

## Information sheet for the course Physical Education IV.

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>TV4/d</i>	<b>Course unit title:</b> <i>Physical Education IV.</i>
<b>Type of course unit:</b> <i>optional</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 2 hours weekly/26 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>4<sup>th</sup> semester in the 2<sup>nd</sup> year full-time</i>	
<b>Degree of study:</b> <i>I (bachelor)</i>	
<b>Course prerequisites:</b>	
<p><b>Assessment methods:</b> <i>Students will gain 50 credits per term:</i></p> <ul style="list-style-type: none"> <li>- <i>Active participation in tutorials.</i></li> <li>- <i>Acquired skill to correctly describe and demonstrate swimming techniques of basic swimming strokes – crawl, breaststroke, and backstroke). Acquired competence of direct and indirect drowning accidents rescue (25 credits).</i></li> <li>- <i>Oral exam (25 credits).</i></li> </ul> <p><i>In order to receive A level it is necessary to get at least 47 credits, for B level students must have at least 42 credits, for C level at least 37 credits, for D level the minimum of 32 credits is required, and for E level at least 25 credits.</i></p>	
<p><b>Learning outcomes of the course unit:</b> <i>In the subject of Physical Education IV (improving swimming) students will acquire primary theoretical knowledge in the field of methodology of swimming and enlarge their practical skills and competencies in the area of correct swimming technique. Students will acquire competences of direct and indirect drowning rescues. Students will be able to name and define the safety and hygienic principles in the swimming pool, and will be able to state particular examples of positive influence of swimming on different body tracts. Students will know the correct techniques of basic swim strokes and will be able to describe the teaching methodology of different strokes. Students will be able to demonstrate the correct technique of swimming strokes with regards to rehabilitation swimming, and are able to use chosen physical education models focused on swimming as part of nursing programme for patients with different health problems. Students will be able to apply their knowledge in their physiotherapeutic practice.</i></p>	
<p><b>Course contents:</b></p> <ol style="list-style-type: none"> <li><i>1. Safety principles in swimming (OSH). Hygienic principles in swimming.</i></li> <li><i>2. Significance of swimming for health.</i></li> <li><i>3. Influence of swimming on musculoskeletal system. Rehabilitating effects of swimming.</i></li> <li><i>4. Methodology of improving the techniques of swim strokes (crawl, backstroke). Technical exercises for improving the correct technique of swim strokes crawl and backstroke. Diagnostics of mistakes and their correction.</i></li> <li><i>5. Methodology of improving the techniques of swim strokes (breaststroke, butterfly stroke). Technical exercises for improving the correct technique of breaststroke and butterfly stroke. Diagnostics of mistakes and their correction.</i></li> <li><i>6. Rehabilitation swimming.</i></li> <li><i>7. The basics of drowning rescue.</i></li> <li><i>8. Helping out tired swimmers.</i></li> <li><i>9. Methods and means of indirect rescue.</i></li> </ol>	

10. Skills and practises of direct rescue.
11. First aid in near drowning.
12. Prevention of accident occurrences in water environment.
13. Diagnostics of current swimming skills and competences.
14. Improving and enlarging the basic swimming skills, improving three swim strokes (crawl, backstroke, and breaststroke). Preparatory technical exercises for improving the swimming technique. Relays, games.
15. Improving the swimming technique of crawl. Technique drills and element swimming for improving the correct technique of crawl. Diagnostics of mistakes and their correction.
16. Improving the swimming technique of backs . Technique drills and element swimming for improving the correct technique of backs. Diagnostics of mistakes and their correction.
17. Improving the swimming technique of breast. Technique drills and element swimming for improving the correct technique of breast. Diagnostics of mistakes and their correction.
18. Methodology of practising butterfly stroke. Technique drills and element swimming for improving the correct technique of crawl. Diagnostics of mistakes and their correction.
19. Improving the correct technique of swimming of all strokes.
20. Improving diving off and starting flips.
21. Practising basic techniques of helping off a tired swimmer.
22. Practising basic types of applied swimming.
23. Practising direct rescue.
24. Relay swimming in different swim strokes, racing, and games.
25. Diagnostics of acquired swimming skills. Output competence.

**Recommended of required reading:**

1. BENCE, M., MERICA, M., HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: University Matej Bel in Banskej Bystrici, 2005. 197 p. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I., MILER, T. 2001. Plavání. Praha: Grada Publishing, spol. s.r.o., 2001.130 p. ISBN 80-247-9049-1.
3. MACEJKOVÁ, Y. 2005. Didaktika plávania. Bratislava: FTVŠ UK – Department of swimming and swimming sports, 2005.149 p. ISBN 80-969268-3-7.
4. MICHAL J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB BB, 2002. 98 p. ISBN 80-8055-679-2.
5. MERICA, M. 2007. Plávanie. Bratislava: Slovak University of Technology,, 2007. 136 p. ISBN 978-80-227-2726-6.

**Language:** Slovak

**Remarks:**

**Evaluation history:** Number of evaluated students -

A	B	C	D	E	FX
-	-	-	-	-	-

**Lectures:**

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