

<b>Higher education institution:</b> <i>Slovak Medical University in Bratislava</i>					
<b>Faculty:</b> <i>Faculty of Medicine</i>					
<b>Course code:</b> <i>GM005A</i>			<b>Course title:</b> <i>Physical Education (1)</i>		
<b>Type, extent and method of educational activity:</b> <i>Number of hours per semester:</i> <i>Lectures: 0</i> <i>Practices: 14/1 hour per week</i>					
<b>Number of credits:</b> <i>1 credit</i>					
<b>Recommended semester/trimester study:</b> <i>1st</i>					
<b>Level of higher education study:</b> <i>1. + 2. level</i>					
<b>Prerequisite courses:</b>					
<b>Requirements for completion of the course:</b> <i>Active participation on the face-to-face education</i> <i>Student workload is 11 hours.</i>					
<b>Learning outcomes:</b> <i>Explain the importance of physical activity and physical exercise in your life, positive impact on individual body systems.</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing health of individuals and society through physical activity and sport.</i>					
<b>Brief content of the course (syllabus):</b> <i>The importance of physical education, physical exercise for health, its maintenance, strengthening and rehabilitation, general patterns of movement, safety precautions, accident prevention.</i> <i>Gymnastic exercises (terminology, basic positions, posture). Exercise to develop mobility, strength, coordination.</i> <i>Individual exercises, couple exercises, group exercises, exercises with equipments.</i> <i>Basic swimming skills, swimming (primary / sport / health) and its functional importance for musculoskeletal disorders.</i> <i>Physical activity in water (water games, aquafitness), the effect of water environment on human health.</i>					
<b>Recommended literature:</b> <i>Blair et al. (1996). Influences of cardiorespiratory fitness and other precursors on cardiovascular disease and all-cause mortality in men and women.</i> <i>The Journal of the American Medical Association, 276 (3), 205-210</i> <i>Cotton, R.L. (1997). Personal trainer manual. American Council on Exercise.</i> <i>de Vries, H.A. (1980). Physiology of Exercise for Physical Education and Athletics. W. C. Brown a Company, Publishers, Dubuque, IAMP</i>					
<b>Language requirements:-</b>					
<b>Notes:</b> <i>The course runs in Slovak and English language.</i>					
<b>Course assessment</b> Assessed students in total: <i>0</i>					
A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%
<b>Lecturers:</b> <i>PaedDr. Veronika Tirpáková, PhD.</i>					
<b>Date of last modification:</b> <i>01.09.2014</i>					
<b>Supervised by:</b> <i>prof. MUDr. Peter Šimko, CSc.</i>					

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<b>Faculty:</b> <i>Faculty of Medicine</i>											
<b>Course code:</b> <i>GM005B</i>			<b>Course title:</b> <i>Physical education (2)</i>								
<b>Type, extent and method of educational activity:</b> <i>Number of hours per semester:</i> <i>Lectures -0</i> <i>Practices 14/1 hour per week</i>											
<b>Number of credits:</b> <i>1 credit</i>											
<b>Recommended semester/trimester study:</b> <i>2nd</i>											
<b>Level of higher education study:</b> <i>1. + 2. level</i>											
<b>Prerequisite courses:</b> <i>GM005A Physical Education (1)</i>											
<b>Requirements for completion of the course:</b> <i>Active participation on the face-to-face education</i> <i>Student workload is 11 hours.</i>											
<b>Learning outcomes:</b> <i>Explain the importance of physical activity and physical exercise in your life, positive impact on individual body systems.</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing health of individuals and society through physical activity and sport.</i>											
<b>Brief content of the course (syllabus):</b> <i>Selected topics in theory and didactics of physical education and sports.</i> <i>The importance of physical exercise. Use of basics of athletics, physical games and sport game, tourism.</i> <i>Recreational athletic programs, physical activities for different age groups and disabled people.</i> <i>Modification of physical and sports games in connection with age, sex, performance level and health status of individuals.</i>											
<b>Recommended literature:</b> <i>Alter, M.J. (1998). Sport Stretch, 2nd Edition. Human Kinetics</i> <i>American College of Sports Medicine (2010). The Recommended Amount of Cardiorespiratory and Muscular Fitness in Healthy Adults. Medicine and Science in Sports and Exercise, 22, 265-274</i> <i>American College of Sports Medicine (2009). Exercise Management for Persons with Chronic Diseases and Disabilities. Champaign, IL : Human Kinetics</i> <i>WHO 2010 Global Recommendations on Physical Activity for Health</i> <i><a href="http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf">http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf</a></i>											
<b>Language requirements:-</b>											
<b>Notes:</b> <i>The course runs in Slovak and English language.</i>											
<b>Course assessment</b> Assessed students in total: 0											
A		B		C		D		E		FX	
0%		0%		0%		0%		0%		0%	
<b>Lecturers:</b> <i>PaedDr. Veronika Tirpáková, PhD.</i>											
<b>Date of last modification:</b> <i>01.09.2014</i>											
<b>Supervised by:</b> <i>prof. MUDr. Peter Šimko, CSc.</i>											

