

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JTESP/22*

Course title: *Technical sports*

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 WT

teacher training in physical education (TVJB)

Study grade: *Bachelor*

Prerequisites:

Conditions for passing the course:

Form of assessment:

Continuous assessment.

Final evaluation:

By the end of the teaching period of the semester, students have to fulfil the following requirements to receive credits for the course with continuous assessment (regular term):

- air rifle shooting at 10 m in prone position with lower limit of 50 pts. (out of possible 100 pts.) to meet the discipline requirement,*
- air rifle shooting at 10 m standing with lower limit of 50 pts. (out of possible 100 pts.) to meet the discipline requirement,*
- knowledge test from the theory of sport shooting.*

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

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 date to complete the course,*
- 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:

- can list and distinguish between the different types of firearms according to Act No. 190/2003 Coll. and knows the basic legislative guidelines for the use of firearms,*
- knows the basic rules of firearms safety,*

- knows the basic technical terminology of shooting,
- can describe the process of firing in the given shooting disciplines,
- can theoretically describe the methodology of shooting training with air rifle and reflex bow,
- knows what the basic parts of weapons are and the principle how they work.

Skills:

- can use the correct terminology to explain the technique of the shooting position, and the process of firing the air rifle and reflex bow,
- can shoot from an air rifle and a reflex bow in a technically correct way.

Competencies:

- is able to communicate with correct terminology on shooting sports issues,
- is able, on the basis of knowledge, to manage and control the process of practicing shooting with an air-rifle while keeping the safety rules.

Course content:

- Shooting sports, history, shooting events, division of shooting disciplines.
- Shooting safety rules.
- Theory of shooting sports technique.
- Athlete's preparation for shooting, preparation of the gun, development of the shooting position.
- Air rifle shooting, phases of the shooting cycle.
- Work on the accurate shot.
- Shooting competitions, shooting duel.
- Fundamentals of archery, basic rules of archery.
- Work on the bow shot.

Recommended literature :

BRYCH, J. 2008. *Sportovní střelba*. Praha: Karolinum. ISBN 978-80-246-1582-0.

SKANAKER, R. A L. ANTAL, 2007. *Sportovní střelba z pistole*. Praha: Naše vojsko. ISBN 978-80-206-0841-9.

WORLD ARCHERY. *WA Manuál pre začiatočníkov* [online]. Dostupné na:

<http://www.slz.sk/images/teoria/Manul%20pre%20zaiatonkov%20-%20SK.pdf> [cit. 2022-01-12].

Zákon Z.z. 190/2003 z 23. apríla 2003 o strelných zbraniach a strelive a o zmene a doplnení niektorých zákonov.

SCHWARCZ, V. a J. GÖNCI, 2003. *Učebné osnovy športovej prípravy v športovej streľbe : pre športové triedy základných škôl a osemročné športové gymnáziá*. Nové zámky: Crocus. ISBN 80-88992-62-1.

SLOVENSKÝ STRELECKÝ ZVÄZ, 2017. *ISSF Technické pravidlá* [online]. Dostupné na: https://www.shooting.sk/download_file_f.php?id=1055476 [cit. 2022-01-12].

SLOVENSKÝ STRELECKÝ ZVÄZ, 2017. *ISSF Pravidlá - puškové disciplíny* [online]. Dostupné na: https://www.shooting.sk/download_file_f.php?id=805785 [cit. 2022-01-12].

Internetová stránka: http://www.luk.sk/kniha/sportova_lukostrelba.pdf
www.shooting.sk/?id_menu=1577&caption=1

BRYCH, J., 1990. *Almanach sportovní střelby*. Praha: Naše vojsko.

Notes:

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

- contact teaching and learning: 10 hrs.
- self-study of the theoretical basics of shooting: 8 hrs.
- individual practical training in air rifle shooting: 6 hrs.
- preparation for the test: 6 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: 145

A	B	C	D	E	FX
10%	17%	22%	21%	17%	12%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Pavol Čech, PhD., univer. docent, co-guarantor, examiner, seminary supervisor

Date of last change: 01.09.2023

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