

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JPOHR/22*

Course title: *Motor games*

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: *1*

Recommended semester:

1st year ST

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Conditions for passing the course:

Form of assessment:

Final evaluation:

Method of evaluation: Continuous evaluation

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

- submission of a seminary work consisting of 10 motor games in the range of 10 - 15 pages on assign topic,*
- practical output: preparation and realization of 3 motor games during the semester,*
- student's active attendance at face-to-face classes*

The final grade of the course is calculated as the average of the results of the interim check, seminary work and the final examination.

In compliance with the Study Regulations of the University of Prešov (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:

- cross-sectional knowledge about motor games with a focus on application at a level corresponding to the current state of knowledge, including knowledge of practical contexts and relations to related fields,*
- has knowledge of the systematics and use of motor games in physical and sports education classes, of the theoretical and didactic bases of motor games,*
- has knowledge of the correct selection, organization and management of motor games,*
- has knowledge of managing and modeling the teaching process based on the latest methods,*

- *knows and understands the basic theoretical aspects of physical training,*
- *knows the issues of comprehensive theoretical and physical training,*
- *has practical and methodological knowledge of the concept of biological, motor and psychological and social development of man.*

Skills:

- *has practical skills in a specialized field, including knowledge of the context and relations to related fields,*
- *can implement solutions to problems in the field of education,*
- *can creatively use methods, tools, instruments and materials in the field of didactics of the physical education process, from the selection of adequate forms, methods and applications of physical exercises aimed at the development of physical fitness,*
- *can actively obtain information and use it to solve practical tasks in physical education process,*
- *can solve practical tasks using the usual research and development procedures, with a critical assessment of their suitability and adequacy,*
- *practically perform and realize motor games.*

Competencies:

- *can solve professional tasks and coordinate sub-activities and be responsible for the team's results,*
- *can identify and evaluate the ethical, social and other contexts of the problems addressed,*
- *can independently acquire new knowledge and actively expand their knowledge,*
- *apply knowledge in practical situations,*
- *is competent to prepare and pedagogically correctly implement exercise programs using motor games with a focus on to develop motor abilities for school age children and youth*
- *work in a team,*
- *communicate key information in the field of motor games to lay man,*
- *is able to independently explain, practically demonstrate and teach basic locomotive skills in practice within his / her professional competence,*
- *has relevant theoretical knowledge and practical experience.*

Course content:

- *Ice Breakers motor games.*
- *Motor games for the development of strength abilities and mobility.*
- *Motor games to develop speed abilities.*
- *Motor games to develop endurance abilities.*
- *Motor games to improve motor skills.*
- *Competition and team games.*
- *Ball games.*
- *Motor games in sports games.*
- *Unconventional movement games.*
- *Outdoor games and exercises.*
- *Motor games for the development of communication and cooperation.*
- *Teambuilding games.*
- *Cool down motor games*

Recommended literature :

- ARGAJ G. a kol., 2016. Pohybové hry, 1. vydanie. Bratislava: FTVŠ UK. ISBN 978-80-223-4022-9.*
- ARGAJ, G., 2009. Pohybové hry pre telesnú a športovú výchovu. 1. vydanie. Bratislava: Univerzita Komenského v Bratislave. ISBN 978-223-2602-5.*
- ARGAJ G. a kol., 1994. Pohybové hry. Bratislava FTVŠ UK (vysokoškolské učebné texty).*

HRKAL, J., R., HANUŠ, 2007. *Zlatý fond her II. Praha: Portál. ISBN 978-80-7367-923-1*
MAZAL, F., 2000. *Pohybové hry a hraní. Olomouc: Hanex. ISBN 80-85783-29-0.*
MAZAL, F., 2007. *Hry a hraní pohledem ŠVP. Olomouc: Hanex. ISBN 978-80-85783-77-3.*
PERIČ, T., 2004. *Sportovní příprava dětí. Praha: Grada. ISBN 978-80-247-4218-2.*
Online sources: <https://www.telocvikari.sk/>
Rules of particular games.

Notes:

Student's workload distribution: total workload = 30 hrs.

- contact teaching and learning: 10 hrs.*
- 10 to 15 pages of seminary work: 15 hrs.*
- practical output: 5 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: 188

A	B	C	D	E	FX
74%	10%	4%	1%	1%	10%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Dalibor Džugas, PhD., co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

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