

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KSK/JANTR/22*

Course title: *Antropomotorics*

Type, scope and method of educational activity:

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,1 hour per week, 13,13 per semester*

Method of educational activity:

Number of credits: *4*

Recommended semester:

2nd year ST teacher training in physical education (TVJB)

Study grade:

Prerequisites:

Conditions for passing the course:

Form of assessment:

Final evaluation:

Method of evaluation: Exam

During the teaching part of the semester, the student completes the following continuous examinations:

- prepare and present a seminar project of 10 - 15 pages on a specified topic,*
- a continuous written knowledge test.*

The examination is open to students who, by the end of the teaching part of the semester, obtain a minimum pass mark of 50% in each of the above intermediate examinations. He/she will take a written form of the examination during the examination period.

The final grade for the course is calculated as the average of the mark for the intermediate examinations and the mark for the examination.

In compliance with the Study Regulations of the University of Presov (2018):

- student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)*
 - during the exam period, the student is entitled to one regular and two extra dates for taking the exam,*
 - the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.*
- The student will receive credits for the course with a grade of A - E.*

Learning outcomes:

If successfully completed the course, the student will acquire the following:

Knowledge:

- in the field of science investigating the structure and relationships between the internal motor preconditions and external movement manifestations, including knowledge of practical contexts and relationships to related natural, social and technical disciplines,*

- characterize, classify and identify motor preconditions and movement manifestations,
- characterize and classify motor learning and describe the process of motor learning.
- can critically assess knowledge in the areas of motor preconditions, movement manifestations and motor learning.

Skills:

- can actively gather information and use it to solve practical problems in the field of human movement science, critically assessing their suitability and appropriateness,
- can identify and measure motor preconditions and manifestations.

Competencies:

- can solve professional tasks,
- can independently acquire new knowledge and actively expand his/her knowledge,
- can search, process and analyze information from different sources, work independently, be critical and generate new ideas.

Course content:

- Subject, methods, development, and place of sports anthropometrics in the system of sports sciences;
- General characteristics of human movement;
- Motor preconditions: aptitudes, motor abilities, motor skills, motor routines and knowledge;
- Movement abilities of condition - strength: concept, structure, biological conditioning, diagnostics;
- Movement abilities of condition - endurance: concept, structure, biological conditioning, diagnostics;
- Movement abilities of condition - coordination - speed: concept, structure, biological conditioning, diagnostics;
- Movement abilities of condition - coordination - agility: concept, structure, biological conditioning, diagnostics, development;
- Coordination abilities: concept, structure, biological conditioning, diagnostics;
- Movement skills and routines: characteristics, classification, diagnosis, phases of motor learning;
- Movement manifestations - physical exercises;
- Motor performance, sport performance, performance ability and physical fitness;
- Motor laterality: concept, types and diagnostics;
- Motor learning: classification, progression and phases.

Recommended literature :

- RUŽBARSKÝ, P. 2018. Antropomotorika pre študijné programy telesná výchova, trénerstvo a šport pre zdravie. Prešov: Univerzitná knižnica Prešovskej univerzity v Prešove. ISBN 978-80-555-2042-1*
- KASA, J. 2002. Športová antropomotorika. Bratislava: SVSTVŠ. ISBN 80-968-252-3-2.*
- BELEJ, M. 2001. Motorické učenie. Prešov: SVSTVŠ, FHPV PU. ISBN 80-8068-041-8.*
- KASA, J. 2006. Pohybové predpoklady a ich diagnostika. Bratislava: FTVŠ UK. ISBN 80-8075-134-X.*
- KASA, J. 2003. Diagnostika pohybových predpokladov v športe. Trenčín: TU A. Dubčeka, ÚPHV. ISBN 80-8075-005-X.*
- MĚKOTA, K., CUBUREK, R. 2007. Pohybové dovednosti – činnosti – výkony. Olomouc: FTK UP. ISBN 978-80-244-1728-8.*
- MĚKOTA, K., NOVOSAD, J. 2005. Motorické schopnosti. Olomouc: FTK UP. ISBN 80-244-0981-X.*
- MĚKOTA K., BLAHUŠ, P. 1983. Motorické testy v telesné výchove. Praha: SPN.*
- PERIC, T., RUZBARSKY, P., TUFANO, J.J., 2021. Relationships between Socioeconomic*

Indicators and Motor Performance of Schoolchildren in Slovakia. Int. J. Environ. Res. Public Health. 18, 13153. <https://doi.org/10.3390/ijerph182413153>
 RUZBARSKY, P., ZVONAR, M., VESPLAEC, T., KOKINDA, M., 2018. *Comparison of physical fitness of Slovak and American high school populations using fitnessgram. SPORT TK: Revista Euroamericana de Ciencias del Deporte, Vol. 7, No. 2, pp. 61-72. <https://doi.org/10.6018/sportk.342931>*

Notes:

Student's workload distribution: total workload = 120 hours.

- *Contact teaching: 20 hours*
- *Preparation and presentation of a seminar project of 10 - 15 pages on a specified topic: 15 hrs.*
- *Preparation for seminars for active participation in discussion: 15 hours*
- *Self-study for the continuous knowledge test: 30 hours*
- *40 hours self-study for the exam.*

Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.

Course evaluation:

Total number of students evaluated: 233

A	B	C	D	E	FX
1%	10%	19%	23%	24%	22%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

doc. PaedDr. Pavel Ružbarský, PhD., univer. prof., co-guarantor, lecturer, examiner, seminary supervisor

Date of last change: 01.09.2023

Approved by: *prof. PaedDr. Jaromír Sedláček, PhD.*