Subject information sheet

**University:** *Comenius University in Bratislava*

**Faculty:** *Faculty of Physical Education and Sport*

**Subject code:** | **Subject title:** *Aquafitness*

**Type, range and method of educational activities:**
*1 hour of lectures and 1 hour of seminars per week*
*presence method*

**Number of credits:** *3*

**Recommended semester/trimester of study:** *2. – 6. semester Bc. a 1. – 4. semester Mgr.*

**Degree of study:** 1st and 2nd study degree

**Course prerequisites: none**

**Conditions for completing the course:**
*During the semester:*
- *the active participation of the student in lectures and seminars is required,*
- *search of foreign literature on aquafitnes (minimum 18 and maximum 30 points),*
- *seminar work and practical evaluation - directly lead the designated part of the aquafitnes lesson (minimum 42 and maximum 70 points), based on the written seminar work.*

***Overall rating:***
*A = 100% – 92%, B = 91% – 83%, C = 82% – 75%, D = 74% – 68%,*
*E = 67% – 60%, FX = 59% and less.*
*Credits will not be awarded to a student who:*
- *did not attend at least 80% of the seminars during the semester,*
- *received less than 59% of the overall rating*

**Learning outcomes:**
*The student can characterize aquafitnes physical activities (goals and focus of individual programs in terms of importance, the impact of exercise in water on the development of conditional and coordinative skills). Understands the laws of the aquatic environment and aquafitnes biomechanics (hydrostatics, hydrodynamics, specific properties of water and their impact on the human body) and can apply them in practice. He masters the theory and didactics of various types of aquafitnes (walking and running in water, aerobics in water, strengthening in water, stretching in water). He masters the general conditions for the implementation of each type of aquafitnes, the principles of creating a program, training methods for different groups of the population. He is able to create and apply training units with a focus on the development of motor skills through aquafitnes. Understands the specific requirements of the aquafitnes coach's personality (verbal, nonverbal communication, special tools, aids and aids in connection with the content of lessons).*

***Course contents:***
*Topic 1*
*Characteristics and significance of aquafitness. Objectives and focus of individual programs in terms of physical fitness and health. Influence of aquafitness on the development of motor skills.*

*Topic 2*
*Laws of the aquatic environment and aquafitness biomechanics (hydrostatics, hydrodynamics, specific properties of water and their impact on the human body).*

*Topic 3*
*Basic movements and movement shapes of aquafitness in shallow and transitional water.*

*Topic 4*
*Basic movements and movement shapes of aquafitness in deep water with the use of non-relief*

*aids.*

*Topic 5*
*Creation of an aquafitness training unit. General conditions for the implementation of individual types of aquafitness, principles of program creation and training methods.*

*Topic 6*
*Theory and didactics of individual types of aquafitness. Characteristics of walking and running in water, aerobics in water, strengthening in water, stretching in water. Demonstrations of programs of individual types of aquafitness.*

*Topic 7*
*Specifics of aerobic exercises without equipment and with the use of buoyant, drag and elastic equipment. Demonstrations and technique of individual aerobic exercises without equipment and with equipment.*

*Topic 8*
*Specifics of strength exercises without equipment and with the use of buoyant, drag and elastic tools. Demonstrations and technique of individual strength exercises without and with aquatic equipment.*

*Topic 9*
*Basics of creating a training unit in terms of volume, intensity and content in terms of focusing on the development of a specific conditional ability.*

*Topic 10*
*Basics of creating a training unit in terms of volume, intensity and content in terms of focusing on the development of a specific coordinative ability.*

*Topic 11*
*Specific requirements for the personality of an aquafitness coach. Verbal, non-verbal communication, special tools, tools and aids in connection with content, time management and safety.*

*Topic 12*
*Aquafitness programs with specific population groups.*

*Topic 13*
*Fulfillment of credit requirements (leading of various parts of the training unit by students).*

**Recommended literature:**

*ADAMI, M. R., 2005. Akvafitness cvičení pro posílení těla šetřící klouby. Praha: Ikar. ISBN 80-249-0547-7*
*AQUATIC EXERCISE ASSOCIATION, 2018. Aquatic fitness professional manual. 7. ed. Champaign, IL: Human Kinetics. ISBN-13: 978-0736071307*
*BAUN, M. B. P., 2008. Fantastic water workouts. 2. vyd. Champaign, IL: Human Kinetics.*
*LABUDOVÁ-ĎURECHOVÁ, J., 2005. Aquafitness. Bratislava: Peter Mačura - PEEM. ISBN 80-89197-21-3.*
*PESCATELLO, L. S., 2014. ACSM's guidelines for exercise testing and prescription. 9th ed. Philadelphia: Wolters Kluwer/Lippincott Williams. ISBN-13: 978-1609139551*
*RÝZKOVÁ, E a J. LABUDOVÁ, 2019. Vplyv pohybových programov vo vodnom prostredí na biologické a motorické ukazovatele žien v stredom veku. Bratislava: Slovenská vedecká*

*spoločnosť pre telesnú výchovu a šport. ISBN 978-80-89075-80-5.*

**Language, knowledge of which is necessary to complete the course:**
*Slovak and English language*

**Notes:**

**Evaluating history:**

Total number of evaluated students:

| *A* | *B* | *C* | *D* | *E* | *FX* |
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**Lecturer:**
*Mgr. Eva Rýzková, PhD.*
*doc. PaedDr. Jana Labudová, PhD.*

**Last modification:** *15.05.2024*

**Supervisor:** *prof. RNDr. Viktor Bielik, PhD., doc. PaedDr. Branislav Antala, PhD.*