



Syllabi of completed courses

PERSONAL IDENTIFICATION

Title, first name, surname	Bc. Karel Srnský
Date and place of birth	1975/7/26 in Polička, Czech Republic
Student number (UČO)	456767

STUDIES-RELATED INFORMATION

Faculty	Faculty of Sports Studies
Name of study programme	Physical Education and Sport
Name of study field	Physical Education and Sport Specialization: Coaching
Form of study	Combined

bk2001 Morphology of system of locomotive

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) MUDr. Naděžda Vomelová (lecturer)
doc. MUDr. Jitka Hanzlová, CSc. (seminar tutor)
prof. MUDr. Vladimír Smrčka, CSc. (seminar tutor)

Guaranteed by prof. MUDr. Jindřich Vomela, CSc., LL.M.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives This lesson is about student's first contact with the specialization, which deals with locomotional system issues. It's a starting lesson to a block of lessons about locomotion. Obtaining this knowledge is a first precondition for next studies on faculty fsps MU. While learning the students are gradually meeting with: complex structure of locomotional apparatus (bones, joints, muscles), function of particular parts of locomotional apparatus, possible risks of harms caused by sport or ordinary life. After graduation from this study program the student will be capable of understanding next study programs in follow-up studies. At the same time the student obtains necessary information for execution of his future profession.

Syllabus

- Importance of studying anatomy, its divisions, terminology - a cell, a tissue, an organ, an organ system
- Orientation on the human body - planes, axis directions
- The skeletal system: bones and joints of the trunk
- The skeletal system: bones and joints of the skull
- The skeletal system: bones and joints of the upper limb

- The skeletal system: bones and joints of the lower limb
- The muscular system in general, types and function of the muscles introduction to PNS. The muscular system posterior trunk muscles, innervation.
- The muscular system: anterior, trunk muscles (thorax and abdomen), innervation
- The muscular system: head and neck, innervation
- Muscles of upper limb (pectoral girdle, arm, forearm), innervation
- Muscles of upper limb (hand). Muscles of lower limb (pelvic girdle, thigh), innervation
- Muscles of lower limb (leg, foot), innervation

Literature

- GRIM, Miloš a Rastislav DRUGA. *Základy anatomie*. První vydání. Praha: Galén, 2005. 163 stran. ISBN 8024609894.
- HANZLOVÁ, Jitka a Jan HEMZA. *Základy anatomie pohybového systému (Basics anatomy of locomotional system)*. první vydání. Brno, Areál Kraví Hora: MU, FSpS, 2004. 92 pp. Masarykova univerzita 1. ISBN 80-210-3580-3.
- TROJAN, Stanislav a Michal SCHREIBER. *Atlas biologie člověka : 430 modelových otázek k přijímacím zkouškám na medicínu, 100 obrazových podkladů k opakování a procvičování*. 1. vyd. Praha: Scientia, 2002. 56 s. : il. ISBN 80-7183-257-X.
- *Anatomie*. Edited by Radomír Čihák. 2. upr. a dopl. vyd. Praha: Grada, 2001. 497 s. ISBN 80-7169-970-5.

Teaching methods lectures and seminars

Assessment methods Study program consists of a block lectures and seminars. Seminars are obligatory. Education runs with help of anatomic models, preparates and audio-visual techniques. Study program is ended by giving credit. Final ranking is done by writing test and oral exam.

Language of instruction Czech

bk2003 Sports history

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Milena Strachová, Ph.D. (lecturer), PhDr. Bc. Jiří Kouřil, Ph.D. (deputy)

Guaranteed by Mgr. Milena Strachová, Ph.D.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives At the end of the course students will be able to: * reproduce the findings of the development history of sport * explain the context of historical development * apply the lessons from history for current practice * characterize the individual * summarize the general knowledge * justify the continuity of historical development

Syllabus

- Mythical thinking Classical Greek thought Hellenism Medieval Thought Renaissance Modern Age (17 - 18 / 19th century.) Enlightenment Modern thinking (the 19th century. - 20th century.) Post thoughts

Literature

- required literature
- GREXA, Ján a Milena STRACHOVÁ. *Dějiny sportu : přehled světových a českých dějin tělesné výchovy a sportu*. 1. vyd. Brno: Masarykova univerzita, 2011. 235 s. ISBN 9788021054585.
- recommended literature
- KÖSSL, Jiří, Jan ŠTUMBAUER a Marek WAIC. *Vybrané kapitoly z dějin tělesné kultury*. 2. vyd. Praha: Karolinum, 2004. 159 s. ISBN 8024608022.
- not specified
- GREXA, Ján. *Přehled světových dějin sportu*. 1. vyd. Brno: Masarykova univerzita, 2007. 69 s. ISBN 9788021045057.
- SOMMER, Jiří. *Malé dějiny sportu : aneb o sportech našich předků...* Vyd. 1. Praha: Fontána, 2003. 273 s. ISBN 80-7336-116-7.
- FONTANA, Josep. *Evropa před zrcadlem*. Translated by Jiří Kasl. Praha: Lidové noviny, 2001. 199 s. ISBN 80-7106-395-9.
- BLECHA, Ivan. *Filosofický slovník*. 1. vyd. Olomouc: FIN, 1995. 479 s. ISBN 80-7182-014-8.
- GAARDER, Jostein. *Sofiin svět : román o dějinách filosofie*. Translated by Jarka Vrbová. 1. vyd. Košice: Knižná dielňa Timotej, 1995. 512 s. ISBN 80-967294-5-4.
- BLECHA, Ivan. *Filosofie : (základní problémy)*. 1. vyd. Olomouc: FIN, 1994. 303 s. ISBN 8085572885.

Teaching methods Theoretical training seminars, retrieval and processing of historical sources and self-study students for essay submission shall be used.

Assessment methods Credits are awarded based on student active participation in the seminar, the development of presentations given topic. Following the granting of credit Students oral(or written test -Questions are prepared in sufficient variability, evaluation is based on points.

Language of instruction Czech

bk2006 Terminology

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Pavlína Vaculíková, Ph.D. (lecturer)
Mgr. Radka Nevařilová (assistant)

Guaranteed by Mgr. Lenka Svobodová, Ph.D.
Department of Gymnastics and Combatives - Faculty of Sports Studies
Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives Aims of the subject:

- fundamental terms in the field of kinanthropology
- gymnastics terms without aids
- gymnastics terms with aids (ropes, balls, short bars etc.) and on apparatus (benches, vaulting box, hayrack)
- graphic movement notation

Syllabus

- The basic of kinantropological terms
- Terminology of workouts without props
- Terminology of workouts with props
- Terminology of workouts on apparatus

Literature

- required literature
- FORMÁNKOVÁ, Soňa. *Základní gymnastika : názvosloví nejčastěji používaných postojů, poloh a pohybů (cvičení prostrná)*. 2. vyd. Olomouc: Univerzita Palackého v Olomouci, 2011. 48 s. ISBN 9788024427591.
- APPELT, Karel a Miroslav LIBRA. *Gymnastické názvosloví. I., Názvosloví cvičení prostrných*. Vyd. 2. Praha: Státní pedagogické nakladatelství, 1988. 76 s. : il.
- APPELT, Karel a Miroslav LIBRA. *Gymnastické názvosloví. II., Názvosloví cvičení akrobatických a cvičení na nářadí*. Vyd. 1. Praha: Státní pedagogické nakladatelství, 1987. 109 s. : i.
- not specified
- SKOPOVÁ, Marie a Miroslav ZÍTKO. *Základní gymnastika*. 2.vyd. Praha: Karolinum, 2008. 178 s. ISBN 9788024614786.
- SKOPOVÁ, Marie a Miroslav ZÍTKO. *Základní gymnastika*. 2. vyd. Praha: Karolinum, 2008. 178 s. ISBN 9788024614786.

Teaching methods Theoretical lectures complemented by practical application of terminology

Assessment methods The list of stretching exercises and its presentation during lectures
2 written tests written during semestre
Final exam: written test on pc
Re-sit: oral exam

Language of instruction Czech

bk2007 Basic gymnastic

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Petr Hedbávný, Ph.D. (seminar tutor)
Mgr. Lenka Svobodová, Ph.D. (seminar tutor)
Mgr. Pavlína Vaculíková, Ph.D. (seminar tutor)
Alena Marečková (assistant)

Guaranteed by Mgr. Pavlína Vaculíková, Ph.D.
Department of Gymnastics and Combatives - Faculty of Sports Studies
Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives At the end of the course students should be able to:
know number of stretch and strenghten excercises for different muscles of body

know good make of these excercises
create warm up for different type of sports and group of people
know good terminology of physical excercises

Syllabus

- Warm ups (main principles of warm up)
- Relaxation excercises
- Stretching
- Strenght excercises
- - core training
- - abodmine
- - dorsum
- - arms and trunk
- - gluteus
- - legs

Literature

- required literature
- SKOPOVÁ, Marie a Miroslav ZÍTKO. *Základní gymnastika*. 1. vyd. Praha: Karolinum, 2005. 178 s. ISBN 8024609738.
- APPELT, Karel. *Názvosloví pro cvičitele [Appelt, 1990]*. 1. vyd. Praha: Olympia, 1990. 244 s.
- not specified
- *Richtig Trainieren im Fitness-Studio (Orig.) : Posilování ve fitness*.
- POWERS, Scott K. a Edward T. HOWLEY. *Exercise physiology : theory and applications to fitness and performance*. 6th ed. Boston: McGraw-Hill, 2007. 1 v. ISBN 9780073028637.
- HEYWARD, Vivian H. *Advanced fitness assessment and exercise prescription*. 5th ed. Champaign, IL: Human Kinetics, 2006. xiii, 425. ISBN 0736057323.
- STACKEOVÁ, Daniela. *Fitness : metodika cvičení ve fitness centrech*. 1. vyd. Praha: Karolinum, 2004. 82 s. ISBN 8024608405.
- ČECHOVSKÁ, Irena, Viléma NOVOTNÁ a Hana MILEROVÁ. *Aqua-fitness : plavání, aqua-gymnastika, aqua-aerobik*. 1. vyd. Praha: Grada, 2003. 129 s. ISBN 8024704625.
- POLÁŠKOVÁ, Kateřina. *Aqua-fitness jako součást prevence proti osteoporóze*. 2003. 56 l., [9].
- SHARKEY, Brian J. *Fitness and health*. 5th ed. Champaign: Human Kinetics, 2002. x, 436 s. ISBN 0-7360-3971-6.
- STRAKOŠ, Jakub, Vladimír VALOUCH a David HOLZER. *Expander fitness*. [Praha]: Victory entertainment, 2001. 1 vidoekaz.
- DOHNALOVÁ, Ilona, Břetislav ZATLOUKAL, Jan NOVOTNÝ, Otto VLACH a Jiří POLÁCH. Field testing of physical fitness in young patients with idiopathic scoliosis. *Sports Medicine Training and Rehabilitations*, Mexico: OPA, 1997, vol. 7, 3-4, p. 193-206. ISSN 1057-8315.
- *Aerobic fitness and health*. Edited by Roy J. Shephard. [1st ed.]. : Human Kinetics Publishers, 1994. x, 358 s. ISBN 0-87322-417-5.

