

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JOUTC/22*

Course title: *Outdoor activities*

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:

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

Study grade: *Bachelor*

Prerequisites:

Conditions for passing the course:

Form of assessment:

Continuous evaluation:

3 seminar papers

Final evaluation:

Method of evaluation: Continuous assessment

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

- preparation of 60 min. exercise session (Nordic walking).*
- preparation of 60 min. exercise session (rope obstacles).*
- preparation of map (Orienteering race).*
- test.*

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

- the student is able to define the importance of the implementation of Nordic walking and its use for all age groups,*

- the student knows the use of low and high rope activities and their place in the spectrum of outdoor activities,
- the student knows the basic rules of orienteering.

Skills:

- the student is able to show the correct technique of Nordic walking,
- the student is able to independently and safely pass low and high rope obstacles,
- the student is able to complete a simple race in orienteering.

Competencies:

- the student is able to preparation a suitable NW exercise session with respect to the age specifics of the trainees,
- the student masters the basics of protection on high rope obstacles,
- the student is able to prepare the route of simple races in orienteering.

Course content:

- Nordic Walking, characteristics. History and health benefits.
- Walking technique - 10 steps.
- NW-step improvement exercises, Common mistakes made by Nordic walkers.
- Preparation of NW programs for various performance and age groups of clients.
- Rope activities as an activity, their use and history of origin.
- Safety rules in rope centers.
- Experiential education in rope center programs.
- preparation programs using rope activities.
- Orienteering - history, characteristics, division.
- Working with the map - signs, pictograms.

Recommended literature :

OKOLICÁNYOVÁ, L. 2018 *Moderný Nordic Walking*. Vydavatel'stvo: Slovart. ISBN 9788055631806

MOMMERTO VÁ, P., 2009. *Nordic walking pro zdraví*, Vydavatel'stvo Plot, ISBN: 9788086523989.

HANUŠ, R. a L. CHYTILOVÁ, 2009. *Zážitkově pedagogické učení*. Vyd. 1. Praha: Grada. ISBN 9788024728162.

NEUMAN, J. a P. ĎOUBALÍK, 1999. *Překážkové dráhy, lezecké stěny a výchova prožitkem*. Vyd. 1. Praha: Portál. ISBN 8071782920.

HNÍZDIL, J., KIRCHNER, J. 2005. *Orientační sporty - běh, běh na lyžích, radiový běh, horská kola, potápění*, Grada 2005.

Notes:

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

- contact teaching and learning: 10 hrs.
- self-study for the test: 8 hrs.
- preparation of exercise session (Nordic walking): 4 hrs.
- preparation of exercise session (rope obstacles): 4 hrs.
- preparation of map (Orienteering race): 4 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: 116

A	B	C	D	E	FX
38%	18%	18%	9%	6%	10%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

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

Date of last change: 01.09.2023

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