Subject information sheet

University: *Comenius University in Bratislava*

Faculty: *Faculty of Physical Education and Sport*

Subject code: FTVŠ.KA/1PP017/23 | **Subject title:** *Sport Conditioning Basics*

Type, range and method of educational activities:
2x week practical classes
presence method, online if necessary

Number of credits: *2*

Recommended semester/trimester of study: *1st*

Degree of study: *1st*

Course prerequisites: *none*

Conditions for completing the course:
During the semester:
• the active participation of the student in the exercises is required,
• written examination (questions published on the faculty's website) a minimum of 24 and a maximum of 40 points
• seminar work – 3-weeks microcycle development of conditioning abilities for the selected sport (it is necessary to add load attributes: volume - duration, number of repetitions, or series; measurement, determine the source, organization - interval and character of rest, complexity, or control and increase system load, methodical notes - nodal body - what needs to be emphasized) minimum 24 and maximum 40 points
• practical/physical credit requirements 4 general tests of conditioning abilities (limits and conditions are published on the faculty website) minimum 12 and maximum 20 points
• Overall rating:
A - 100 to 92 points, B - 91 to 84 points, C - 83 to 76 points, D - 75 to 68 points,
E - 67 to 60 points, FX - 59 and less points.
Credits will not be awarded to students who:
• did not complete at least 80% of the exercises during the semester.

Learning outcomes:
The student knows the basic theoretical knowledge about conditioning training in sports. Student masters the basic concepts of fitness training. Can characterize the basic means of conditioning training in sports. Can apply basic load models to the development of endurance, strength and speed abilities training in sports movements in various age and performance categories.
Can apply the principles of circular training in conditioning and coordination training. He/she is able to create simple load plans aimed at developing abilities and skills by running means and means of gymnastic, dance and combat character. He/she can control the load by modern means and masters the basic abilities of conditioning exercises of a locomotor nature.

Course contents:
Basic concepts of fitness training.
Place and basic means of conditioning training in sports training.
Theory of physical activity and acquisition of basic locomotor exercises used in conditioning training.
Circuit training in conditioning training.
Load models for the development of aerobic and anaerobic endurance, strength and speed abilities development during sports movements in various age and performance categories.

Recommended literature:

Bompa, Tudor O., Carlo Buzzichelli (2018). *Periodization Training for Sports (6th edition).*

Wagan, Emelyn Cereno (2020). *Physical Education and Development.*

Armstrong, Neil (2019). *Development of the Youth Athlete.*

Meijen, Carla (2019). *Endurance performance in Sport.*

Chandler, T. Jeff, Lee E. Brown (2019). *Conditioning for Strength and Human Performance.*

Turner, Anthony N., Paul Comfort (2022). *Advanced Strength and Conditioning (2nd edition).*

Jeffreys, Ian (2020). *Effective Coaching in Strength and Conditioning.*

Colvin, A. Vonnie, Nancy J Egner Markos, Pamela J. Walker (2023). *Teaching fundamental motor skills (4th edition).*

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

Notes:

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

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

Lecturer:. *Mgr. Adrián Novosád, PhD.; Mgr. Katarína Vanderková, PhD.; Mgr. Henrieta Horníková, PhD.; Mgr. Radovan Hadža, PhD.; Mgr. Lorinczi, Mgr. Smoliga*

Last modification: 12*.05.2025*

Supervisor: *prof. Mgr. Erika Zemková, PhD.; doc. PaedDr. Branislav Antala, PhD.*