Teaching methods Form of practicals lessons completed with teoreticals pieces of knowledge.
Didactique presentations of students and its analysis. Attendance at seminars: compulsory

Assessment methods - student s presentation (dynamic warm up)
- final project including stretch and strenght excercices
- 3-4 written tests on PC including function of muscle groups - final written test - practical exercises (pull ups, reverse plank - lift right/left leg, ...)
- attendance at seminars: compulsory

Language of instruction Czech

bk2009 Sports games

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Eduard Hrazdíra, Ph.D. (seminar tutor)
PaedDr. Karel Večeřa (seminar tutor)

Guaranteed by PaedDr. Karel Večeřa
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives At the end of the course students should be able to work with quantity of Small games and use for warming-up or training.

Syllabus

- Movement games concentrated on:
 - running
 - jumping
 - pass
 - bumping
 - fight back
 - hit
 - baton
 - resistance excercises

Literature

- required literature
 - ZAPLETAL, M. Encyklopedie her I.-IV. díl.
 - ZACHOVÁ, B. Drobné pohybové hry, drobné závody, soutěže a úpoly, drobné hry a zábavy v místnosti. Praha: UK 1981
 - TŮMA, Martin a Jiří TKADLEC. *Hry s míčem pro děti*. Illustrated by Jan Schicker. 2., dopl. vyd. Praha: Grada, 2010. 112 s. ISBN 9788024734897.
 - MATOUŠEK, Jaroslav. *Sportovní hry. 1, Základní teorie sportovních her, Drobné a průpravné pohybové hry*. Vyd. 1. Brno: Univerzita Jana Evangelisty Purkyně v Brně, 1989. 111 s. ISBN 80-210-0018-X.
- recommended literature

- MATOUŠEK, J. Sportovní hry. Brno: 1989
- ROVNÝ, M. Pohybové hry. Bratislava, SPN, 1989
- VELENSKÝ, Michael. *Průpravné hry*. 1. vyd. Praha: Karolinum, 2005. 91 s. ISBN 8024609703.

Teaching methods practice lessons Self-study: study of literature Control tasks: Semestrál work, practical scene

Assessment methods Graded credit:
active participation in lessons, elaborating of semestrál work (15 games), checking knowledge of the movement games - practice scene

Language of instruction Czech

bk2010 Volleyball

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Jindřich Pavlík (seminar tutor)
Petra Rosová (seminar tutor)
PaedDr. Jaroslav Šamšula (seminar tutor)

Guaranteed by PaedDr. Jaroslav Šamšula
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives At the end of the course students should be able to use basic volleyball skills-overhead pass, forearm pass, smashing, volleyball service, blocking, defense, and he should interpret volleyball rules.

Syllabus

- Overhead pass; forearm pass; smashing; volleyball service; blocking; defense; volleyball rules

Literature

- HANÍK, Zdeněk a Jaroslav VLACH. *Volejbal*. 1. vyd. Praha: Olympia, 2008. 347 s. ISBN 9788073760786.
- CÍSAŘ, Václav. *Volejbal : technika a taktika hry, průpravná cvičení*. 1.vyd. Praha: Grada, 2005. 165 s. ISBN 8024705028.
- PŘIDAL, Vladimír a Ludmila ZAPLETALOVÁ. *Volejbal : herný výkon, trénink, riadenie*. 1. vyd. Bratislava: Peter Mačura - PEEM, 2003. 180 s. ISBN 8088901855.

Teaching methods exercises

Assessment methods test from the rules, practical exam from game activities

Language of instruction Czech

bk2012 Skiing A

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Kurz 9D. Number of credits: 4 credit(s). Type of Completion: graded credit.

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (lecturer)

Mgr. Eduard Hrazdíra, Ph.D. (lecturer)

Mgr. Sylva Hřebíčková, Ph.D. (lecturer)

Mgr. Petr Hedbávný, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The course focuses on teaching downhill skiing. After successful completion of the course the student should:

- demonstrate knowledge of boating and cornering techniques, the history of skiing
- distinguish appropriate and inappropriate ski equipment
- demonstrate the four elements of the art of downhill skiing.

Lesson one element descending and cornering (carving curve) will take place on short skis (130 cm).

Segments making up the course bk2012b Cross-country skiing; bk2012s Alpine skiing.

Syllabus

- Practical training:
 - - Arch plow
 - - Arch of Přivrat higher deposit
 - - Basic parallel arc
 - - Carving arch - Arch of the slope
 - - the slope of the arc
 - - arc connected across the fall line
 - jointed arches, refresher exercises.
 -
- Theoretical lectures:
 - - Basic concepts,
 - - The history of skiing,
 - - Techniques descending and cornering,
 - - Safety in the mountains, ski equipment.

Literature

- REICHERT, Jiří, Dalibor MUSIL a Matěj NAJMAN. *Lyžování : od začátků k dokonalosti*. 1. vyd. Praha: Grada, 2007. 188 s. ISBN 9788024717241.

- ČÁSTKA, Kryštof, Ilona KOLOVSKÁ a Jaromír VOTÍK. *Jak dokonale zvládnout carving*. 1. vyd. Praha: Grada, 2005. 112 s. ISBN 8024713586.
- ŠTUMBAUER, Jan a Radek VOBR. *Moderní lyžování*. České Budějovice: KOPP, 2005. 125 s. ISBN 807 2322664.
- GNAD, Tomáš. *Kapitoly z lyžování*. 1. vyd. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2002. 240 s. ISBN 8024602415.
- PŘÍBRAMSKÝ, Miloš. *Lyžování : základní lyžařská průprava, alpské lyžování, carving*. První vydání. Praha: Grada Publishing, 1999. 120 stran. ISBN 8071697869.
- PŘÍBRAMSKÝ, Miloš. *Česká škola lyžování : sjíždění a zatáčení na lyžích*. Praha: Svaz lyžařů České republiky, 1996. 72 s. : il.
- DRLÍK, Karel a Karel STROBL. *Lyžujeme : Struktura výuky sjíždění*. 1. vyd. Olomouc: Alfa OC, 1992. 70 s.
- KOVAŘÍK, Vladimír. *Teorie a didaktika lyžování*. Vyd. 1. Brno: Masarykova univerzita, 1991. 215 s. ISBN 80-210-0312-X.

Teaching methods theoretical lectures, practice

Assessment methods The practical exam consists of 4 elements:

- Arch plow
- Arc of Přívrat higher deposit
- Basic parallel arc
- Carving turn

Language of instruction Czech

bk2012b Cross-country skiing

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Kurz 9D. Number of credits: 0 credit(s). Recommended Type of Completion: graded credit. Other types of completion: zk (examination).

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (lecturer)
Mgr. Sylva Hřebíčková, Ph.D. (lecturer)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.
Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies
Supplier department: Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives At the end of this course the student will be able to: define the technique of cross-country, demonstrating the correct technique of cross-country

Syllabus

- two phase, half skating, one skating, two skating

Literature

- KOVAŘÍK, Vladimír. *Teorie a didaktika lyžování*. Vyd. 1. Brno: Masarykova univerzita, 1991. 215 s. ISBN 80-210-0312-X.
- DVOŘÁK, František, Roman KUMPOŠT a Luděk ŠABLATURA. *Trenér lyžování : klasické disciplíny*. [1. vyd.]. Praha: Československý svaz tělesné výchovy. Český ústřední výbor. Výbor svazu lyžování ve spolupráci s metodickým oddělením, 1990. 65 s. : il.

- KULHÁNEK, Otto. *Zlatá kniha lyžování : z dějin československého a světového lyžařství*. Vyd. 1. Praha: Olympia, 1989. 597 s. : i.

Teaching methods practical training

Assessment methods practical exam; written test 20 questions rated 20 points. To successfully manage the need to achieve at least 16

Language of instruction Czech

Follow-Up Courses

- **nk1010** Theory and methodology of skiing

bk2012s Alpine skiing

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Kurz 9D. Number of credits: 0 credit(s). Recommended Type of Completion: graded credit. Other types of completion: zk (examination).

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (lecturer)
Mgr. Petr Hedbávný, Ph.D. (seminar tutor)
Mgr. Eduard Hrazdíra, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.
Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies
Supplier department: Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The course focuses on teaching downhill skiing. After successful completion of this course the student should: demonstrate knowledge of techniques of downhill skiing, skiing history; choose a suitable ski equipment; demonstrate the 4 elements of downhill skiing. Teaching of carving turn will be on short skis (140 cm).

Syllabus

- Practical training for downhill skiing: snowplow turn
- stem christie
- parallel turn
- carving turn. Theoretical lectures: basic concepts
- history of skiing
- downhill skiing technique
- safety in the mountains
- ski equipment.

Literature

- VILÍM, Martin. *Kapitoly ze sjezdového lyžování (Chapters from alpine skiing)*. první. Brno: Masarykova univerzita, 2009. 89 pp. sport. ISBN 978-80-210-4939-0.
- REICHERT, Jiří, Dalibor MUSIL a Matěj NAJMAN. *Lyžování : od začátků k dokonalosti*. 1. vyd. Praha: Grada, 2007. 188 s. ISBN 9788024717241.

- ČÁSTKA, Kryštof, Ilona KOLOVSKÁ a Jaromír VOTÍK. *Jak dokonale zvládnout carving*. 1. vyd. Praha: Grada, 2005. 112 s. ISBN 8024713586.
- ŠTUMBAUER, Jan a Radek VOBR. *Moderní lyžování*. České Budějovice: KOPP, 2005. 125 s. ISBN 807 2322664.
- GNAD, Tomáš. *Kapitoly z lyžování*. 1. vyd. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2002. 240 s. ISBN 8024602415.
- PŘÍBRAMSKÝ, Miloš. *Lyžování : základní lyžařská průprava, alpské lyžování, carving*. První vydání. Praha: Grada Publishing, 1999. 120 stran. ISBN 8071697869.
- PŘÍBRAMSKÝ, Miloš. *Česká škola lyžování : sjíždění a zatáčení na lyžích*. Praha: Svaz lyžařů České republiky, 1996. 72 s. : il.
- DRLÍK, Karel a Karel STROBL. *Lyžujeme : Struktura výuky sjíždění*. 1. vyd. Olomouc: Alfa OC, 1992. 70 s.
- KOVAŘÍK, Vladimír. *Teorie a didaktika lyžování*. Vyd. 1. Brno: Masarykova univerzita, 1991. 215 s. ISBN 80-210-0312-X.

Teaching methods Practical exercises in the ski resort.

Assessment methods The practical test consists of 4 elements: Snowplow turn, stem christie, parallel turn, carving turn. Each element is classified by the grade A - E. The final evaluation is the average value achieved marks.

Language of instruction Czech

Follow-Up Courses

- **nk2010s** Alpine skiing

bk2020 Biochemistry

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) Ing. Mgr. Jana Juříková, Ph.D. (lecturer)

Guaranteed by Ing. Mgr. Jana Juříková, Ph.D.

Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives Students will be inform about basic components of live mass like macroelements, microelements, sugars, lipids and proteins.

Syllabus

- 1. Elements in live matter.
- 2. Substances in live matter.
- 3. Carbohydrates - part 1.
- 4. Carbohydrates - part 2.
- 5. Carbohydrates - part 3.
- 6. Lipids - part 1.

- 7. Lipids - part 2.
- 8. Protein - part 1.
- 9. Protein - part 2.
- 10. Enzymes.
- 11. Nucleic acids.
- 12. Hormones.
- 13. Vitamins.