Course Information Sheet

<b>Higher education institution:</b> <i>Slovak Medical University in Bratislava</i>					
<b>Faculty:</b> <i>Faculty of Medicine</i>					
<b>Course code:</b> <i>GM005C</i>			<b>Course title:</b> <i>Physical Education (3)</i>		
<b>Type, extent and method of educational activity:</b> <i>Number of hours per semester:</i> <i>Lectures</i> <i>Practices 14/1 hour per week</i>					
<b>Number of credits:</b> <i>1 credit</i>					
<b>Recommended semester/trimester study:</b> <i>3rd</i>					
<b>Level of higher education study:</b> <i>1. + 2. level</i>					
<b>Prerequisite courses:</b> <i>GM005B Physical Education(2)</i>					
<b>Requirements for completion of the course:</b> <i>Active participation on the face-to-face education</i> <i>Student workload is 11 hours.</i>					
<b>Learning outcomes:</b> <i>Explain the nature, objectives and tasks of health medical physical education</i> <i>Explain the importance of physical activity and physical exercise in people's lives with disabilities</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing the health of individuals and society through physical activity and sport.</i>					
<b>Brief content of the course (syllabus):</b> <i>Selected chapters of theory and methodology of physical education and sport (evaluation of the musculoskeletal system, physical activity for patient with various health weaknesses and for the individual groups.</i> <i>Complex - special content of physical education. The principles and content of work (physical and sports activities) with people with physical weakness, disability - school medical physical education, integrated physical education, sport for all)</i> <i>Aerobic physical activities, the use of balance equipment (aerobics - body work, zumba, dance, aqua fitness, fitball, overball, dynaband)</i> <i>To create fitness programs for selected groups. Use of elements of athletics, gymnastics and sports games.</i>					
<b>Recommended literature:</b> <i>W.H.O. (2011). Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948</i> <i>Wilmore, J. and Costill, D.L. (1999). Physiology of Sport and Exercise. Champaign, Illinois : Human Kinetics</i> <i>Howley, E.T., Thompson, D. L., (2012) Fitness Professional's Handbook. Champaign, Illinois USA: Human Kinetics.</i> <i>American College of Sports Medicine (2000). ACSM guidelines for exercise testing and prescription, 6th Ed. Lippincott Williams a Wilkins</i> <i>American College of Sports Medicine (2000). Exercise Management for Persons with Chronic Diseases and Disabilities. Champaign, IL : Human Kinetics S A</i> <i>MILLER, W. C., J. P. WALLACE, and K. E. EGGERT (1993) Predicting max HR and the HR- 2 relationships for exercise prescription in obesity. Med. Sci. Sports Exerc., 25 (9), p. 1077-1081.</i> <i>BORG, G. (1982) Psychophysical bases of perceived exertion. Medicine and Science in Sports and Exercise, 14 (5), p. 377-81</i>					
<b>Language requirements:-</b>					
<b>Notes:</b> <i>The course runs in Slovak and English language.</i>					
<b>Course assessment</b> Assessed students in total: 0					
A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%
<b>Lecturers:</b> <i>PaedDr. Veronika Tirpáková, PhD.</i>					
<b>Date of last modification:</b> <i>01.09.2014</i>					

**Supervised by:** *prof. MUDr. Peter Šimko, CSc.*

<b>Higher education institution:</b> <i>Slovak Medical University in Bratislava</i>					
<b>Faculty:</b> <i>Faculty of Medicine</i>					
<b>Course code:</b> <i>GM005D</i>			<b>Course title:</b> <i>Physical Education (4)</i>		
<b>Type, extent and method of educational activity:</b> <i>Number of hours per semester:</i> <i>Lectures</i> <i>Practices 28/ 2 hours pre week</i>					
<b>Number of credits:</b> <i>1 credit</i>					
<b>Recommended semester/trimester study:</b> <i>4th</i>					
<b>Level of higher education study:</b> <i>1. + 2. level</i>					
<b>Prerequisite courses:</b> <i>GM 005C Physical education(3)</i>					
<b>Requirements for completion of the course:</b> <i>Active participation on the face-to-face education, paper work</i> <i>Student workload is 11 hours.</i>					
<b>Learning outcomes:</b> <i>To explain the importance of physical activity and exercise in life in relation to the health promotion and protection.</i> <i>To clarify the goals and tasks of health oriented physical activities in the prevention of lifestyle diseases.</i> <i>To disseminate knowledge and to form habits to improve the quality of life of individuals and society (life free of disease and disability) through physical activities and sports with full use of the potential human health.</i>					
<b>Learning outcomes:</b> <i>Sports for all, performance and top athletes sport (Olympic and Paralympic Movement, Special Olympics).</i> <i>Non-traditional sports and new trends in recreational physical activities.</i> <i>Physical reconditioning and relaxation through exercise.</i> <i>Principles of fitness training, fitness training programming for different age groups, special groups and disabled people.</i>					
<b>Brief content of the course (syllabus):</b> <i>W.H.O. (2011). Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948</i> <i>Wilmore, J. and Costill, D.L. (1999). Physiology of Sport and Exercise. Champaign, Illinois : Human Kinetics</i> <i>Howley, E.T., Thompson, D. L., (2012) Fitness Professional's Handbook. Champaign, Illinois USA: Human Kinetics.</i> <i>American College of Sports Medicine (2000). ACSM guidelines for exercise testing and prescription, 6th Ed. Lippincott Williams a Wilkins</i> <i>American College of Sports Medicine (2000). Exercise Management for Persons with Chronic Diseases and Disabilities. Champaign, IL : Human Kinetics S A</i> <i>MILLER, W. C., J. P. WALLACE, and K. E. EGGERT (1993) Predicting max HR and the HR- 2 relationships for exercise prescription in obesity. Med. Sci. Sports Exerc., 25 (9), p. 1077-1081.</i> <i>BORG, G. (1982) Psychophysical bases of perceived exertion. Medicine and Science in Sports and Exercise, 14 (5), p. 377-81</i>					
<b>Language requirements:-</b>					
<b>Notes:</b> <i>The course runs in Slovak and English language.</i>					
<b>Course assessment</b> Assessed students in total: 0					
A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%
<b>Lecturers:</b>					

<i>PaedDr. Veronika Tirpáková, PhD.,</i>
<b>Date of last modification:</b> <i>01.09.2014</i>
<b>Supervised by:</b> <i>prof. MUDr. Peter Šimko, CSc.</i>