Subject information sheet

University: *Comenius University in Bratislava*

Faculty: *Faculty of Physical Education and Sport*

Subject code:	**Subject title:** *Basic locomotions in the water*

Type, range and method of educational activities:
2 hours a week,
Presence method

Number of credits: *3*

Recommended semester/trimester of study: *1st semester Physical Education Teacher, Coaching and Physical EducationTteacher 2nd semester Coaching*

Degree of study: *1.*

Course prerequisites: none

Conditions for completing the course:

During the semester:
• Demonstration of the technique of 3 swimming methods 25 m (breast, crawl, emblem) with a basic start, evaluation - passed / failed
• Demonstration of basic turnovers of 3 swimming methods (breaststroke, crawl, emblem), evaluation - passed / failed
• 50m with the possibility of choosing a swimming method, according to the achieved time, will be converted into points according to the scoring table, a minimum of 12 and a maximum of 20 points
• 200m with the possibility of choosing a swimming method (other than 50m), according to the achieved time, will be converted into points according to the scoring table, at least 24 and a maximum of 40 points
• Written examination, minimum 24 and maximum 40 points

Overall rating: A - 100 to 93 points, B - 92 to 85 points, C - 84 to 77 points, D - 76 to 69 points, E - 68 to 61 points, FX - 60 and less points.
Credits will not be awarded to a student who:
• did not attend at least 80% of the seminars during the semester

Learning outcomes:

The student has basic swimming competencies and is swimming qualified. He knows the correct technique of swimming methods. He masters swimming skills, elemental swimming, preparatory exercises for training and improving the technique of starting three swimming methods. Understands the importance of basic swimming skills in the process of acquiring a swimming locomotive and can teach them through movement games in the water. Can distinguish between basic and above-standard swimming skills. He masters and is able to analyze and compare the technique of swimming breaststroke, crawl, character, including basic turns and starts. He can use modern elements of swimming technique in the development of fitness. Masters basic swimming concepts and swimming terminology. Understands and masters basic knowledge about the specific properties of the aquatic environment and its impact on the human body.

Course contents:
Specific properties of the aquatic environment and movement games in the water Swimming skills training and improvement Basics of elemental swimming techniques, swimming techniques to improve the technique Basics of breaststroke technique, crawl, emblem including the basics of turns and starts. Means and methods of using swimming locomotion in fitness development Assessment of the level of swimming competencies.

Topic 1 and thesis
Familiarization with the content of the subject, requirements, method of continuous and final evaluation. Assessment of the entry level of swimming fitness on the basis of a swimming test 100 m any way. Movement games in water using basic running locomotions and gymnastic skills. Training and improvement of breast foot technique, elemental swimming.

Topic 2 and thesis
Training in breast arm technique, including breathing during engagement. Preparatory and improvement exercises with the use of swimming aids. Basic breast rotation training. Training dolphin jumps and waves. Movement games in water aimed at getting acquainted with the aquatic environment.

Topic 3 and thesis
Breaststroke interplay technique training. Preparatory and improvement exercises. Improving breast turnover and practicing basic breast starting. Movement games in water focused on training and improving skills (swimming breathing).

Topic 4 and thesis
Improving the breaststroke. Improvement exercises using swimming aids. Improving the basic breaststroke start. Water movement games aimed at training and improving basic swimming skills (hovering). Ongoing evaluation of the basic breast turnover technique.

Topic 5 and thesis
Training in the technique of character and crawl legs. Training of a flowing position on the back and chest. Elemental swimming with the use of swimming aids. Water movement games aimed at training and improving basic swimming skills (merging). Ongoing evaluation of the basic breaststroke start and breaststroke technique (25 m).

Topic 6 and thesis
Training in the technique of sign arms and breathing when engaging the arms. Preparatory and improvement exercises with the use of swimming aids. Basic sign turnover training. Movement games in water focused on training and improving basic swimming skills (diving and orientation underwater). Continuous evaluation of breaststroke (50 m).

Topic 7 and thesis
Training technique interplay swimming method emblem. Improvement exercises using swimming aids. Improving basic character turnover. Character start training, Movement games in water focused on training and improving basic swimming skills (jumps and falls into the water).

Topic 8 and thesis
Training of crawl arm technique. Preparatory and improvement exercises with the use of swimming aids. Body position training when inhaling. breathing at the king in one shot, alternating breathing. Improving character arms and swimming techniques. Improving the character start. Water movement games without swimming aids aimed at practicing swimming skills in shallow water. Ongoing evaluation of the basic emblem start and swimming technique of the emblem (25 m).

Topic 9 and thesis
Training in crawl swimming techniques. Improving breathing during the king's interplay. Improving exercises with the use of swimming aids. Basic kraul turnover training. Water

movement games with swimming aids aimed at training and improving swimming skills in shallow water.
Ongoing evaluation of sign turnover. Interim evaluation of the swimming style sign (50 m)

Topic 10 and thesis
Improving the breaststroke. Modern elements of swimming locomotion technology and the use of alternating swimming methods in the development of fitness skills. Training and improvement of the basic crawl start. Auxiliary water movement games aimed at practicing swimming skills in deep water. Ongoing evaluation of the basic crawl start and technique of the crawl swimming method (25 m).

Topic 11 and thesis
Exercises to improve the technique of breast, crawl and character interplay, basic starts and turns. Movement games in water with swimming aids aimed at training and improvement of swimming skills in deep water. Ongoing assessment of the basic crawl turnover. Ongoing evaluation of the crawl swimming method (50 m).

Topic 12 and thesis
Modern elements of swimming locomotion technology and the use of agreed swimming methods in the development of fitness skills. Ongoing evaluation of the selected swimming method (200 m).

Topic 13 and theses
Fulfillment of practical credit requirements and written examination.

Recommended literature:

BARAN, I., BENČURIKOVÁ. Ľ., GRZNÁR, Ľ., HOLAS, D., KALEČÍK, L., LABUDOVÁ, J., MACEJKOVÁ, Y. a M. PUTALA. 2021. Plavecké športy a záchrana topiaceho sa. Vysokoškolská učebnica. Bratislava: Slovenská vedecká spoločnosť pre TVaŠ, 2021. 166 s. ISBN 978-80-8251-0006

BENČURIKOVÁ. Ľ. 2021. Didaktika plávania. Prípravná etapa základného plávania pre predškolský a mladší školský vek. Učebné texty. Bratislava: Slovenská vedecká spoločnosť pre TVaŠ, 2021. 40 s. ISBN 978-80-8251-0001-3.

ČECHOVSKÁ, I., JURÁK, D. a POKORNÁ, J. 2012. Plavání - pohybový tréning ve vodě. Univerzita Karlova, Karolínum 2012. 89 s ISBN 978-80-246-1948-4.

MACEJKOVÁ. Y. a Ľ. BENČURIKOVÁ. 2014. Plávanie. Učebné texty pre trénerov. Bratislava: STIMUL. 100 s. ISBN 978-80-8127-100-7.

MACEJKOVÁ, Y., BENČURIKOVÁ, Ľ., ČECHOVSKÁ, I., KALEČÍK, Ľ., LABUDOVÁ, J. a ONAČILOVÁ, D. 2005. Didaktika plávania. Vysokoškolská učebnica. Bratislava : ICM Agency, 2005. 140 s. ISBN 80-969-268-3-7.

MAGLISCHO, E.W: Swimming fastest. Human Kinetics Publishers :USA, 2003. 790 s. ISBN 0-7360-3180-4

RUŽBARSÝ, P. a I. MATÚŠ. 2017. Technická a kondičná príprava v plávaní. Prešov: Vydavateľstvo Prešovskej univerzity. 2017. 249 s. ISBN 978-80-555-1978-4

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

Notes: Credit requirements and scoreboard in the Annex

Evaluating history:
Total number of evaluated students: *0*

A	*B*	*C*	*D*	*E*	*FX*
Lecturer: *doc. PaedDr. Ľ. Benčuriková, PhD., Mgr. Ľ. Grznár, PhD., doc. PaedDr. J. Labudová, PhD., Mgr. M. Putala, PhD.*					
Last modification: 1.6.2024					
Supervisor: *prof. RNDr. Viktor Bielik, PhD., doc. PaedDr. Branislav Antala, PhD.*					