Literature

- DOUBRAVA, Jaroslav, Josef KOŠTÍŘ a Jiří POSPÍŠIL. *Základy biochemie [Doubrava, 1984]*. 1. vyd. Praha: Státní pedagogické nakladatelství, 1984. 269 s.
- KARLSON, Peter. *Základy biochemie*. Translated by Jan Kocourek - Sylva Leblová. 3., přeprac. vyd. Praha: Academia, 1981. 501 s.

Teaching methods lecture - theoretical lesson

Assessment methods oral exam

Language of instruction Czech

bk2065 Swimming Basics

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Dita Hlavoňová, Ph.D. (lecturer)
Mgr. Marcela Keberlová (lecturer)

Guaranteed by Mgr. Dita Hlavoňová, Ph.D.

Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Kateřina Novotná

Supplier department: Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives After successful completion of the course "Introduction to swimming" will be able to: - Demonstrate knowledge of basic swimming skills, principles and principles - Demonstrate and explain basic movement skills of swimming modes breast, arms, crawl - Apply the acquired skills in their approach to individual swimming techniques based their individual assumptions

Syllabus

- 1st Introduction to the study, the compensatory requirements, conditions for granting credit 2nd Basic swimming skills - breathing, merging, propulzis movements 3rd Improving the way swimming breasts, arms, legs, 4th Technical exercises for the interplay of how swimming breaststroke 5th Improving swimming sign way, arms, legs, exercises for the interplay 6th Improving the way crawl swimming, arms, legs, exercises for the interplay 7th Basic turnaround breast, crawl, improve all modes of swimming 8th -9. Turn, improve all modes of swimming 10th -11. Swimming crawl way - the concept of endurance 11th - 14 Implementation of compensatory requirements

Literature

- recommended literature
- ČECHOVSKÁ, Irena a Tomáš MILER. *Plavání. 2., přeprac. vyd.* Praha: Grada, 2008. 127 s. ISBN 978 8024721545.
- MILER, Tomáš. *Plavání : plavecké dovednosti, technika plaveckých způsobů, kondiční plavání, šnorchlování.* Edited by Irena Čechovská. 1. vyd. Praha: Grada, 2001. 130 s. ISBN 8024790491.
- MOTYČKA, Jaroslav et al. *Teorie plaveckých sportů. Plavání, synchronizované plavání, vodní pólo, skoky do vody, záchrana tonoucího (Theory of swimming sports.).* 1. vyd. Brno: PdF MU, 2001. 205 pp. ISBN 80-210-2711-8.

Teaching methods Practical training exercise program

Assessment methods The basic premise is to demonstrate mastery of basic swimming skills. According to the maturity of the students to demonstrate ways of swimming technique breast, crawl, and the character in the basic movement patterns, and according to the rules. Another part of the award of credit is an active participation in hours - in the water.

Language of instruction Czech

bk2151 Introduction to Track and Field

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Zuzana Hlavoňová, Ph.D. (seminar tutor)

Guaranteed by Mgr. Zuzana Hlavoňová, Ph.D.

Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Mgr. Zuzana Hlavoňová, Ph.D.

Supplier department: Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives After successful completion of the course optional will be able to: apply the correct technique of drive and stride phase starts apply the correct elementary, running and hurdle drills hurdle running (3- and 4-step rhythm) relay exchange (up- and down-sweep) Students will be able to demonstrate knowledge of basic rules of track and field disciplines and principles of safety in the lessons.

Syllabus

- 1st lesson - warm-up and cool-down
- 2nd lesson - elementary and running drills
- 3rd lesson - starts, drive phase, rhythm drills after sprint start
- 4th lesson - stride phase of running
- 5th lesson - hurdle and rhythm drills
- 6th lesson - hurdle exercise in different rhythms (3, 4 a 5 steps)
- 7th lesson - relay exchange (up- and down-sweep)
- 8th lesson - relays 4x60 m, 4x100 m and 4x300 (400) m
- 9th lesson - games (speed, endurance, hurdle)

- 10th lesson - games (running technique)
- 11th lesson - preparing for final exam
- 12th lesson - revision of track and fields rules, revision of technique of selected disciplines

Literature

- required literature
- MILLEROVÁ, Věra. *Běhy na krátké tratě*. 1. vyd. Praha: Olympia, 2002. 283 s. : t. ISBN 80-7033-570-X.
- KUČERA, Vladimír a Zdeněk TRUKSA. *Běhy na střední a dlouhé tratě*. 1. vyd. Praha: Olympia, 2000. 287 s. ISBN 8070333243.
- not specified
- *Coaching youth track & field*. Champaign, Ill.: Human Kinetics, 2008. vii, 221. ISBN 9780736069144.
- *The ultimate guide to weight training for track and field*. Edited by Robert G. Price. 2nd ed. Chicago: Price World Pub., 2007. 160 p. ISBN 9781936910793.
- VINDUŠKOVÁ, Jitka. *Abeceda atletického trenéra*. 1. vyd. Praha: Olympia, 2003. 283 s. ISBN 8070337702.
- GUTHRIE, Mark. *Coaching track & field successfully*. Edited by Jimmy Carnes. Champaign: Human Kinetics, 2003. ix, 213. ISBN 0736042741.
- CARR, Gerald Anthony. *Fundamentals of track and field*. 2nd ed. Champaign: Human Kinetics, 1999. xvii, 285. ISBN 0736000089.
- KERVITCER, Jan a Karel BLÁHA. *Běhy na střední a dlouhé tratě a chůze*. 1. vyd. Praha: Olympia, 1981. 123 s. : f.

Teaching methods Practical exercises at the athletic stadium. Self study e-learning form.

Assessment methods Credits are obtained after fulfillment of the requirements: active attendance in lessons (1 missed lesson is allowed) ability to perform 3 randomly selected running and hurdle drill exercise active participation on cross-country race running over 6 hurdle (4-step rhythm and school-boys height) performing proper technique of drive (30 m) and stride (100 m) running phase

Language of instruction Czech

Follow-Up Courses

- **bk2152** Athletics I

bk2251 Basics of Football

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Pavel Vacenovský, Ph.D. (seminar tutor)
PaedDr. Karel Večeřa (seminar tutor)

Guaranteed by PaedDr. Karel Večeřa
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives At the end of the course students should be able to understand and explain the rules, terminology and have the knowledge about the game and its subject. Students are able to demonstrate required game skills.

Syllabus

- Movement on field Passing Dribling Shooting

Literature

- required literature
- BEDŘICH, Ladislav. *Fotbal : rituální hra moderní doby*. 1. vyd. Brno: Masarykova univerzita, 2006. 195 s. ISBN 8021039272.
- VOTÍK, Jaromír a Jiří ZALABÁK. *Trenér fotbalu "C" licence*. 2. upr. vyd. Praha: Českomoravský fotbalový svaz - Oddělení vzdělávání trenérů, 2003. 127 s. ISBN 8070337826.

Teaching methods practical exercises self-studies

Assessment methods Tests of knowledge and game skills, attendance

Language of instruction Czech

Follow-Up Courses

- **bp2104** Football

bk2912 Philosophy and Ethic in sport

Faculty of Sports Studies, Autumn 2016

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) PhDr. Mgr. Vratislav Moudr, Ph.D. (lecturer)
prof. PhDr. Aleš Sekot, CSc. (lecturer)

Guaranteed by PhDr. Mgr. Vratislav Moudr, Ph.D.
Department of Social Sciences and Sport Management - Faculty of Sports Studies
Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives Student will be able to: explicate main topics of philosophy of sport; distinguish basic foundations of different philosophical approaches in philosophy of sport; compare contribution of specific conceptions of philosophy of sport; give reasons for his own conviction in sport problems; build his own attitude towards human and his movement activity (physical exercises) in culture;

Syllabus

- Different foundations and conceptions of philosophy and philosophy of sport.

- Dispute over terminology and content (subject) of philosophy of sport.
- Human, body, mind, movement.
- Health, nature.
- Culture, physical culture, Earth's nature (biosphere).
- Problems of civilization (culture) and problems of physical culture (sport).
- Ethics and environmental ethics in sport.

Literature

- ŠÍP, Radim. Critically Historical Philosophy of Sport and Routinists: A Metaphilosophical Dilemma. *Acta Universitatis Carolinae - Kinanthropologica*, Praha: Karlova Univerzita v Praze, 2010, vol. 46, No 1, p. 54-64. ISSN 1212-1428.
- *Kalokagathia : ideál, nebo flatus vocis?* Edited by Radim Šíp. Brno: Paido, 2008. 92 stran. ISBN 9788073151645.
- HODAŇ, Bohuslav. *Sociokulturní kinantropologie*. 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2007. 190 s. ISBN 9788024418261.
- HODAŇ, Bohuslav. *Sociokulturní kinantropologie II. Systémové pojetí tělesné kultury (Socio-cultural kinanthropology II)*. Olomouc: Univerzita Palackého, 2007. 215 pp. ISBN 978-80-244-1826-1.
- MECHIKOFF, Robert A. a Steven G. ESTES. *A history and philosophy of sport and physical education : from ancient civilizations to the modern world*. 4th. ed. New York, NY: McGraw-Hill, 2006. xvi, 415. ISBN 0072973021.
- *Filosofická kinantropologie : setkání filosofie, těla a pohybu*. Edited by Ivo Jirásek. 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2005. 355 s. ISBN 8024411768.
- HYLAND, Drew A. *Philosophy of sport*. 1st ed. St. Paul: Paragon House, 1990. xxvii, 161. ISBN 155 7781893.

Teaching methods lectures, texts reading, homeworks, discussion

Assessment methods oral or written exam

Language of instruction Czech

bk2004 Informatics

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Martin Sebera, Ph.D. (lecturer)
Mgr. Martin Novotný (seminar tutor)

Guaranteed by Mgr. Martin Sebera, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives At the end of this course the student will be able to:

- * Understand Information system and Study and examination regulations of Masaryk University;
- * Understand the basic principles of the Internet and its services;
- * Create high quality presentation in MS Powerpoint;
- * Prevent security threats in IT;
- * Search for scientific articles and literature search, using citation ČSN ISO 690

Syllabus

- Every week we will discuss and practice one of the following topics:
- Information System of Masaryk University
- Cloud solutions and Office 365
- Google and its services
- Internet and its services
- Email communication, mail settings, protocols, etiquette
- Security in IT
- How to make powerpoint presentation effectively
- Electronic study materials for students of FSpS
- How to search literature in library systems and quotes according to APA

Literature

- *Jak na počítač : elektronická pošta Microsoft Outlook (Variant.) : Elektronická pošta Microsoft Outlook.*
- RUEST, Danielle a Nelson RUEST. *Virtualizace : podrobný průvodce.* Translated by Pavel Vaida. Vyd. 1. Brno: Computer Press, 2010. 408 s. ISBN 9788025126769.
- DOMES, Martin a Ondřej BITTO. *333 tipů a triků jak na počítač : [sbírka nejlepších návodů pro Windows XP, Vista a 7 Word a Excel, PowerPoint a Outlook, Internet a e-mail].* Vyd. 1. Brno: Computer Press, 2009. 248 s. ISBN 9788025128213.
- ISKRA, Jiří. *Google : tipy a návody pro vyhledávač, Gmail, YouTube, Earth a další aplikace.* Brno: Computer Press, 2008. 231 s. ISBN 9788025118337.
- GROŠEK, Otokar. *Základy kryptografie.* 1. vyd. Bratislava: Vydavateľstvo STU, 2006. iv, 184. ISBN 8022724157.
- DOSTÁLEK, Libor a Alena KABELOVÁ. *Velký průvodce protokoly TCP/IP a systémem DNS.* 3. aktualizované a rozší. Praha: Computer Press, 2002. 542 s. ISBN 8072266756.
- STAUDEK, Jan. *Bezpečnost IT na konci druhého tisíciletí (IT Security Evaluation).* LANcom, Praha: Lancom, spol. s r.o., 1999, vol. 1999, No 12, p. 30-38. ISSN 1210-2997.
- MAGERA, Ivo. *Microsoft PowerPoint 2000 CZ : základní příručka.* Vyd. 1. Praha: Computer Press, 1999. xiv, 292. ISBN 8072264311.
- SCHMULLER, Joseph. *ActiveX : tvorba dokonalých WWW stránek : kompletní průvodce.* Vyd. 1. Praha: Grada, 1998. 481 s. ISBN 8071696102.
- SCHATT, Stan. *Počítačové sítě LAN od A do Z : [systémy DOS, OS/2 a Macintosh, hardware a software pro sítě LAN, konfigurace, správa řízení sítí].* Praha: Grada, 1994. 378 s. ISBN 8085623765.

