

## Course description

<b>Course abbreviation:</b>	KTS/SP1	<b>Page:</b>	1 / 3
<b>Course name:</b>	Sports Training 1		
<b>Academic Year:</b>	2023/2024	<b>Printed:</b>	28.05.2024 10:50

<b>Department/Unit /</b>	KTS / SP1			<b>Academic Year</b>	2023/2024
<b>Title</b>	Sports Training 1			<b>Type of completion</b>	Pre-Exam Credit
<b>Accredited/Credits</b>	Yes, 1 Cred.			<b>Type of completion</b>	Combined
<b>Number of hours</b>	Tutorial 2 [Hours/Week]				
<b>Occ/max</b>	Status A	Status B	Status C	<b>Course credit prior to</b>	NO
<b>Summer semester</b>	0 / -	0 / -	0 / -	<b>Counted into average</b>	NO
<b>Winter semester</b>	28 / -	0 / -	0 / -	<b>Min. (B+C) students</b>	10
<b>Timetable</b>	Yes			<b>Repeated registration</b>	NO
<b>Language of instruction</b>	Czech			<b>Semester taught</b>	Winter semester
<b>Optional course</b>	Yes			<b>Internship duration</b>	0
<b>Evaluation scale</b>	S N				
<b>No. of hours of on-premise</b>					
<b>Auto acc. of credit</b>	Yes in the case of a previous evaluation 4 nebo nic.				
<b>Periodicity</b>	K				
<b>Substituted course</b>	None				
<b>Preclusive courses</b>	N/A				
<b>Prerequisite courses</b>	N/A				
<b>Informally recommended courses</b>	N/A				
<b>Courses depending on this Course</b>	KTS/SP2				
<b>Note</b>	určen pro studenty FZS				

### Course objectives:

The subject matter of the Sports Training Course is to familiarize and instruct the students with the basics of bodybuilding. The course is intended for students of the Faculty of Medical Studies.

### Requirements on student

The credit and credit points are granted for an active participation and regular attendance in the classes. Furthermore, students are obliged to pass the test of skills and abilities acquired during classes or courses. To obtain the credit and credit points a minimum of 70% class attendance is required. In this case the justified absences may be excused and compensated and credit is granted.

### Content

gymnastics basics skills, correct posture workouts, strength training and stretching, individual and couple training with or without equipment

Bodybuilding: lower limbs (basic and supplementary workouts),  
chest (basic and supplementary workouts),  
back (basic and supplementary workouts),  
upper limbs - biceps (basic and supplementary workouts),  
triceps (basic and supplementary workouts)

## Fields of study

## Guarantors and lecturers

- **Guarantors:** Mgr. Pavel Červenka (100%)
- **Tutorial lecturer:** Mgr. Tomáš Buriánek (100%), Mgr. Václav Kotous (100%), Mgr. Jaroslav Kovařík (100%), Mgr. Filip Kuťák (100%), Mgr. Daniel Sys (100%), Mgr. Jiří Valachovič (100%), Mgr. Ondřej Vodrážka (100%)

## Literature

- **Basic:** VELLA, M. *Anatomie pro trénink svalové síly a vytrvalosti*. Praha, Mladá fronta, 2007. ISBN 978-802-0416-469.
- **Basic:** Bursová, M. *Kompenzační cvičení*. Praha: Grada, 2005.
- **Recommended:** Jordan, A. *Cvičení ve dvou*. Grada, 2007. ISBN 978-80-247-2133-0.
- **Recommended:** Křištofič, J. *Gymnastika pro zdravotní a kondiční účely*. Praha, 2004.
- **Recommended:** Tlapák, P. *Tvarování těla pro muže i ženy*. Praha : ARSCI, 1999. ISBN 80-86078-00-0.

## Time requirements

## All forms of study

Activities	Time requirements for activity [h]
Contact hours	20
Undergraduate study programme term essay (20-40)	20
<b>Total:</b>	<b>40</b>

## assessment methods

**Knowledge - knowledge achieved by taking this course are verified by the following means:**

Seminar work

## prerequisite

**Knowledge - students are expected to possess the following knowledge before the course commences to finish it successfully:**

Basic knowledge and skills of P.E. obtained at basic and secondary school.

## teaching methods

**Knowledge - the following training methods are used to achieve the required knowledge:**

Collaborative instruction

## learning outcomes

**Knowledge - knowledge resulting from the course:**

After successful completion of the course the students are able to prepare and elaborate a training programme and a separate weekly training plan with a view to:

- increasing the active body weight share
- decreasing weight through the reduction of fat
- influencing specific groups of muscles
- removing atrophy of muscles

## Course is included in study programmes:

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Paramedicine	Bachelor	Full-time	Zdravotnické záchranářství	1	2020	2023	Povinné předměty	A	2	ZS

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Specialization in Health Care	Bachelor	Full-time	Health Rescuer	1	2016	2023	Povinné předměty	A	2	ZS
Design of Power Machines and Equipment	Postgraduate Master	Full-time	Digital Manufacturing	1	2021	2023	Doporučené výběrové předměty	C	1	ZS
Design of Power Machines and Equipment	Postgraduate Master	Full-time	Manufacturing Machines and Technologies	1	2021	2023	Elective course	C	1	ZS