

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/JTUVS/22*

Course title: *Theory and methodology of sports in nature 1*

Type, scope and method of educational activity:

Type of educational activity: *Seminar*

Scope of educational activity: *60 per semester*

Method of educational activity: *Attendance*

Number of credits: *3*

Recommended semester:

1st year ST teacher training in physical education (TVJB)

Study grade: *Bachelor*

Prerequisites:

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%*
- *Basic bicycle service*
- *Knots*

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.

Credit conditions:

- *Basic bicycle service (disassembly and assembly of the front wheel) A <3 min., B 3.30 min., C 4.00 min., D 4.30 min., E 5.00 min., Fx > 5.01 min.,*
- *Knots (octal, ambulance, ship, clutch, cow, strips, lined octagon, chain, binding, seat harness made of rope) A <5.00 min., B 5.30 min., C 6.00 min., D 6.30 min., E 7.00 min., Fx > 7.01 min.,*

– Knowledge test: A - 10-9 correct answers, B - 8 correct answers, C - 7 correct answers, D - 6 correct answers, E - 5 correct answers, Fx - less than 5 correct answers.

Learning outcomes:

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

Knowledge:

- *define and interpret in their own words the basic concepts of water tourism, cycling, tourism and staying in nature,*
- *explain basic skills on boats, camping skills and basic bicycle service,*
- *clarify the importance of tourism and outdoor sports for humans.*

Skills:

- *obtain information and use it to solve practical tasks in water tourism, cycling, tourism and staying in nature,*
- *can solve practical tasks in water tourism, cycling, tourism and staying in nature using the usual procedures, with a critical assessment of their suitability and adequacy.*

Competencies:

- *can solve professional tasks and coordinate partial activities in water tourism, cycling, tourism and staying in nature,*
- *acquire new knowledge and actively expand their knowledge in tourism and outdoor sports.*

Course content:

Course content:

- *Principles of organizing courses for boating and biking; ships carrying handle, launching boats on the water, getting in and out, sitting in the boat, the steering technique of rafting, holding paddles, paddling technique on canoe on still water, on the boat steady exercise, sports games, saving drowning.*
- *Tourism and picnics - manage the construction of the camp, orientation in nature, orienteering, day walks through hiking and biking in the surrounding area where the course is, knotting, service bicycles.*
- *Theoretical part: flora and fauna and around of the course. History of the dam ZemplínskaŠírava, weather and climatic particularities ZemplínskaŠírava. Importance of Water Rescue Service and direct rescue on the water. First aid. Information about traffic rules, equipment, armaments and behavior on the road.*

Recommended literature :

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Current decree on road traffic

BARAN, I., 2006. Záchranatopieho. Bratislava: SČK. ISBN 80-88973-20-1.

DARMAN, P., 2000. Akoprežiť v extrémnychpodmienkach. Praha: Cesty. ISBN 80-7178-326-5.

JUNGER, J. et.al., 2002. Turistika a športy v prírode. Prešov: FHPV PU. ISBN 80-8068-097-3.

LAURENCOVÁ, S. et. al., 1991. Knihaplavcazáchrancu. Bratislava: Remedium. ISBN 80-85352-00-1.

McMANNERS, H., 1999. Putovanie s batohom. Bratislava: Slovo. ISBN 80-85711-06-06.

NEUMAN, J., 1999. Dobrodružnéhry a cvičení v přírode. Praha: Portal.

NEUMAN, J., 2000. Turistika a sporty v přírode. Praha: Portal. ISBN 80-7178-391-9.

PAWSON, D., 2006. Uzly, praktickápríručka. Bratislava: Slovart. ISBN 80- 8085- 111- 5.

STEJSKAL, T., 1999. Vodnáturistika. Prešov: ManaCon. ISBN 80-85668-85-8.

Tourist map of the course venue

Notes:

Notes:

Student's workload distribution: total workload = 90 hrs.

- contact teaching and learning: 45 hrs.*
- self-study for the exam: 20 hrs.*
- fitness training / individual training to meet the conditions of practical discipline: 25 hours*

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: 261

A	B	C	D	E	FX
43%	22%	14%	1%	0%	20%

Lecturers:

doc. PaedDr. Pavel Ružbarský, PhD., univer. prof., guarantor

Mgr. Tomáš Eliaš, PhD., co-guarantor, examiner, seminary supervisor

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

Date of last change: 01.09.2023

Approved by: *doc. PaedDr. Pavel Ružbarský, PhD., univer. prof.*