Teaching methods lectures, work to PC

Assessment methods Written test.

Language of instruction Czech

bk2008 Rhythmic Gymnastics

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Alena Skotáková, Ph.D. (seminar tutor)
Mgr. Lenka Svobodová, Ph.D. (seminar tutor)
Alena Marečková (assistant)

Guaranteed by Mgr. Alena Skotáková, Ph.D.
Department of Gymnastics and Combatives - Faculty of Sports Studies
Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives The main course objectives are: - understanding the basics of music-kinetic theory and applications to practice (tempo, beat, counting time, meter, rhythm, dynamics). - Learn the fundamentals of exercise without equipment, technique and methodology of exercise without equipment, dance steps, jumps, turns .. Theoretical and practical introduction to the different kinds of dances. Training of folk dances, country, modern dance, rock and roll. The development of coordination, motor memory using music, with applications for school physical education, leisure and fitness training for trainers.

Syllabus

- Tempo, beat, counting time, meter, rhythm, dynamics Practice each step links Variations and combinations with an emphasis on correct posture Creating a model according to music Variations and combinations with an emphasis on correct posture Basics of improvisation

Literature

- ŠIMBEROVÁ, Dagmar, Alena SKOTÁKOVÁ a Lenka SVOBODOVÁ. E-learning a jeho využití v praktickém předmětu tance (E-learning and its Practical use of Course Dance). In *Sport a kvalita života 2009*. 2009.
- ŠIMBEROVÁ, Dagmar, Alena SKOTÁKOVÁ, Lenka SVOBODOVÁ a Petr HEDBÁVNÝ. *Teorie tance (Theory of Dance)*. Brno: Masarykova univerzita, 2009. ISSN 1802-128X.
- ODSTRČIL, Petr. *Sportovní tanec : standardní tance, latinskoamerické tance*. 1. vyd. Praha: Grada, 2004. 115 s. ISBN 8024706326.
- BRODSKÁ, Božena a Vladimír VAŠUT. *Svět tance a baletu*. 1. vyd. V Praze: Akademie múzických umění, 2004. 448 s. ISBN 807331004X.
- BALAŠ, Radoslav. *Tance 20. století*. Vyd. 1. Olomouc: Hanex, 2003. 87 s. ISBN 8085783401.
- KRAPKOVÁ, Hana a Jana ŠOPKOVÁ. *Lidové tance : vybrané lidové tance pro základní a střední školy*. 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 1999. 52 s. ISBN 8024400537.
- KRAPKOVÁ, Hana. *Rytmická gymnastika a současné gymnastické aktivity s hudbou ve školní tělesné výchově*. Illustrated by Jana Šopková. Vyd. 1. Olomouc: Vydavatelství Univerzity Palackého v Olomouci, 1995. 57 s. ISBN 8070674822.
- KOSTKOVÁ, Jarmila, Jaroslav MIHULE, Dagmar ŠŤASTNÁ a Zlata WÁLOVÁ. *Rytmická gymnastika*. Vydání první. Praha: Olympia, 1990. 345 stran. ISBN 8070330309.
- KOSTKOVÁ, Jarmila. *Rytmická gymnastika*. Vyd. 1. Praha: Olympia, 1990. 345 s.
- KOSTKOVÁ, Jarmila. *Rytmická gymnastika a*. Vyd. 1. Praha: Olympia, 1990. 345 s.

Teaching methods practical exercises Tasks for self-study: study of recommended literature Of the tasks: the credit week

Assessment methods Dance combination with compulsory elements. Length 1 - 1.5 min., Any style, appropriate musical accompaniment. Details on credit requirements - can be found in the interactive syllabus- <https://is.muni.cz/auth/el/1451/jaro2015/bk2008/index.qwarp>

bk2011 Swimmig I.

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Dita Hlavoňová, Ph.D. (seminar tutor)
Mgr. Marcela Keberlová (seminar tutor)

Guaranteed by Mgr. Dita Hlavoňová, Ph.D.

Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Kateřina Novotná

Supplier department: Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives After successful completion of the course "Swimming I." will be able to:

- Demonstrate knowledge of basic swimming skills, principles and principles
- Learn basic movement skills of swimming modes breast, arms, crawl
- Apply the acquired skills in their approach to individual swimming techniques based their individual assumptions - ie. swimming in style

Syllabus

- 1st Introduction to the study, the compensatory requirements, conditions for granting credit
- 2nd Basic swimming skills - breathing, merging, propulzis movements
- 3rd Improving the way swimming breasts, arms, legs,
- 4th Technical exercises for the interplay of how swimming breaststroke
- 5th Improving swimming sign way, arms, legs, exercises for the interplay
- 6th Improving the way crawl swimming, arms, legs, exercises for the interplay
- 7th Basic turnaround breast, crawl, improve all modes of swimming
- 8th -9. Turn, improve all modes of swimming
- 10th -11. Swimming crawl way - the concept of endurance
- 11th - 14 Implementation of compensatory requirements. Video processing, analysis and evaluation of their own swimming techniques, seminar work

Literature

- HOFER, Z. a kol. *Technika plaveckých způsobů*, Praha: Nakladatelství Karolinum, 2000.
- ČECHOVSKÁ, Irena a Tomáš MILER. *Plavání. 2., přeprac. vyd.* Praha: Grada, 2008. 127 s. ISBN 978 8024721545.
- MILER, Tomáš. *Plavání : plavecké dovednosti, technika plaveckých způsobů, kondiční plavání, šnorchlování*. Edited by Irena Čechovská. 1. vyd. Praha: Grada, 2001. 130 s. ISBN 8024790491.
- HOCH, Miloslav. *Plavání : (teorie a didaktika) [Hoch, 1987]*. 2. vyd. Praha: Státní pedagogické nakladatelství, 1987. 171 s. : i.

Teaching methods Practical training exercise program, video analysis

Assessment methods The basic premise is to demonstrate the skills to deal with the technique of swimming modes in the basic movement patterns, and according to the rules.

Swimming skills are assessed in three ways of swimming. It is primarily evaluated swimming triathlon - 100m breaststroke, 100m crawl, 50m mark - to get 10 points from tables (available at FSpS). Another part of the award of credit is an active participation in hours - in the water. Classification techniques based on video. Surrender and control seminar work

Language of instruction Czech

Follow-Up Courses

- **bp1036** Swimming II.
- **bp1083** Swimming III.

bk2030 Anatomy

Faculty of Sports Studies, Spring 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. MUDr. Jitka Hanzlová, CSc. (lecturer)
MUDr. Naděžda Vomelová (lecturer)

Guaranteed by prof. MUDr. Jindřich Vomela, CSc., LL.M.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives This course is the first contact a student of the Faculty of Sports Studies with a specialization that deals with the organ system. Obtaining this knowledge is a prerequisite for further study at the Faculty of Sports Studies MU. As part of the course, students are gradually introduced to: the overall construction of the organ system function of each part of the organ system, the potential risks of injury in sports and in everyday life. After completing this course the student will be able to understand the teaching of other related subjects. At the same time gaining the information necessary for the exercise of his future profession.

Syllabus

- Circulatory system
- Vascular system
- Respiratory system
- Digestive system I
- Digestive system II - liver, gallbladder, pancreas
- Urinary system
- Male reproductive system
- Female reproductive system
- Endocrine system
- Lymphatic system
- Central nervous system

- Peripheral nervous system
- Sensory organs

Literature

- *Anatomie*. Edited by Radomír Čihák - Miloš Grim - Oldřich Fejfar. Třetí, upravené a doplně. Praha: Grada, 2011. 534 stran. ISBN 9788024738178.
- HANZLOVÁ, Jitka a Jan HEMZA. *Základy anatomie pohybového systému (Basics anatomy of locomational system)*. první vydání. Brno, Areál Kraví Hora: MU, FSpS, 2004. 92 pp. Masarykova univerzita 1. ISBN 80-210-3580-3.
- TROJAN, Stanislav a Michael SCHREIBER. *Atlas biologie člověka : 430 modelových otázek k přijímacím zkouškám na medicínu, 100 obrazových podkladů k opakování a procvičování*. 1. vyd. Praha: Scientia, 2002. 56 s. ISBN 807183257X.
- GRIM, Miloš a Rastislav DRUGA. *Základy anatomie*. 1. vyd. Praha: Galén, 2002. 119 s. ISBN 8072621793.

Teaching methods lectures, drills

Assessment methods Teaching block consists of lectures and seminars. Seminars are mandatory. Classes take place with the help of anatomical models and slides and audio-visual techniques. The course is concluded with the granting of credit. The final assessment is a written test and oral exam.

Language of instruction Czech

bk2038 Tourism and outdoor activities

Faculty of Sports Studies, Spring 2017

Extent and Intensity Kurz 6D. Number of credits: 3 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Sylva Hřebíčková, Ph.D. (lecturer)
doc. PaedDr. Jan Ondráček, Ph.D. (lecturer)

Guaranteed by Mgr. Sylva Hřebíčková, Ph.D.

Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives At the end of this course the student will be able to:

Define the main forms of tourism

Describe the types of tourism and its components

Demonstrate methods of rock climbing techniques, know the basic of rock climbing protection.

Master the basic techniques of mountainbiking

Apply knowledge of orientation in the field in practice also via GPS device

Organize a competition in orienteering running, triathlon and other outdoor sports Draft a trip (walking, cycling)

Plan a sports event, to ensure the safety of residence and movement in nature

Create a training programme using Heart rate monitoring device

Syllabus

- Hiking

- Cycling and Mountainbiking
- Camping
- Cultural and sightseeing activities in tourism
- Expert technical activities
- Orienteering in the terrain, topography, orienteering via GPS device
- Orienteering and approximate competition
- Triathlon
- Low and high rope barriers
- Climbing
- Knotting
- Outdoor games and competitions
- Safety of the operation of outdoor activities
- Heart rate monitoring in outdoor activities

Literature

- KORVAS, Pavel, Jan DOŠLA, Milena STRACHOVÁ, Jan ONDRÁČEK, Sylva HŘEBÍČKOVÁ, Miloš LUKÁŠEK, Svatava NOVÁKOVÁ, Radek LIENERTH a Petr BABIČ. *Aktivní formy cestovního ruchu (Active forms of tourism)*. 1. vyd. Brno: Masarykova univerzita, 2007. 149 pp. nemá. ISBN 978-80-210-4361-9.
- ONDRÁČEK, Jan. *Cykloturistika (Biketouring)*. 1. vyd. Brno: Masarykova univerzita, 2007. 123 pp. Cykloturistika. ISBN 978-80-210-4443-2. URL
- HŘEBÍČKOVÁ, Sylva a Jan ONDRÁČEK. Inovace výuky předmětu Turistika I na FSpS MU v Brně (Innovation of education in theme of Turistic I. on FSpS MU Brno). In *Súčasnosť a budúcnosť Športu pre všetkých v Slovenskej republike*. Bratislava: Univerzita Komenského v Bratislave FTVŠ, 2006. p. 83-89, 131 pp. ISBN 80-89197-62-0.

