

COURSE DESCRIPTION

University: *University of Presov*

Faculty/university workplace: *Faculty of Sports*

Code: *8KES/J2VOS/22*

Course title: *Theory and methodology of sports in nature 2*

Type, scope and method of educational activity:

Type of educational activity: *Seminar*

Scope of educational activity: *30 per semester*

Method of educational activity: *Attendance*

Number of credits: *2*

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:

Conditions for passing the course: Continuous assessment

By the end of the teaching part of the course, the student must meet the following conditions for obtaining credits for the course completed by continuous assessment (regular term):

- *completion of the planned route on the selected river,*
- *knowledge test with a minimum success rate of 50%.*

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

In terms of the PU Study Regulations in Prešov (2018):

- *participation of students in direct teaching classes is mandatory (unjustified non-participation in direct teaching is assessed as failure to meet the conditions for successful completion of the course),*
- *in the examination period of the semester, the student is entitled to one correction term,*
- *the overall evaluation of the subject is given by the classification scale, which consists of six classification levels with success criteria for individual levels 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 (insufficient): 49.99 and less%.*

The student will receive credits for the course with evaluation A - E.

Learning outcomes:

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Upon successful completion of the course, the student will acquire:

Knowledge:

- *students have knowledge of the issue of canoeing in the context of experiential pedagogy as well as their in-depth understanding mediated by canoeing on the selected river,*
- *this knowledge, experience and understanding broadens the knowledge and*

understanding associated with the first stage of higher education.

Skills:

- *students have experience with teamwork within the course form of the implemented subject,*
- *students can clearly communicate the conclusions and justifications of the professional and lay public in relation to the importance and implementation of canoeing,*
- *students also have developed the learning skills needed for further self-study in this area.*

Competences:

- *students know how to use their knowledge and understanding in the context of the objectives of Create an active environment and Create active people of the Global Plan of Action for Physical Activity 2018 – 2030 of the World Health Organization, which emphasize the importance of physical activity in the outdoor environment as well as creating conditions for its implementation.*

Course content:

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- *Preparation of a multi-day river canoeing in the context of experiential pedagogy.*
- *Completion of canoeing on the selected river*
 - o Theoretical introduction to the issue of canoeing,*
 - o Basic training (entry, exit, traverse) and rescue,*
 - o Camping.*

Recommended literature :

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JUNGER, J. et.al., 2002. *Turistika a športy v prírode*. Prešov: Prešovská univerzita v Prešove. ISBN 80-8068-097-3. Dostupné v PULIB a ŠVK PO.

NEUMAN, J., 2000. *Turistika a športy v prírode*. Praha: Portal. ISBN 80-7178-391-9. Dostupné v PULIB a ŠVK PO.

PAWSON, D., 2006. *Uzly, praktická príručka*. Bratislava: Slovart. ISBN 80-8085-111-5. Dostupné v ŠVK PO.

MATUŠ, I., 2016. *Základy prvej pomoci*. Prešov: Prešovská univerzita v Prešove. ISBN 978-80-555-1654-7. Dostupné na: <https://www.pulib.sk/web/kniznica/elpub/dokument/MatusI>

BAKALÁR, P., 2021. *Podpora pohybovej aktivity pre zdravie obyvateľov Slovenska*. Vysokoškolský učebný text. [online]. Prešov: Prešovská univerzita v Prešove. ISBN 978-80-555-2806-9. Dostupné na: <https://www.pulib.sk/web/kniznica/elpub/dokument/BakalarI>

BAKALÁR, P. 2016. *Úvod do pedagogiky voľného času*. Vysokoškolský učebný text pre študentov študijného programu Šport a rekreácia. Košice: Univerzita Pavla Jozefa Šafárika. ISBN 978-80-815-2458-5. Dostupné v UK UPJŠ a u vyučujúceho.

WORLD HEALTH ORGANISATION, 2018. *Global action plan on physical activity 2018 – 2030: more active people for a healthier world* [online]. Geneva: World Health Organisation. ISBN 978-92-4-151418-7. Dostupné na: <https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf>

Notes:

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Student's workload distribution: total workload = 60 hrs.

- *contact lessons: 55 hrs.*
- *self-study for the test: 5 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: 88

A	B	C	D	E	FX
93%	0%	0%	0%	0%	7%

Lecturers:

prof. PaedDr. Jaromír Sedláček, PhD., guarantor

Mgr. Peter Bakalár, PhD., univer. docent, co-guarantor, lecturer, seminary supervisor

Date of last change: 01.09.2023

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