

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JPLA2/22*

Course title: *Swimming 2*

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:

2nd year WT

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Prerequisites:

Conditions for passing the course:

Form of assessment:

Final evaluation:

Method of evaluation: exam

During the teaching part of the semester, students meet the following conditions:

- prepare a seminar paper on a specific topic: Methodology of teaching backstroke (8-10 pages); students must adhere to the lecturer's guidelines for writing a seminar paper regarding content and form.*
- swimming performance and technique evaluation – backstroke, backstroke start, and backstroke turn,*
- swimming performance and technique evaluation – freestyle and breaststroke, starts and turns.*

Time limits for successful completion of the course:

50 m backstroke:

Men: A: 44.7 and faster; B: 47.5; C: 50.2; D: 53.0; E: 55.7; FX: 55.8

Men >30 years: A: 46.9 and faster; B: 49.9; C: 52.7; D: 55.6; E: 58.5; FX: 58.6

Women: A: 49.1 and faster; B: 52.3; C: 55.4; D: 58.6; E: 1:01.8; FX: 1:01.9

Women >30 years: A: 51.6 and faster; B: 54.9; C: 58.2; D: 1:01.5; E: 1:04.9; FX: 1:05.0

The 12-minute swimming test (changing 25 m breaststroke/25 m freestyle):

Men: A: 613; B: 589; C: 565; D: 542; E: 519; FX: < 519

Men > 30 years: A: 582; B: 559; C: 536; D: 514; E: 493; FX: < 493

Women: A: 570; B: 554; C: 537; D: 520; E: 504; FX: < 504

Women > 30 years: A: 541; B: 526; C: 510; D: 494; E: 478; FX: < 478

During the exam period, a student will be required to pass a written exam.

The final grade of the course is the average of continuous assessment and the written exam.

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 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:

- *know swimming drills to learn and improve backstroke,*
- *can define and explain didactic principles, methods and procedures in swimming strokes acquisition.*

Skills:

- *know how to swim backstroke with correct technique,*
- *know how to do a backstroke start and backstroke turn.*

Competencies:

- *can use analytical-synthetic method in acquisition of backstroke technique,*
- *can use analytical-synthetic method to improve backstroke technique, freestyle technique and breaststroke technique,*
- *can justify, explain and recommend methods for the development of motor skills in the aquatic environment.*

Course content:

Lectures:

- *History of swimming in Czechoslovakia.*
- *Stages of sports preparation in swimming.*
- *Organization of basic swimming training: peculiarities, dryland training exercises, modifications according to conditions.*
- *Basic swimming training and legislation.*
- *Basic swimming training – video presentation.*
- *Advanced swimming training.*
- *Rules of swimming strokes and start/turn/finish of the strokes.*
- *Freestyle swimming technique – video presentation.*
- *Breaststroke swimming technique – video presentation.*
- *Backstroke swimming technique – video presentation.*
- *Butterfly swimming technique – video presentation.*
- *Starts and turns of the strokes – video presentation.*
- *Rules of swimming strokes and start/turn/finish of the strokes – video presentation.*

Seminars:

1. *Backstroke – acquisition and improvement: backstroke kicking, backstroke arm movements, backstroke – full stroke, backstroke start, backstroke turn, double arm backstroke.*
2. *Endurance swimming: improvement of breaststroke technique and freestyle technique; a set of swimming drills to improve swimming technique; development of swimming skills.*

Recommended literature :

- RUŽBARSKÝ, P. a I. MATÚŠ, 2017. *Technická a kondičná príprava v plávaní*. Prešov: Vydavateľstvo Prešovskej univerzity. ISBN 978-80-555-1978-4.
- RUŽBARSKÝ, P. a M. TUREK, 2006. *Didaktika, technika a tréning v plávaní*. Prešov: FŠ PU, Prešov. ISBN 80-8068-532-068.
- MAGLISCHO, W. E., 2003. *Swimming Faster*. Mountain View: Mayfield Publishing Company. ISBN 1559340363.
- GUZMAN, J. R., 1998. *Swimming Drills for Every Stroke*. Human Kinetics Publishers. ISBN 088011-769-9.
- MACEJKOVÁ, Y. a R. HLAVATÝ, 1996. *Biomechanika a technika plaveckých spôsobov*. Bratislava: FTVŠ UK a SPF. ISBN 80-967456-2-X.
- KALEČÍK, L. a kol., 1997. *Teória a didaktika plaveckých športov*. Bratislava: FTVŠ UK. ISBN 80-223-0959-1.
- MATÚŠ, I., RUŽBARSKÝ, P., VADAŠOVÁ, B., 2021. Key Parameters Affecting Kick Start Performance in Competitive Swimming. *Int. J. Environ. Res. Public Health*. Vol. 18, 11909. <https://doi.org/10.3390/ijerph182211909>
- MATÚŠ, I., RUŽBARSKÝ, P., VADAŠOVÁ, B., CECH, P., 2021. Leg Dominance and OSB12 Kick Start Performance in Young Competitive Swimmers. *Int. J. Environ. Res. Public Health*. Vol. 18, 13156. <https://doi.org/10.3390/ijerph182413156>

Notes:

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

- *contact teaching and learning: 30 hrs.*
- *preparation of a seminar paper (8-10 pages): 10 hrs.*
- *self-study for the exam: 30 hrs.*
- *conditioning preparation/individual training: 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: 330

A	B	C	D	E	FX
1%	7%	13%	22%	14%	43%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

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

Mgr. Monika Vašková, PhD., co-guarantor, lecturer, examiner

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