Teaching methods theoretical and practical training

Assessment methods practical and oral assessment Students must complete all prescribed activities, usually 4. To successfully manage the need to meet the limit of at least 3 of them. Limit is determined by current weather conditions.

Language of instruction Czech

bk2152 Athletics I

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Tomáš Kalina (seminar tutor)
Mgr. Zuzana Hlavoňová, Ph.D. (seminar tutor)

Guaranteed by PhDr. Jan Cacek, Ph.D.

Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Kateřina Novotná

Supplier department: Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives After successful completion of the course the ATHLETICS I optional will be able to:

- demonstrate knowledge mastery of the basic rules discussed athletic disciplines, warming and organizations clock
- apply the correct technique of runs for every distance, starts, hurdle running, basic relay and long jump through cower and coupling
- apply the basic technique of high jump flop and shot put with a back way.

Student will be able to demonstrate mastery of the basic rules discussed athletic events, warming up and organization of lessons.

Syllabus

- 1.lesson - introduction to study course
- 2.-4.lesson - training technique of runs, running ABC, training technique of starts and development of endurance capacity with continues and interval methods, training relays
- 5.-7.lesson - training technique of hurdle running, 3-step rhythm and hurdle exercises
- 8.-10.lesson - training technique of long jump through cower and coupling
- 11.-13.lesson - training basic technique of high jump flop and shot put with a back way 14.lesson - practical final test

Literature

- recommended literature
- VELEBIL, Václav. *Atletické skoky*. 1. vyd. Praha: Olympia, 2002. 114 s. ISBN 8070337699.
- MILLEROVÁ, Věra. *Běhy na krátké tratě*. 1. vyd. Praha: Olympia, 2002. 283 s. ISBN 807033570X.
- not specified
- VILÍMOVÁ, Vlasta. *Didaktika atletických disciplín*. 1. vyd. Brno: Pedagogická fakulta MU, 1997. 76 pp. ISBN 80-210-1700-7.

Teaching methods Practical exercises at the athletic stadium. Selfstudy e-learning form.

Assessment methods Credits is awarded on student participation in active learning and practical skills of selected athletics disciplines in certain limits.

- hurdle running: 3- step rhythm, the correct technique, the height of obstacles. M-84 cm, Ž-68 cm.
Test on the rules of athletic disciplines and organization of lessons (7 of ten student have to answer correctly)

Language of instruction Czech

bk2256 Introduction in Psychology and Sociology

Faculty of Sports Studies, Spring 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: zk (examination).

Teacher(s) prof. PhDr. Michal Charvát, CSc. (lecturer)
prof. PhDr. Aleš Sekot, CSc. (lecturer)
prof. PhDr. Hana Válková, CSc. (lecturer)
Mgr. Pavel Trochta (seminar tutor)
Mgr. Michal Vičar, Ph.D. (seminar tutor)

Guaranteed by prof. PhDr. Aleš Sekot, CSc.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives One aim is to introduce basic approaches and to acquaint students with basic topics and problems encountered in psychology. After completing the course, students should be able to understand basics of psychological thinking, including theoretical fundamentals and possible applications, and on this ground reflect their experience. Another aim is to introduce sports as a social phenomena. Sociology provides concepts, theoretical approaches, and research methods to describe and understand behaviour and social interactions as they occur in particular social and cultural contexts. The phenomenon of society has been strongly transformed during past two or three decades, mostly as a consequence of the process of globalization. Main objective of the lesson is to properly understand specific problems of society in local, regional and global context.

Syllabus

- Psychology. Subject of psychology and basic psychological approaches. Fields of psychology. Biological and social determinants of human psyche.
- Psychical processes: Cognitive processes. Classification of cognitive processes. Emotions Classification of emotions. Management of emotions. Motivation as a determinant of achievement.
- Personality. Attributes of personality. Abilities and achievement. Development and nurture of psychomotor abilities. Intelligence.
- Social psychology. Social learning. Social rewards and punishments. Relationship between individual and group. Social cognition. Stereotype and prejudice. Competition and cooperation.
- Stress situations. Conflict. Decision-making. Frustration. Stress.
- Society – Fundamentals functions
- Sociology – basic concepts and problems
- Kultura
- Mass culture
- Socialization, education
- Social structure
- Social mobility
- Global problems of contemporary society

Literature

- Sekot, Aleš. *Sociologie v kostce*. III vyd.. Brno: 2006. Masarykova univerzita, Paido.
- MIKŠÍK, Oldřich. *Psychologická charakteristika osobnosti*. 1. vyd. Praha: Karolinum, 2001. 257 s. ISBN 8024602407.
- SLAMĚNÍK, Ivan a Jozef VÝROST. *Sociální psychologie [Výrost, 1997] : Sociálna psychológia [Výrost, 1997]*. Vyd. 1. Praha: ISV - nakladatelství, 1997. 453 s. : i. ISBN 80-85866-20-X.
- ATKINSON, Rita L. *Psychologie*. Translated by Erik Herman - Miroslav Petržela. 1. vyd. Praha: Victoria Publishing, 1995. 863 s. ISBN 808560535X.

Teaching methods lectures, discussion classes

Assessment methods written, oral test

Language of instruction Czech

bk2270 Gymnastics preparation

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Lenka Svobodová, Ph.D. (lecturer)

Mgr. Pavlína Vaculíková, Ph.D. (lecturer)

Mgr. Petr Hedbávný, Ph.D. (seminar tutor)

Guaranteed by Mgr. Lenka Svobodová, Ph.D.

Division of Gymnastics - Department of Gymnastics and Combatives - Faculty of Sports Studies

Supplier department: Division of Gymnastics - Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives At the end of the course students should be able: theoretical and practical knowledge fitness training; development of reactivity; strengthening training; power development skills; reflective and landing training; development of joint mobility; knowledge of teaching methodology and procedures for the exercise apparatus and on side tools

Syllabus

- strengthening preparation
- Rotary preparation
- reflection grounding
- landing preparation
- By stimulating grounding
- Development of joint mobility
- Development of reactivity
- Using sticks and skipping
- Use overballs and gymballu
- Use terabandu and Swedish cases
- Use benches and racks

Literature

- recommended literature
- JARKOVSKÁ, Helena. *264 cvičení na velkém míči : [zásobník posilovacích a protahovacích cviků pro každého]*. 1. vyd. Praha: Grada, 2011. 207 s. ISBN 9788024738208.
- KRIŠTOFIČ, Jaroslav. *Gymnastika*. 2. vyd. Praha: Karolinum, 2009. 114 s. ISBN 9788024617336.
- PERIČ, Tomáš. *Sportovní příprava dětí*. 2. dopl. vyd. Praha: Grada, 2008. 192 s. ISBN 9788024726434.
- *Cvičení na velkém míči*. Edited by Helena Jarkovská. 1. vyd. Praha: Grada, 2007. 183 s. ISBN 9788024717517.

- KRIŠTOFIČ, Jaroslav. *Kondiční trénink : 207 cvičení s medicinbaly, expandery a aerobary*. 1. vyd. Praha: Grada, 2007. 193 s. ISBN 9788024721972.
- ZÍTKO, Miroslav a Jan CHRUDIMSKÝ. *Akrobacie*. Illustrated by Miroslav Libra. 2., rozš. vyd. Praha: Česká asociace Sport pro všechny, 2006. 52 s. ISBN 8086586170.
- PERIČ, Tomáš. *Výběr sportovních talentů*. 1. vyd. Praha: Grada, 2006. 100 s. ISBN 8024718278.
- KRIŠTOFIČ, Jaroslav. *Gymnastická příprava sportovce : 238 cvičení pro všestranný rozvoj pohybových dovedností*. 1. vyd. Praha: Grada, 2004. 187 s. ISBN 8024710064.
- PERIČ, Tomáš. *Hry ve sportovní přípravě dětí*. 1. vyd. Praha: Grada, 2004. 98 s. ISBN 8024709082.
- TŮMA, Zdeněk, Miroslav ZÍTKO a Miroslav LIBRA. *Kapitoly o gymnastice*. Vyd. 1. Praha: Česká obec sokolská, 2004. 68 s. ISBN 8086402134.
- KRIŠTOFIČ, Jaroslav. *Gymnastika pro zdravotní a kondiční účely*. Praha: ISV nakladatelství, 2000. 126 s. ISBN 80-85866-54-4.
- SVATOŇ, Vratislav. *Gymnastika metodicky a hrou : metodické listy akrobatické a nářadové gymnastiky pro děti mladšího školního věku*. Vyd. 2. Olomouc: Hanex, 1993. 29 l. ISBN 80-900925-5-1.
- not specified
- HAMBRECHT, Katja a Irene GERSTNER-MÜHLECK. *Bodytrainer : overball : cvičíme s malým míčem*. Translated by Jan Rajmon. Vyd. 1. Praha: Ivo Železný, 2003. 131 s. ISBN 8023738135.

Teaching methods theoretical training, practical exercises

Assessment methods written test - verification of knowledge-functional motoric preparation, use of equipment and tools, knowledge of terminology.

Practical test - application of the three types of motoric-functional sports training to selected industries

Language of instruction Czech

Follow-Up Courses

- **bp1035** Sport gymnastics I
- **bp2274** Exam of Gymnastics and Dancing
- **bp2281** Fitness exercises 1
- **bp2299** Sport gymnastics
- **np1027** Choreography of sports
- **np1102** Actual forms and methods of gymnastics disciplines and dance
- **np1113** Theory and methodology of Gymnastics and Dance

bk2288 Legal and Social Aspects of Sport

Faculty of Sports Studies, Spring 2017

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Jiří Kubíček (lecturer)
PaedDr. Petr Starec, Ph.D. (lecturer)

Guaranteed by Mgr. Jiří Kubíček
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Language of instruction Czech

bk2310 IN-LINE

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) PaedDr. Petr Starec, Ph.D. (seminar tutor)

Guaranteed by PaedDr. Petr Starec, Ph.D.
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives Fundamentals of inline skating as methodical series: Teaching is focused on mastering techniques: Ride forward, stop, run back, cornering, wandering forward and backward, forward bends in and out, turns, jumps and games.

Syllabus

- Fundamentals of inline skating as methodical series: Teaching is focused on mastering techniques: Ride forward, stop, run back, cornering, wandering forward and backward, forward bends in and out, turns, jumps and games.

