

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JDPOS/22*

Course title: *Didactics of fitness*

Type, scope and method of educational activity:

Type of educational activity: *Seminar*

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

Method of educational activity: *Attendance*

Number of credits: *2*

Recommended semester:

2nd year WT

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Prerequisites:

Conditions for passing the course:

Form of assessment:

Final evaluation:

Method of evaluation: Continues assessment

By the end of the teaching part of the semester, the student must meet the following conditions for obtaining credits for the course completed by continuous assessment (regular term):

- knowledge test with a minimum success rate of 50%,*
- elaboration of powerpoint presentation and didactic demonstration of strengthening exercises.*

The final evaluation of the course is calculated as the average of the evaluations for the above-mentioned partial parts of the ongoing evaluation.

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 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:

- focusing on current trends in human body strengthening,*
- with a focus on practice methodology for school practice.*

Skills:

- in improving the technique of strengthening exercises,*
- when applying exercises to school practice.*

Competencies:

– independently explain, practically demonstrate and learn the technique of strengthening exercises.

Course content:

- Basic information and training variables.
- Gym equipment.
- Variable resistance and free load.
- Fitness machines.
- Joint by joint / mechanics of human movement.
- Breathing during strength training.
- Comprehensive strengthening exercises.
- Unilateral strengthening exercises.
- Isolated strength training exercises.
- Additional strengthening exercises.
- Relaxation stretching exercises.
- PowerPoint presentation of seminar papers.
- Final assessment.

Recommended literature :

KOKINDA, M., 2020. *Posilňovanie trochu inak: návod pre začínajúcich trénerov a pedagógov*. Prešov : Prešovská univerzita v Prešove. ISBN: 978-80-555-2615-7.

BOYLE, M., 2016. *New functional training for sports, second edition*. Champaign, IL: Human Kinetics, 2016. 242 p. ISBN 9781492530619.

NELSON, G. A. and J. KOKKONEN, 2009. *Strečink na anatomických základoch*. Praha: Grada Publishing. ISBN 247-80-247-2784-4.

STOPPANI, J., 2008. *Velká kniha posilování*. Praha: Grada Publishing, a.s.. ISBN 978-80-247-2204-7.

DELAVIER, F., 2001. *Strength Training Anatomy*. Champaign, IL: Human Kinetics. ISBN: 0-7360-4185-0.

MCGILL, S. 2009. *Ultimate back fitness and performance*. Waterloo. Ontario, Canada: Fourth Edition. ISBN: 0 - 9735018 - 1 – 2.

Notes:

Student's workload distribution: total workload = 60 hrs.

- contact teaching and learning: 10 hrs.
- elaboration of a seminar work in the range of 5-10 pages: 10 hrs.
- self-study: 20 hrs.
- individual training to meet the conditions of the practical part: 20 hrs.

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: 126

A	B	C	D	E	FX
22%	23%	24%	6%	6%	19%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Marek Kokinda, PhD., univer. docent, co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

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