

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/J2RAT/22*

Course title: *Recreational athletics*

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 (TvJM)

Study grade: *Master*

Prerequisites:

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 of 5 - 10 pages focusing on the assign topic,*
- *didactic output (preparation and realization of practical lesson)*
- *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 obstacle track, exam and student's attendance at face-to-face classes.

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:

- *cross-sectional knowledge of recreation athletic 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,*
- *define and apply forms, methods and compositions of recreation athletics content.*

Skills:

- *can actively obtain information and use it to solve practical recreational athletics*

tasks,

- can solve practical problems in recreational athletics using the usual research and development procedures, with a critical assessment of their suitability and adequacy,
- practically perform exercises,
- realize exercises in technically correct way,
- can implement exercises into chosen content.

Competencies:

- is able to 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,
- organize recreational athletics competitions,
- work in a team,
- can communicate key information from the field of recreational athletics to lay people,
- 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:

- Warm-up in nature
- Running games in nature
- Conditioning exercises in nature
- Hill run exercises
- Hill jump exercises
- Fartlek
- Strengthening of upper limbs in nature
- Throws and shot put in nature
- Examples of athletic competitions in nature
- Movement games on grass on athletic stadium
- Practice and improvement of athletic walk
- Relay games in nature
- Using of diagnose devices in recreational athletics

Recommended literature :

SEDLÁČEK, J. a kol. 2007. *Kondičná atletická príprava a rekreačná atletika*. Bratislava: UK. ISBN 978-80-223-2288-1.

SEDLÁČEK, J., LEDNICKÝ A., 2010. *Kondičná atletická príprava*. Bratislava: UK. ISBN 978-80-89075-34-8.

ČILLÍK, I., ROŠKOVÁ, M., 2003. *Základy atletiky* [online]. Banská Bystrica: UMB. ISBN 80-8055-846-9. Dostupné z: <https://www.ff.umb.sk/app/cmsFile.php?disposition=aaID=572>

Kolektív autorov, 2016. *Športový tréning a výkon v atletike atletika v systéme školstva a rekreačná atletika uplatnenie atletiky v kondičnej príprave športovcov* [online]. In: ATLETIKA 2016

Elektronický zborník z medzinárodnej vedeckej konferencie. Bratislava: FTVŠ UK. ISBN 978-80-89257-72-0. Dostupný z:

https://fsport.uniba.sk/fileadmin/ftvs/kniznica/elektronicke_publicacie/zborniky/ATLETIKA_2016.pdf

Notes:

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

- contact teaching and learning: 10 hrs.*
- 5 - 10 pages of seminary work: 10 hrs.*
- didactic output (preparation and realization of practical lesson): 10 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: 200

A	B	C	D	E	FX
54%	33%	9%	0%	1%	3%

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.*