Literature

- *The young inline skater (Orig.) : Abeceda inline bruslení : [průvodce jízdou na in-line bruslích]*.
- PROCHÁZKA, Jiří. *Inline bruslení bezpečně*. 1. vyd. Praha: Grada Publishing, 2010. 94 s. ISBN 978 8024733319.
- MIŠIČKOVÁ, Lenka. *Škola inline bruslení : krok za krokem*. 1. vyd. Praha: Grada, 2009. 140 s. ISBN 9788024730721.
- KUBAN, Jiří, Jiří KIRCHNER a Oto LOUKA. *Inline bruslení : vybavení, technika jízdy, kam vyjet*. 1. vyd. Praha: Grada, 2004. 107 s. ISBN 8024708485.
- LADIG, Georg a Frank RÜGER. *Inline bruslení*. České Budějovice: Kopp, 2003. 127 s. ISBN 80723 21986.
- BÍLÝ, Milan, Bronislav KRAČMAR a Petr NOVOTNÝ. *Kanoistika : technika jízdy, rafting, extrémní terény*. 1. vyd. Praha: Grada, 2001. 129 s. ISBN 8024790505.
- EDWARDS, Chris. *Abeceda inline bruslení : [průvodce jízdou na in-line bruslích] : The young inline skater (Orig.)*. Praha: Ikar, 1996. 37 s. : il. ISBN 80-7202-058-7.

Teaching methods Theory and Practice tasks for self-

Assessment methods credit in practical skills

Language of instruction Czech

sbc2213 Specialization I - Cycling

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Sylva Hřebíčková, Ph.D. (lecturer)

Guaranteed by Mgr. Sylva Hřebíčková, Ph.D.

Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Mgr. Iva Synková

Supplier department: Lifelong Learning Centre - Specialized Units - Faculty of Sports Studies

Language of instruction Czech

sbk2207 Specialization I- CC skiing

Faculty of Sports Studies, Spring 2017

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: graded credit.

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Department of Sports - Faculty of Sports Studies

Contact Person: PaedDr. Petr Starec, Ph.D.

Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: - understand and explain development of physical abilities; - work with information about the process of adaptation for sport performance... ; - create the training lesson. ; - make reasoned decisions about main aims and task of training ; - make deductions based on acquired knowledge about training of XC skiers; - interpret the development of the main motor abilities for XC skiing

Syllabus

- 1. Technique of cross country skiing 2. Analysis of technique 3. Years training cycle 4. Trainings means

Literature

- GNAD, Tomáš. Kapitoly z lyžování. 1. vyd. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2002. 240 s. ISBN 80-246-0241-5.

- Korvas, P. (2007). Běh na lyžích – Volný způsob běhu. Elportál, Brno : Masarykova univerzita. ISSN 1802-128X. 2007. 11. ledna
- Cross country skiing :handbook of sports medicine and science. Edited by Heikki Rusko. 1st ed. Malden: Blackwell Science, 2003. ix, 198 s. ISBN 0-632-05571-5.

Teaching methods Seminar group education course

Assessment methods data analysis, test

Language of instruction Czech

v2014 High altitude training

Faculty of Sports Studies, Spring 2017

Extent and Intensity Kurz 4 D. Number of credits: 2 credit(s). Type of Completion: z (credit).

Teacher(s) PhDr. Jan Cacek, Ph.D. (seminar tutor)
Mgr. Zuzana Hlavoňová, Ph.D. (seminar tutor)

Guaranteed by PhDr. Jan Cacek, Ph.D.

Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: PhDr. Jan Cacek, Ph.D.

Supplier department: Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives After completion of the course, student will be able to: use the information of the impact of the Alpine environment on organism to plan the training process during a higher altitude; develop training plans for a high altitude training considering age, performance, etc. individual differences; demonstrate the basic techniques and rules of cycling, running and inline skating in the alpine environment;

Syllabus

- 1. periods of altitude training 2. endurance training applications in altitude 3. speed and velocity applications in altitude 4. Base of altitude (training) planning - test exam

Literature

- CACEK, Jan, Petr LAJKEB, Josef MICHÁLEK a Tomáš BREICETL. Trénink síly v atletice (metoda elektrostimulace) (Power training in Track and field (electrostimulation)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 7, p. 17-18. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB, Tomáš BREICETL a Josef MICHÁLEK. Trénink síly v atletice (metoda izokineticá a intermediární) (Strength training in Athletics Izokinetics and intermediary methods)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 8, p. 18-19. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB a Josef MICHÁLEK. Trénink síly v atletice (metoda izometrická a excentrická) (Power training in Track and field (isometric and eccentric methods)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 4, p. 17-19. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB, Josef MICHÁLEK a Pavel GRASGRUBER. Trénink síly v atletice (metoda kruhová) (Power training in Track and field (circuit training methods)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 5, p. 17-19. ISSN 0323-1364.
- CACEK, Jan, Josef MICHÁLEK, Petr LAJKEB a Pavel GRASGRUBER. Trénink síly v atletice (metoda maximálního úsilí, metoda opakovaného úsilí) (Power training in Track and field (maximal and

repetitive methods)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 1, p. 19-22. ISSN 0323-1364.

- CACEK, Jan, Petr LAJKEB a Josef MICHÁLEK. Trénink síly v atletice (metoda plyometrická) (Power training in Track and field (SSC method)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 3, p. 17-20. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB, Josef MICHÁLEK a Pavel GRASGRUBER. Trénink síly v atletice (metoda silově - vytrvalostní) (Power training in Track and field (istrength-endurance method)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 6, p. 17-18. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB a Josef MICHÁLEK. Trénink síly v atletice (rychlostní a kontrastní metoda) (Power training in Track and field (velocity and contrast methods)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 2, p. 17-19. ISSN 0323-1364.
- CACEK, Jan. Trénink síly 2 (metody rozvoje silových schopností) (Power training II (methods of strenght development)). *Časopis Orel*, Brno Pellicova: Orel, 2007, vol. 2007, No 2, p. 21-24. ISSN 1210-1184.
- CACEK, Jan, Petr LAJKEB a Pavel GRASGRUBER. Trénink vytrvalosti v atletice (1 - úvod) (Endurance training in Athletics (prologue)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 9, p. 28-29. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB a Pavel GRASGRUBER. Trénink vytrvalosti v atletice (2) (Endurance training in athletics (2)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 10, p. 23-24. ISSN 0323-1364.
- CACEK, Jan, Petr LAJKEB, Pavel GRASGRUBER a Josef MICHÁLEK. Trénink vytrvalosti v atletice (3) (Endurance training in athletics (3)). *Atletika*, Praha 4: Česká atletika s.r.o., 2007, vol. 59, No 11, p. 18-20. ISSN 0323-1364.
- CACEK, Jan. Atletický trénink (rychlost a její rozvoj) (Track and field training (Speed development)). *Orel*, Brno Pellicova: Orel, 2006, vol. 19, No 1, p. 15-17. ISSN 1210-1184.
- CACEK, Jan. Atletický trénink (vytrvalost a její rozvoj) (Track and field training (Endurance development I)). *Orel*, Brno Pellicova: Orel, 2006, vol. 19, No 2, p. 17-21. ISSN 1210-1184.
- CACEK, Jan. Atletický trénink (síla a její rozvoj) (Track and field training (Strenght development)). *Orel*, Brno Pellicova: Orel, 2006, vol. 19, No 4, p. 15-16. ISSN 1210-1184.
- CACEK, Jan. Atletický trénink (vytrvalost a její rozvoj II) (Track and field training (Endurance development II)). *Orel*, Brno Pellicova: Orel, 2006, vol. 19, No 3, p. 17-20. ISSN 1210-1184.
- CACEK, Jan, Petr LAJKEB a Josef MICHÁLEK. Eklektický model struktury sportovního výkonu v běžích na střední trati (Theoretical model of the structure of sport performance in the middle distance running). In *Atletika 2006*. 2006. vyd. Bratislava: ICM Agency, 2006. p. 18-26, 252 pp. ISBN 80-89257-01-1.

Teaching methods Practical exercises and lectures at the high altitude (4 days)

Assessment methods Student will gain the credit from a successful completion of written test and creating a sample training plan for training in high altitude (teamwork - 3 osoby/1plan). The test contains 14 closed questions (a, b, c) rated a total of 14 points (1 question = 1 point). The minimum 10 points is required to succeed

Language of instruction Czech

bk2053 Anthropomotorics

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Radek Musil (lecturer)
doc. PhDr. Josef Pavlík, CSc. (lecturer)
doc. Mgr. Martin Zvonař, Ph.D. (lecturer)
Mgr. Marta Gimunová, Ph.D. (seminar tutor)
Mgr. Adam Hromčík (seminar tutor)
Mgr. Kateřina Kolářová, Ph.D. (seminar tutor)
Mgr. Josef Maleček (seminar tutor)
Mgr. Ondřej Mikeska, Ph.D. (seminar tutor)
Mgr. Martin Vaváček, Ph.D. (seminar tutor)
Mgr. Tomáš Vespalec, Ph.D. (seminar tutor)
Ing. Tomáš Vodička, Ph.D. (seminar tutor)

Guaranteed by doc. Mgr. Martin Zvonař, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives The education and training goals of the programme seek to develop knowledge of the theory of motor skills, ontogenesis of motoric and diagnostic of motor displays. Students will gain the newest knowledge of finding antropomotrics.

Syllabus

- LECTORS Characters of human motorics Motor skills Motor abilities Physical exercises Theory of testing Laterality Efficiency in sport SEMMINAR Testing of motor abilities Measurement of motor test Evaluation of results Execution of rationing

Literature

- MĚKOTA, Karel a Jiří NOVOSAD. *Motorické schopnosti*. 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2005. 175 s. ISBN 802440981X.
- PAVLÍK, Josef. *Tělesná stavba jako faktor výkonnosti sportovce*. 1. vyd. Brno: Masarykova univerzita, 1999. 57 s. ISBN 8021021306.
- ČELIKOVSKÝ, Stanislav. *Antropomotorika : pro studující tělesnou výchovu*. 3. vyd. Praha: SPN, 1990. 286 s. : i.

Teaching methods theoretical lectures, lab measurement, disputation

Assessment methods final written exam, e-learning test, seminary work

Language of instruction Czech

bk2054 Biomechanics

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Miriam Kalichová, Ph.D. (lecturer)
Mgr. Kateřina Kolářová, Ph.D. (lecturer)
doc. Mgr. Martin Zvonař, Ph.D. (lecturer)

Guaranteed by doc. Mgr. Martin Zvonař, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives The aim of the subject is to explain the mechanical structure and mechanical behavior of the movement apparatus of the human in motion, especially the sport, and in this approach the research methods, based on which the human body is analyzed. Further, the aim of the subject is to acquaint students with the basic prerequisites for physical activity (skills and abilities), with the diagnostic methods of these assumptions and with the main manifestations during ontogenesis.

Syllabus

- Definition of biomechanics, importance, history. Physical base of biomechanics: line coordinates, scalars, vectors, units. Kinematics: mass point, distance, velocity, acceleration, straight motion, accelerated motion, circular motion, motions in field of gravity of Earth, describing motion with graphs. Dynamics: force, Newton's Laws, effects of force, deformations, Hooke's Law, momentum and its conservation, impulse, centripetal force, inertial force, D'Alembert's Principle. Mechanics of rigid body: moment of force, principle of moments, centre of gravity, equilibrium positions, statics, frictional force, air resistance force, inclined plane, lever systems. Mechanical energy, work, power, conservation of energy. Mechanics of liquid and gas: pressure, Pascal's law, Hydrostatic pressure, law of Archimedes, equation of continuity, Bernoulli's equation, liquid flow around an obstacle. Biological base of biomechanics: body segments, biomechanisms, weight and centre of gravity of segments, centre of gravity of human body, angular momentum of segments, mechanical properties of skeletal system, mechanics of joint connections, mechanics of muscle, mechanics load and deformation of tissues. Measurement and experiment in biomechanics. Biomechanics applications.

