endurance 2
3. Running ABC - low start - long jump 2 - aerobic endurance 3
4. Low start - maximum running speed - long jump 3 - aerobic endurance 4
5. Speed endurance – long jump 4 – aerobic endurance 5
6. Check: low start – 100 m – 3000 m
7. Running and bouncing ABC - long jump 5 - cricket ball throw 1
8. Check: running ABC – long jump
9. Vrháčská ABC – cricket ball throw 2
10. Game rebounding and throwing exercises - cricket ball throw 3
11. Special flexibility - cricket ball throw 4
12. Rebound exercises - cricket ball throw 5
13. Control: cricket ball throw

#### **Recommended or required literature:**

Recommended reading:

1. ČILLÍK I. - PUPÍŠ M. - ROŠKOVÁ M. - ROZIM R. - KRŠKA P.: Theory and didactics of athletics. Banská Bystrica: Matej Bel University Publishing House - Belianum, 2013. - 238 p. - ISBN 978-8-557-0554-5.
2. ČILLÍK, I. et al. 2009. Athletics. Banská Bystrica: FHV UMB, 2009. 200 p. ISBN 978-80-8083-892-8.
3. KAMPMILLER, T. et al. 2002. Theory and didactics of athletics I. 2nd edition. Bratislava: Comenius University, 2002. 164 p. ISBN 80-223-1701-2.
4. KAMPMILLER, T. et al. 2000. Theory and didactics of athletics II. Bratislava: Comenius University 2000. 96 p. ISBN 80-223-1413-7.

#### **Language of instruction:**

Slovak language

#### **Notes:**

#### **Course evaluation:**

Assessed students in total: 43

A	B	C	D	E	FX
32.56	13.95	13.95	6.98	9.3	23.26

**Name of lecturer(s):** PaedDr. Peter Krška, 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.