# Subject information sheet

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| **University:** *Comenius University in Bratislava* | |
| **Faculty:** *Faculty of Physical Education and Sport* | |
| **Subject code:** FTVŠ.KG/VP019/22 | **Subject title:** Technique exercise in fitness |
| **Type, range and method of educational activities:**<br>*2 hours per week*<br>*presence method, if necessary, distance method* | |
| **Number of credits:** *3* | |
| **Recommended semester/trimester of study:** WS, SS | |
| **Degree of study:** *2. degree* | |
| **Course prerequisites:** anatomy, fysiology | |
| **Conditions for completing the course:**<br>During the semester:<br>• the active participation of the student in lectures and seminars is required,<br>• written examination (questions published on the faculty's website) a minimum of 11 and a maximum of 20 points<br>• seminar work - presentation on an assigned topic of your choice from the area according to the focus of specialization in this semester<br>• Overall rating:<br>A - 100 to 93 points, B - 92 to 85 points, C - 84 to 77 points, D - 76 to 69 points,<br>E - 68 to 61 points, FX - 60 and less points.<br>Credits will not be awarded to a student who:<br>• during the semester did not meet at least 80% attendance at lectures and seminars (except IÚV)<br>• has an FX test rating | |
| **Learning outcomes:**<br>The student masters the basic information of biomechanics and kinesiology exercises. Masters the basic anatomical information of muscle topography with a focus on attachment, distance and muscle function. Masters the optimal (correct) exercise technique in the gym with a focus on specific muscle groups. | |
| **Course contents:**<br>Biomechanics, kinesiology exercises.<br>Chest - muscles, exercises, technique.<br>Back - muscles, exercises, technique.<br>Shoulders - muscles, exercises, technique.<br>Biceps - muscles, exercises, technique.<br>Triceps - muscles, exercises, technique.<br>Quadriceps - muscles, exercises, technique.<br>Hamstring - muscles, exercises, technique.<br>Sitting muscles - muscles, exercises, technique.<br>Abdomen - muscles, exercises, technique.<br>Calf - muscles, exercises, technique.<br>Forearms - muscles, exercises, technique.<br><br>(Detailed syllabus - for internal needs of the faculty) | |

Topic 1 and thesis
Introduction to teaching the theory and didactics of bodybuilding, fitness and powerlifting. Requirements for obtaining credits, instructions for seminar work, equipment and equipment for specialization lessons.

Topic 2 and thesis
Biomechanical foundations and kinesiology of strengthening exercises. (pressure, tension, bending, bending, support, supports) Nomenclature of exercises with dumbbells, on bodybuilding tools and equipment.

Topic 3 and thesis
Theoretical and practical examples of chest exercises. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 4 and thesis
Theoretical and practical examples of exercises focused on the back. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 5 and thesis
Theoretical and practical examples of exercises focused on the shoulder girdle. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 6 and thesis
Theoretical and practical examples of exercises focused on the biceps. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 7 and thesis
Theoretical and practical examples of exercises focused on the triceps. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 8 and thesis
Theoretical and practical examples of exercises focused on the quadriceps. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 9 and thesis
Theoretical and practical examples of exercises focused on hamstrings. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 10 and thesis
Theoretical and practical examples of exercises focused on sciatic muscles. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 11 and thesis
Theoretical and practical examples of exercises focused on abdominal muscles. Muscle

distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 12 and thesis
Theoretical and practical examples of exercises focused on the calves, forearms. Muscle distance, attachment and function. Initial and final position, course of movement, breathing, the most common errors.

Topic 13 and thesis
Meeting credit requirements. Final evaluation of students. Checking credit requirements, compulsory attendance and evaluation of student presentations on the assigned topic.

**Recommended literature:**


- *BOMPA Tudor, HAFF Gregory, PERIODIZATION – THEORY AND METHODOLOGY OF TRAINING, Human Kinetics, 2009, ISBN 978-0-7360-7483-4*
- *BOSCH Franz, STRENGTH TRAINING AND COORDINATION: AN INTEGRATIVE APPROACH, 2010 Publisher, ISBN 978-94-90951-27-5*
- *ČÍŽ Iľja, TECHNIKA CVIČENÍ V POSILOVNI, 2016, Helbich Brno, ISBN 978-80-906694-6-8*
- *FLECK Steven, KRAEMER William, DESING RESISTANCE TRAINING PROGRAMS, Human KINETICS 2014, ISBN 978-0-7360-8170-2*
- *KRAVITZ Len, BUBBICO Aaron, ESSENTIALS OF ECCETRIC TRAINING, Human Kinetics 2015, ISBN 978-1-4504-6830-5*
- *POLIQUIN Charles, POLIQUIN PRINCIPLES, Poliquin performance center 2013, ISBN 978-098260865-4*
- *STOPPANI Jim, ENCYKLOPEDIA OF MUSCLE AND STRENHGT, Human kinetics 2015, ISBN 978-1-4504-5974-7*
- *RIPPETOE Mark, STARTING STRENGHT – BASIC BARBELL TRAINING, The Aasgaard company 2013, ISBN 978-0-9825227-3-8*
- *SCHWARZENEGGER Arnold, THE NEW ENCYKLOPEDIA OF MODERN BODY BUILDING, Simon & Schuster 1999, ISBN 978-0684857213*
- *SCHMARZO Max, VAN DYKE Matt, ISOMETRICS FOR PERFORMANCE,*
- *SCHOENFELD Brad, SCIENCE AND DEVELOPMENT OF MUSCLE HYPERTROPHY, Human Kinetics 2020, ISBN 978-1-4967-4*
- *VANDERKA, M 2016. Silový tréning pre výkon. 2. rozšírené a doplnené vyd. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2016. 364 s., ISBN 978-80-89075-54-6.*
- *VERKHOSHANSKY Yuri, VERKHOSHANSKY Natalia, SPECIAL STRENGTH TRAINING MANUAL FOR COACHES, SSTM 2013, ISBN 978-88-904038-2-8*
- *WINKELMAN Nick, THE LANGUAGE OF COACHING – THE ART & SCIENCE OF TEACHING MOVEMENT, Human Kinetics 2020, ISBN 978-1-4925-3*
- *ZATSIORSKY, V., KRAEMER, W. 2006. Science and Practice of Strength Training - 2nd Edition, Human Kinetics Publishers, ISBN 0736056289*


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

**Notes:**

**Evaluating history:**

Total number of evaluated students: *0*

| *A* | *B* | *C* | *D* | *E* | *FX* |
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| **Lecturer:**. *MA. Iľja Číž, PhD.* |
| **Last modification:** *10.04.2022* |
| **Supervisor:** *Prof. MA. Marián Vanderka, PhD., Associate Prof. PaedDr. Branislav Antala, PhD.* |