Literature

- required literature
- KALICHOVÁ, Miriam, Josef BALÁŽ, Petr BEDŘICH a Martin ZVONARĚ. *Základy biomechaniky tělesných cvičení (Basic biomechanics of physical exercises)*. 1. vyd. Brno: Masarykova univerzita, 2011. 193 pp. ISBN 978-80-210-5551-3.
- recommended literature
- BALÁŽ, Jozef. *Vybrané kapitoly z biomechaniky*. 2. vyd. Bratislava: Peter Mačura - PEEM, 2005. 82 s. ISBN 8089917256.
- *Úvod do biomechaniky pohybového systému člověka*. Edited by Miroslav Janura. 1. vyd. Olomouc: Univerzita Palackého, 2003. 84 s. ISBN 8024406446.
- *Přehled středoškolské fyziky*. Edited by Emanuel Svoboda. 3. vyd. Praha: Prometheus, 1998. 497 s., ob. ISBN 80-7196-116-7.
- VAVERKA, František. *Základy biomechaniky pohybového systému člověka*. 2. vyd. Olomouc: Vydavatelství Univerzity Palackého v Olomouci, 1997. 40 s. ISBN 8070677279.
- KOVAŘÍK, Vladimír a František LANGER. *Biomechanika tělesných cvičení*. Vyd. 2. Brno: Masarykova univerzita, 1994. 79 s. ISBN 8021008385.
- KARAS, Vladimír, Stanislav OTÁHAL a Petr SUŠANKA. *Biomechanika tělesných cvičení*. 1. vyd. Praha: Státní pedagogické nakladatelství, 1990. 180 s. ISBN 8004205542.

Teaching methods theoretical presentations, applications on exercises

Assessment methods seminar work, written test, oral exam

Language of instruction Czech

bk2055 Physiology

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) prof. MUDr. Jindřich Vomela, CSc., LL.M. (lecturer)

Mgr. Martina Bernaciková, Ph.D. (seminar tutor)

Ing. Mgr. Jana Juříková, Ph.D. (seminar tutor)

Mgr. Silvie Kodešová, Ph.D. (seminar tutor)

Mgr. Milan Mojžíš (seminar tutor)

prof. MUDr. Jan Novotný, CSc. (seminar tutor)

Mgr. Vladimír Pospíchal, Ph.D. (seminar tutor)

Mgr. Jaroslava Růžičková (seminar tutor)

Mgr. Radka Nevařilová (assistant)

Mgr. Jan Novotný (assistant)

Mgr. Alžběta Tobiášová (assistant)

Guaranteed by prof. MUDr. Jindřich Vomela, CSc., LL.M.

Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Language of instruction Czech

bk2058 Basketball A

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: graded credit.

Teacher(s) PaedDr. Zdeněk Janík (seminar tutor)

Mgr. Tomáš Vencúrik, Ph.D. (seminar tutor)

Guaranteed by Mgr. Tomáš Vencúrik, Ph.D.

Department of Sports - Faculty of Sports Studies

Contact Person: Mgr. Tomáš Vencúrik, Ph.D.

Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives The objective is to instill and support appropriate practice in single player game activities and basic team-based game combinations. The students will learn offense game activities following the methodological sequence (shooting, getting open without ball, getting open with ball standing and on the move, passing, rebound) and basic defensive game activities (basic defensive stance and movement, player covering with and without ball, defensive rebound, defensive player activities in power play). The students will further learn basic game combinations.

Based on self-study of the game rules and e-learning materials the students will be acquainted with the fundamental characteristics of the basketball game.

Syllabus

- The students will be able to:
 - • Control ball
 - • Use individual-based game activities based on the methodological sequence
 - • Choose an appropriate defensive strategy based on a particular game situation
 - • Recognize basic game combinations – give and go and the fundamentals of power play situation
 - • Explain in main points the game rules and the characteristics of the game

Literature

- JANÍK, Zdeněk, Tomáš PĚTIVLAS a Veronika FUNKOVÁ. *Nácvik činností jednotlivce v basketbalu v herních cvičeních (Practising of individual in basketball in exercises)*. 1.vydání. Brno: Masarykova univerzita v Brně Fakulta sportovních studií, 2005. 68 pp. ISBN 80-210.
- PĚTIVLAS, Tomáš, Zdeněk JANÍK a Lucie DRÁSALOVÁ. *Nácvik herních činností jednotlivce v basketbalu (Practising of individual in basketball in exercises)*. 2003. vyd. Brno: PAIDO, 2003. 22 pp. CD rom a instruktážní knížka. ISBN 80-7315-055-7.
- VELENSKÝ, Michael. *Pojetí basketbalového učiva pro děti a mládež*. 1. vyd. Praha: Karolinum, 2008. 223 s. ISBN 9788024614809.
- VELENSKÝ, Michael. *Basketbal : základní program aplikace útočných a obranných činností*. Vyd. 1. Praha: NS Svoboda, 1998. 76 s. ISBN 8020505539.

Teaching methods Seminar in practicing single player game activities and team-based game combinations.

Self-study of the game rules and characteristics.

Assessment methods Test from single player game activities, team-based game combinations, and basketball game rules.

The students will be tested in: - Dribbling and lay up

- Pair passing with a shot

- Game situation 3 on 3

All the relevant rules must be followed and the game activities properly executed. Scoring is not assessed, but the shooting must be properly executed and the ball must touch the rim.

Electronic test from basketball game rules: 30 questions (yes or no answers).

The overall grade will be based on score students gain from the test. Students must pass each part of the test to earn the credits. Failing one part of the test means failing the test as a whole.

Language of instruction Czech

bk2060 Preparatory combatives for physical education and sports

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: z (credit).

Teacher(s) doc. PhDr. Bc. Zdenko Reguli, Ph.D. (lecturer)

Mgr. Jitka Čihounková, Ph.D. (seminar tutor)

Mgr. Jakub Tomeček (seminar tutor)

PhDr. Michal Vít, Ph.D. (seminar tutor)

Guaranteed by PhDr. Michal Vít, Ph.D.

Department of Gymnastics and Combatives - Faculty of Sports Studies

Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives At the end of the course student should - know and explain taxonomy of combatives - define biomechanical structure of preparatory combatives - independently use principles of preparatory combatives creating - understand and explain principles of falling techniques - show 8 exercises of preparatory combatives for developing of different motor ability - show 6 basic falling techniques to all directions

Syllabus

- Introduction to preparatory combatives - characteristic of combatives - taxonomy of combatives - function of combatives in school physical education Basic combative techniques 1. contact establishment 2. postures, transitions between postures 3. transfers 4. arm movements 5. leg movements 6. lifting, carrying and dropping of a live load (partner) turning the body, changing position 7. falling techniques (principles, psychology, tactics and biomechanics) Basic combatives 1. centrifugal (pulls) 2. centripetal (pushes) 3. opposition (resistance) Combative games

Literature

- REGULI, Zdenko. Nové pohledy na úpoly (New sight on combatives). *Těl. Vých. Sport. Mlád.*, 2007, vol. 73, 8/07, p. 27-30. ISSN 1210-7689.
- REGULI, Zdenko, Miroslav ĎURECH a Michal VÍT. *Teorie a didaktika úpolů ve školní tělesné výchově*. Vydání první. Brno: Masarykova univerzita, Fakulta sportovních studií, 2007. 87 stran. ISBN 9788021043183.
- REGULI, Zdenko, Michal VÍT a Jiří VOLDÁN. *Průpravné úpoly: zvedání, nošení a skládání živého břemene: multimediální studijní materiál (DVD)*. Brno: FSpS MU, 2006.
- REGULI, Zdenko. Úpoly v aeróbních formách gymnastiky (Combatives in aerobics). In *Súčasnosť a budúcnosť Športu pre všetkých v Slovenskej republike*. 1. vyd. Bratislava: Univerzita Komenského, 2006. p. 109-113, 5 pp. ISBN 80-89197-62-0.
- REGULI, Zdenko a Michal VÍT. Úpoly v obsahu školní tělesné výchovy v německé spolkové zemi Hesensko (Combatives in the physical education curriculum in German federative state Hessen). In *Sport a kvalita života 2006*. 1. vyd. Brno: Masarykova univerzita, 2006. p. 97-97, 11 pp. ISBN 80-210-4145-5.
- REGULI, Zdenko. *Úpolové sporty (distanční studijní text)*. Brno: Masarykova univerzita, 2005. 133 pp. ISBN 80-210-3700-8.
- REGULI, Zdenko. Úpoly a hry. In *Zborník vedeckých prác Katedry hier FTVŠ UK č. 3*. Bratislava: Univerzita Komenského, 2005. p. 36-39, 5 pp. ISBN 80-89197-30-2.
- ĎURECH, Miroslav, Boris MLSNA, Fedor ČUPERKA, Ivan PLAŠTIAK, Zdenko REGULI a Lucia ŠIDLÍKOVÁ. *Úpoly*. Bratislava: Univerzita Komenského, 2000. 62 pp. ISBN 80-223-1381-5.
- *Úpoly v školskej telesnej výchove a športovej príprave mládeže :zborník k Vedeckého seminára Bratislava, 16.6.1995*. Bratislava: Univerzita Komenského, 1996. 124 s. ISBN 80-223-1033-6.
- FOJTÍK, Ivan. *Úpoly : pro 5. až 8. ročník základní školy*. 1. vyd. Praha: Státní pedagogické nakladatelství, 1990. 42 s. ISBN 8004244203.

Teaching methods Explication, exercises, drills

Assessment methods 1. Theoretical test - verify knowledge of taxonomy and biomechanics of combatives 2. Practical test a) 8 exercises of preparatory combatives for developing of different motor ability b) 6 basic falling techniques to all directions

Language of instruction Czech

bk2087 Sport Psychology

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) prof. PhDr. Hana Válková, CSc. (lecturer)
Mgr. Michal Vičar, Ph.D. (seminar tutor)

Guaranteed by prof. PhDr. Hana Válková, CSc.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: use basic psychodiagnostic tools for basic diagnostics of sportsmen, PE teachers and trainers analyse psychological problems in sports performance distinguish particular stages of motor learning (needs) from the point of view of sports psychology use regulatory measures for regulation of pre-start state and psychological failure use principles of mental hygiene of sportsmen in order to maintain the balance of his/her personality

Syllabus

- 1. The system of sport psychology, historical development, contemporary status of sports psychology, sports typology
- 2. Personality of a sportsman - abilities in relation to sports activity
- 3. Diagnostics of sportsman's personality - temperament, performance motivation, attention, concentration, aggression, aspiration, etc.
- 4. Stages of motor learning, Plato effect and forgetting curve
- 5. Pre-start, start and competition states, psychological failure
- 6. Regulatory measures and principles of regulation of sportsmen
- 7. Sport and mental health, mental hygiene of sportsmen
- 8. Aggression in sport
- 9. Assertiveness and its use in sports area
- 10. Coaching, tasks of a coach, dyadic interaction
- 11. Psychomotricity and its use in work with sportsmen
- 12. Ontogenesis of men in relation to sport activities

Literature

- required literature
- SLEPIČKA, Pavel, Václav HOŠEK a Běla HÁTLOVÁ. *Psychologie sportu*. Vyd. 1. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2006. 230 s. ISBN 8024612909.
- recommended literature
- SEILER, Roland a Andreas STOCK. *Psychotrénink : ve sportu i v životě*. 1. vyd. Praha: Olympia, 1996. 149 s. ISBN 8070334142.
- MACÁK, Ivan a Václav HOŠEK. *Psychologie tělesné výchovy a sportu*. Praha: Státní pedagogické nakladatelství, 1989.
- MACHAČ, Miloš, Helena MACHAČOVÁ a Jiří HOSKOVEC. *Emoce a výkonnost [Machač, 1988]*. 2. vyd. Praha: Státní pedagogické nakladatelství, 1988.
- VANĚK, Miroslav. *Psychologie sportu [Vaněk, 1984]*. 2., přeprac. vyd. Praha: Státní pedagogické nakladatelství, 1984. 197 s.
- KODÝM, Miloslav. *Psychologie tělesné výchovy : pro studium učitelství na 1. stupni základní školy*. 1. vyd. Praha: Univerzita Karlova, 1982. 181 s.

