Subject information sheet

University: *Comenius University in Bratislava*	
Faculty: *Faculty of Physical Education and Sport*	
Subject code:	**Subject title:** Basic and conditioning gymnastics
Type, range and method of educational activities: *2 hours of exercise per week* *presence method, if necessary or necessary distance method*	
Number of credits: *2*	
Recommended semester/trimester of study:	
Degree of study: 1st degree study	
Course prerequisites: none	
Conditions for completing the course: *During the semester, the student is required to:* *• active participation in exercises,* *• seminar work - General warm-up and warm-up with equipment (minimum 12 and maximum 20 points),* *• practical credit requirements: 5 fitness tests - limits and conditions are published on the faculty website (minimum 12 and maximum 20 points),* *• mobility credit requirements from mobility - met / not met* *• 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,* *• has not met any partial credit requirement for at least the minimum number of points.*	
Learning outcomes: *The student is able to apply the means and exercises of basic and conditioning gymnastics in terms of the development of proper posture, proportional and harmonious development of the individual with respect to the biological peculiarities of the individual. He has theoretical knowledge and practical skills in the development of motor skills through basic and conditioning gymnastics. Understands the differentiated application of basic and conditioning gymnastics exercises depending on sports performance and sports specialization.*	
Course contents: • Technique, didactics and application of gymnastic exercises for proper posture, preventive, compensatory, relaxing and stretching exercises. • Comprehensively developing gymnastic exercises without equipment (individuals, couples, triplets). • Versatile developing gymnastic exercises with equipment (skipping ropes, full balls, fit balls, expanders) and on equipment (benches, ribs, crates). • Principles and importance of warming up. • Creation of exercise complexes in terms of the development of condition skills with the use of gymnastic equipment in the training process and in school TV.	
Recommended literature: *CHREN, M. et al., 2013. Gymnastika, tance a úpoly v ISCED 1 – 3. Bratislava: X print s.r.o. 2013. 130 s. ISBN 978-80-970490-2-7* *KYSELOVIČOVÁ, O. et al., 2011. Základná gymnastika. Bratislava: ICM agency, 2011. 157 s. ISBN 978-80-89257-42-3* *KYSELOVIČOVÁ, O., 2012. Základy terminológie telesných cvičení. Bratislava: ICM agency, 2012. 104 s. ISB 978-80-89257-53-9.* *PELIKÁN, H. et al., 2001. Terminológia gymnastiky. Bratislava: UK, 2001. 324s. ISBN 80-*	

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SKOPOVÁ, M., ZÍTKO,M. 2006. Základní gymnastika. Praha: Karolinum, 2006. 178 s. ISBN 80-246-0973-8

STREŠKOVÁ, E., 2003. Gymnastika - akrobacia a preskoky Bratislava: Mačura-PEEM, 2003. 114 s. ISBN 80-89197-53-1

STREŠKOVÁ, E., 2011. Športová gymnastika. Bratislava: Mačura - PEEM, 2003. 230 s. ISBN 978-80-8113-026-7

STREŠKOVÁ, E., OLEJ, P., 2013. Gymnastika zdravo a emotívne. Bratislava: X print s.r.o., 2013. 87 s. ISBN 978-80-970490-3-4

PEREČINSKÁ, K., KYSELOVIČOVÁ, O. et al., 2018. Implementácia nových tematických celkov gymnasticko-aerobikových športov v rámci výchovnovzdelávacieho programu na školách a vo voľno-časových aktivitách [online]. Prešov: Prešovská univerzita v Prešove, Fakulta športu, 2018. ISBN 978-80-555-2101-5.

KYSELOVIČOVÁ, O., KRAČEK, S., LABUDOVÁ, J., 2015. Zdravotne orientovaný fitnes. 1. vyd. Bratislava: END v spolupráci so Slovenskou vedeckou spoločnosťou pre telesnú výchovu a šport, 2015. 126 s. ISBN 978-80-89324-15-6.

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

Notes:

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

A	*B*	*C*	*D*	*E*	*FX*

Lecturer:.
Mgr. Jana Kalčoková, PhD.
Mgr. Adriána Krnáčová, PhD.
Mgr. Ľuboš Rupčík, PhD.
Doc. PaedDr. Oľga Kyselovičová, PhD.

Last modification:

Supervisor: