

## COURSE DESCRIPTION

**University:** *University of Presov*

**Faculty/university workplace:** *Faculty of Sports*

**Code:** *8SEH/JDSPV/22*

**Course title:** *Didactics of sports of all*

**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: *Attendance*

**Number of credits:** *4*

**Recommended semester:**

*3rd year WT*

*teacher training in physical education (TVJB)*

**Study grade:** *Bachelor*

**Prerequisites:**

**Conditions for passing the course:**

**Form of assessment:**

**Continuous evaluation:**

*Project*

**Final evaluation:**

*Conditions for passing the course:*

*Method of evaluation: Exam*

*During the teaching part of the semester, the student will complete the following interim check:*

- analysis of published articles on the issue of sport for all (daily press)*
- preparation of non-traditional exercise equipment or materials for use in sports for all,*
- preparation of short exercise break,*
- preparation of an exercise session in the natural environment for a specified group of people,*
- proposal for the use of PA monitoring equipment in terms of individual motivation,*
- health promotion program documentation - companies, enterprises, organizations.*

*Unpreparedness to the seminar according to the previous assignment is considered unjustified non-participation.*

*During the teaching part of the semester, the student passes the following interim check:*

- preparation of a exercise program for a specifik age group of people in the range of 5-7 pages has completed assignments for all assigned seminars with a minimum success rate of 50%,*
- has a positively evaluated exercise program.*

*A student, who achieve a minimum of 50 % of the interim checks by the end of the teaching part of the semester, can participate in the exam. The exam consist test and oral exam. A student, who achieve a minimum of 50 % of the test, can participate in the oral exam.*

*The final grade of the course is calculated as the average of the results of the interim checks*

and exam.

*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:*

- *he student is able to characterize the history of RTVŠ, its specifics and organizational forms,,*
- *the student is able to describe the benefits (health, economic ...) resulting for the individual and society from participation in recreational sports.*

*Skills:*

- *the student is able to identify suitable physical activities for individuals with different exercise goals,*
- *the student is able to prepare a physical education moment and an exercise session within the sport for everyone.*

*Competencies:*

- *the student is able to organize exercise units in sports for everyone,*
- *the student is able to plan physical activities within long-term physical programs with respect to FITT characteristics, can carry out continuous control of work and evaluate the effectiveness of their work.*

### **Course content:**

*Course content:*

- *Recreational physical education and sport in the system of physical training, history.*
- *RTVS as a specific form of educational process.*
- *Organizational forms of work in RTVŠ.*
- *Mental, physiological and health aspects of recreational physical education and sport.*
- *Movement regimes of selected socio-demographic groups.*
- *Exercise programs, principles and determinants of their creation.*
- *Weekly time frame - goal, use, image analysis.*
- *Recreational athlete diagnostics.*
- *Economic benefits of sports for all.*
- *Recreational physical education and sport as a means of socialization, communication, self-realization, leisure economy.*
- *Basic means of monitoring physical activity.*

- Analysis of published articles on sports for all (daily press).
- Proposal for methodical material, aid or non-traditional exercise equipment, resp. tools for use in Sport for all.
- Short exercise break - goal, use, practical realization.
- Preparation of the concept of an exercise unit in recreational physical education and sport. Practical realization of a exercise session in a natural environment.
- Monitoring of physical activity - practical use.
- Principles of creating movement programs - practical application.
- Testing of physical fitness and performance, diagnostics of a recreational athlete - practical part.
- Creating a exercise program with respect to the goal of the exercise program

#### **Recommended literature :**

TLUČÁKOVÁ L., KAČÚR P. Pohybová aktivita a telesná zdatnosť adolescentov prešovského regiónu. Prešov : Fakulta športu, 2019. - 139 s. - ISBN 978-80-555-2394-1.

Dostupné z: <https://ezproxy.pulib.sk:2067/web/kniznica/elpub/dokument/Tlucakova1>

BAKALÁR, P. 2021. Podpora pohybovej aktivity pre zdravie obyvateľov Slovenska. PU v Prešove. ISBN 978-80-555-2806-9

Dostupné z: <https://ezproxy.pulib.sk:2067/web/kniznica/elpub/dokument/Bakalar1>

RUŽBARSKÁ, B. Pohybová aktivita v zmysle zdravotne orientovanej telesnej zdatnosti. ISBN 978-80-555-2624-9

Dostupné z: <https://www.pulib.sk/web/kniznica/elpub/dokument/Ruzbarska2>

HRČKA, J., 2002. Šport pre všetkých. Verejné športovo-rekreačné programy a podujatia. Vydavateľstvo: UK Bratislava 2002. ISBN 80-223-1577-X.

COOPER, K. H., 1990. Aerobný program pre aktívne zdravie. Bratislava: Šport, , ISBN 80-7096-073-6.

HRČKA, J. ; B. DRDÁČKA, 1992. Rekreačná Telesná výchova a šport. Bratislava. ISBN80-08-00486-X.

HRČKA, J., 2000. Šport pre všetkých. Tvorba športovo-rekreačných programov. Prešov: ManaCon, ISBN 80-85668-97-1.

KOKINDA, M. 2020. Posilňovanie trochu inak. Návod pre začínajúcich trénerov a pedagógov. PU v Prešove. ISBN 978-80-555-2615-7

Dostupné z: <https://www.pulib.sk/web/kniznica/elpub/dokument/Kokinda2>

#### **Notes:**

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

- contact teaching and learning: 20 hrs.
- preparation of 6 seminar paper: 30 hrs.
- preparation of exercise program: 30 hrs.
- self-study for the exam: 40 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: 233

A	B	C	D	E	FX
3%	10%	11%	18%	28%	30%

#### **Lecturers:**

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

doc. Mgr. Lenka Hnidková, PhD., co-guarantor, lecturer, examiner, seminary supervisor

**Date of last change:** 01.09.2023

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