

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JPLA1/22*

Course title: *Swimming 1*

Type, scope and method of educational activity:

Type of educational activity: *Lecture, Seminar*

Scope of educational activity: *1,2 hour per week, 13,26 per semester*

Method of educational activity: *Attendance*

Number of credits: *4*

Recommended semester:

1st year WT

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Conditions for passing the course:

Form of assessment:

Method of evaluation: Continuous assessment

Final evaluation:

Conditions for passing the course:

Method of evaluation: Continuous assessment

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

- test with a minimum success rate of 50%,*
- elaboration of a seminar work on swimming and athletics, e.g. in the range of 5-10 pages on the chosen topic,*
- evaluation of swimming*

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

Conditions for obtaining credit:

100m breaststroke Men: A 1: 38.0; B 1: 43.9; C 1: 49.9; D 1: 55.9; E 2: 01.8; FX 2: 01.9 Men > 30r. : A 1: 42.9; B 1: 49.1; C 1: 55.4; D 2: 01.7; E 2: 07.9; FX 2: 08.0 Women: A 1: 42.5; B 1: 53.8; C 2: 05.1; D 2: 16.4; E 2: 27.7; FX 2: 27.8 Women > 30r. : A 1: 47.6; B 1: 59.5; C 2: 11.4; D 2: 23.2; E 2: 35.1; FX 2: 35.2

Turn - graduated / not graduated

100m freestyle - crawl Men: A 1: 24.0; B 1: 29.7; C 1: 35.5; D 1: 41.2; E 1: 47.0; FX 1: 47.1 Men > 30r: A 1: 28.2; B 1: 34.2; C 1: 40.3; D 1: 46.3; E 1: 52.4; FX 1: 52.5 Women: A 1:

38.2;B 1: 44.8;C 1: 51.5;D 1: 58.1;E 2: 04.7;FX 2: 04.8 Women> 30r: A 1: 43.1;B 1: 50.0;C 1: 57.1;D 2: 04.0;E 2: 10.9;FX 2: 11.0

Turns - graduated / not graduated

Knowledge test - A - 100.00 - 90.00%, B - 89.99 - 80.00%, C - 79.99 - 70.00%, D - 69.99 - 60.00%, E - 59.99-50.00% and FX - 49.99 and less%.

Learning outcomes:

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If successfully completed the course, the student will acquire the following:

Knowledge:

- define and interpret the basic concepts of swimming in their own words,
- explain and describe the phases, elements and interplay in swimming methods - freestyle (crawl) and breaststroke,
- explain and describe the stages of the swimming start and turns.

Skills:

- use swimming skills in elemental swimming and in the interplay of swimming methods - freestyle (crawl) and breaststroke,
- use the elements of swimming in swimming stroke – freestyle (crawl) and breaststroke,
- swim swimming - freestyle (crawl) and breaststroke,
- perform a start and turns.

Competencies:

- in practice he is able to independently explain and practically show swimming methods (freestyle - crawl and breaststroke), swimming start and turns,
- independently acquire new knowledge in the field of swimming and actively expand their knowledge.

Course content:

Course content:

Lectures:

- History of world sports swimming.
- Biomechanical basis of swimming - resistance mechanisms.
- Biomechanical basis of swimming - propulsive mechanisms.
- Crawl, start and turn swimming technique.
- Breaststroke technique, starts and turns.
- Swimming technique sign, starts and turns.
- Butterfly technique, starts and turns.
- Swimming didactics: principles, principles, effectiveness of swimming training.
- Didactics of swimming: didactic procedures, adaptation to the aquatic environment, specifics of swimming methods.
- Basic swimming stage.
- Basic swimming training.
- Technique and tactics in rescuing drowning people.
- Rescue of the drowning person.

Seminars: 1. Breaststroke:

- Kick with lower limbs.
- Breathing in breaststroke
- Breaststroke arms
- Breaststroke
- Breaststroke start
- Breaststroke turn

– backstroke with breaststroke kick and swimming underwater.

2. Freestyle (crawl):

- Kick with lower limbs
- Breathing in crawl
- Crawl arm
- Crawl
- Start
- Turns in crawl swimming

Recommended literature :

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RUŽBARSKÝ, P. a MATÚŠ, I., 2017. *Technická a kondičná príprava v plávaní*. Prešov: Prešovská univerzita. ISBN 9788055519784

McLEOD, I., 2014. *Plavání – anatomie*. Brno: CPress. ISBN 978802645764

RUŽBARSKÝ, P. a TUREK, M., 2006. *Didaktika, technika a tréning v plávaní*. Prešov: FŠ PU Prešov. ISBN 80-8068-532-068.

MAGLISCHO, E., 2003. *Swimmingfastest*. United States: HumanKinetics. ISBN 0736031804

MATÚŠ, I., 2021. *Kinematicanalysis of thekickstart to 5 m in swimming*. Germany: RAM-Verlag. ISBN 9783965950092

MATÚŠ, I., RUŽBARSKÝ, P. a VADAŠOVÁ, B., 2021.

Keyparametersaffectingkickstartperformance in competitivesswimming. DOI

<https://doi.org/10.3390/ijerph182211909>. In: *Int. J. Environ. Res. Publichealth*, 18, s. 1-11.

Dostupné na: <https://www.mdpi.com/1660-4601/18/22/11909/htm>

MATÚŠ, I., RUŽBARSKÝ, P., VADAŠOVÁ, B. a ČECH, P., 2021. *Leg dominance and*

OSB12 kickstartperformance in young competitivesswimmers. DOI

<https://doi.org/10.3390/ijerph182413156>. In: *Int. J. Environ. Res. Publichealth*, 18, s. 1-11.

Dostupné na: <https://www.mdpi.com/1660-4601/18/24/13156/htm>

MATÚŠ, I., KANDRÁČ, R., 2020. *Kinematicanalysis of thekickstartfrom OSB12*

[elektronický dokument]. DOI 10.16926/par.2020.08.25. SIGN-PU FS-20 23/20 In:

Physicalactivityreview. Czestochowa: PPHU Projack, s. 86-96 [online]. ISSN (online) 2300-5076. Dostupné na: http://www.physactiv.eu/wp-content/uploads/2020/07/2020_82_11.pdf.

Riewald, S. a Rodeo, S., 2015. *Science of swimmingfaster*. USA: Humankinetics. ISBN 9780736095716

LUCERO, B., 2013. *100 more swimmingdrills*. Germany: Boss druckundmedien. ISBN 978-1-84126-337-3

Notes:

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

- contact teaching and learning: 30 hrs.
- 5-10 pages of semesterly work: 20 hrs.
- self-study on a continuous knowledge test: 20 hrs.
- self-study for the exam: 50 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: 420

A	B	C	D	E	FX
1%	5%	12%	12%	15%	54%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Ivan Matúš, PhD., univer. docent, co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

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