Teaching methods Theoretical preparation by means of lectures and seminars.

Assessment methods Paper. Practical use of psychodiagnostic methods. Oral examination. 80 per cent participation on seminars.

Language of instruction Czech

bk2153 Track and Field II

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Zuzana Hlavoňová, Ph.D. (seminar tutor)
Mgr. Jan Jurečka (seminar tutor)
PaedDr. Josef Michálek, CSc. (seminar tutor)

Guaranteed by PhDr. Jan Cacek, Ph.D.
Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies
Contact Person: PhDr. Jan Cacek, Ph.D.
Supplier department: Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The aim of subject Track and Field II is to provide theoretical knowledge and training practical skills:

long jump, high jump, pole vault and triple jump,
basic of rules discussed disciplines

Syllabus

- Introduction to jumping disciplines
- training of high jump technique (drill excersises)
- training of long jump (drill excersise)
- training of pole vault (drill excersises)
- training of pole vault (drrill excersises)
- credit lesson

Literature

- required literature
- VELEBIL, Václav. *Atletické skoky*. 1. vyd. Praha: Olympia, 2002. 114 s. ISBN 8070337699.
- recommended literature
- VILÍMOVÁ, Vlasta. *Atletika pro školní praxi (Athletic in the school practicum)*. 1. vyd. Brno: Pedagogická fakulta MU, 2000. 46 pp. ISBN 80-210-2372-4.

Teaching methods Practical exercise on athletics stadium.

Assessment methods Credits are awarded based on active participation in practical teaching. The student must actively (trains) complete at least 90% practical training and manage the performance in long jump and high jump. (480, 380 cm, 135, 115 cm). Classification: men(women) A - 2300

points(1900) B- 2200 (1750) points C - 2100 (1650), D - 1900 (1450), E - 1700 (1250) F - below 1700 (1250)

Language of instruction Czech

bk2272 Floorball/Softball

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Pavel Mrnušík (seminar tutor)
Mgr. Jindřich Pavlík (seminar tutor)
Mgr. Tomáš Vencúrik, Ph.D. (seminar tutor)

Guaranteed by Mgr. Jindřich Pavlík
Department of Sports - Faculty of Sports Studies
Contact Person: Mgr. Jindřich Pavlík
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives Students will be acquainted with the basic rules of floorball and softball. Students will be practically familiarized with game skills and combinations in floorball and softball.

Syllabus

- Floorball course blocks:
 - 1. Basic Game Skills:
 - - posture and holding a stick,
 - - spacing.
 - 2. Individual game activities:
 - - dribble,
 - - keeping the ball,
 - - catching and passing,
 - - moving without ball,
 - - moving with a ball,
 - - shooting,
 - - steal the ball,
 - - goalkeeper skills.
 - 3. Game combinations:
 - - give and go,
 - - back passes,
 - - small-sided floorball.
 -
- Softball course blocks:
 - 1. throwing and catching the ball,
 - 2. pitch and strike,
 - 3. base run and basic tactics of the game.

Literature

- KYSEL, Jiří. *Florbal : kompletní průvodce*. 1. vyd. Praha: Grada, 2010. 141 s. ISBN 9788024736150.
- KARCZMARCZYK, Roman. *Florbal : učebnice (nejen) pro trenéry*. Vyd. 1. Brno: Computer Press, 2006. 96 s. ISBN 8025112713.
- NYKODÝM, Jiří a kol. ET. *Teorie a didaktika sportovních her (Theory and didactics of sports games)*. Brno. Masarykova univerzita: FSpS MU, 2006. 120 pp. 1. vydání. ISBN 80-210-4042-4.
- SKRUŽNÝ, Zdeněk. *Florbal : technika, trénink, pravidla hry*. 1. vyd. Praha: Grada, 2005. 115 s. ISBN 9788024703831.
- SÜSS, Vladimír. *Softball a baseball : technika, herní situace, pravidla*. 1. vyd. Praha: Grada, 2003. 113 s. ISBN 802470658X.
- LUŽA, Jiří. *Softball ve výuce na střední škole. (Softball in teaching process at secondary schools)*. In *Sborník Tělesná výchova a sport na školách všech stupňů*. 1. vyd. Brno: Masarykova univerzita Brno, 1993. p. 170-174. Sborník prací Ped. fak MU v Brně, sv. 128. ISBN 80-210-0874-1.
- STIBITZ, František. *Pálkovaná (softbal)*. 1. vyd. Praha: Olympia, 1968. 90 s.

Teaching methods Practical seminars.
Self-study.

Assessment methods 1. 80% attendance,
2. floorball and softball rules – e-learning test,
3. practical demonstration of chosen individual skills from floorball and softball.

Language of instruction Czech

bk2299 Artistic Gymnastics

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Petr Hedbávný, Ph.D. (lecturer)
Alena Marečková (assistant)

Guaranteed by Mgr. Petr Hedbávný, Ph.D.
Department of Gymnastics and Combatives - Faculty of Sports Studies
Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: - acquaintance with SG movement structure - terminology of exercise on apparatus - acquaintance with technique of exercise on apparatus - acquaintance with methods of elements - increasing level of motoric skills in exercise on apparatus

Syllabus

- - acquaintance with SG movement structure - terminology of exercise on apparatus - acquaintance with technique of exercise on apparatus - acquaintance with methods of elements - increasing level of motoric skills in exercise on apparatus

Literature

- KRIŠTOFIČ, Jaroslav. *Gymnastika*. 2. vyd. Praha: Karolinum, 2009. 114 s. ISBN 9788024617336.

- ZÍTKO, Miroslav a Jan CHRUDIMSKÝ. *Akrobacie*. Illustrated by Miroslav Libra. 2., rozš. vyd. Praha: Česká asociace Sport pro všechny, 2006. 52 s. ISBN 8086586170.
- KRIŠTOFIČ, Jaroslav. *Pohybová příprava dětí*. 1. vyd. Praha: Grada, 2006. 109 s. ISBN 8024716364.
- KRIŠTOFIČ, Jaroslav. *Gymnastická průprava sportovce : 238 cvičení pro všestranný rozvoj pohybových dovedností*. 1. vyd. Praha: Grada, 2004. 187 s. ISBN 8024710064.
- TŮMA, Zdeněk, Miroslav ZÍTKO a Miroslav LIBRA. *Kapitoly o gymnastice*. Vyd. 1. Praha: Česká obec sokolská, 2004. 68 s. ISBN 8086402134.
- *Všeobecná gymnastika : speciální učební text*. Edited by Miroslav Zítko, Illustrated by Silvie Toráková. 3. vyd. Praha: Česká asociace Sport pro všechny, 2004. 94 s. ISBN 8086586081.
- ZÍTKO, Miroslav. *Skoky z malé trampolíny*. Edited by Bohumír Roubal, Photo by Marie Brunerová. Praha: Česká asociace Sport pro všechny, 1998. 47 s. ISBN 8090250912.
- VLASÁKOVÁ, Naďa, Miroslav ZÍTKO a Radka NEMKYOVÁ-VACKOVÁ. *Základy sportovní gymnastiky pro odbory ZRTV*. 1. vyd. Praha: Československý svaz tělesné výchovy. Český ústřední výbor, 1988. 143 s.

Teaching methods Form of practicals lessons completed with theoretical pieces of knowledge

Assessment methods Final project, Routine performance Men: floor, rings, vault, bars, h.bar, rope climbing women: floor, rings, vault, beam, h.bar, rope climbing Practical performance of support (spot) Practical performance of warm up

Language of instruction Czech

bk2301 Introduction of sport kinesiology

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PhDr. Ladislav Bedřich, CSc. (lecturer)

Mgr. Martin Vaváček, PhD. (lecturer)

doc. Mgr. Martin Zvonař, Ph.D. (lecturer)

Mgr. Adam Hromčík (assistant)

Mgr. Ondřej Mikeska, Ph.D. (assistant)

Guaranteed by doc. Mgr. Martin Zvonař, Ph.D.

Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives The graduate will acquire basic knowledges of the scientific field of human movement behavior, which succumb physical laws of material structure of the body and external conditions of the environment. They will be familiar with the functional, anatomical and biomechanical laws of the locomotive apparatus during exercise, which can be applied in the analysis of sport performance.

Syllabus

- 1. Basic components of the movement system 2. Types of muscle contraction 3. Motion system control 4. Muscle function 5. Muscle nomenclature 6. Orientation on the human body (planes and segments) 7. Movement in joints 8. Muscle loops and chains 9. Human locomotion 10. Segments of the body, the center of gravity of the body 11. Kinematics and Dynamics of Human Movement 12. Kinesiological methods 13. Fundamentals of physiology and traumatology

Literature

- recommended literature
- KLAVORA, Peter. *Introduction to kinesiology : a biophysical perspective*. Toronto: Sport Books Publisher, 2009. ix, 418. ISBN 9780920905272.
- *Introduction to kinesiology : [studying physical activity]*. Edited by Shirl J. Hoffman. 2nd ed. Champaign: Human Kinetics, 2005. xvii, 597. ISBN 0736055894.
- not specified
- KLAVORA, Peter. *Foundations of kinesiology : studying human movement and health*. Toronto: Sport Book Publisher, 2008. xiii, 578. ISBN 9780920905074.
- HAMILTON, Nancy a Kathryn LUTTGENS. *Kinesiology : scientific basis of human motion*. 10th ed. Boston, MA: McGraw-Hill, 2002. xv, 620. ISBN 0071122435.

Teaching methods Seminars, lessons, self-study

Assessment methods presentation of seminar work and written test

Language of instruction Czech

sbc2214 Specialization II - Cycling

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: graded credit.

Teacher(s) Mgr. Sylva Hřebíčková, Ph.D. (lecturer)

Guaranteed by Mgr. Sylva Hřebíčková, Ph.D.
Department of Sports - Faculty of Sports Studies
Contact Person: Mgr. Iva Synková

Supplier department: Lifelong Learning Centre - Specialized Units - Faculty of Sports Studies

Course objectives Preparing to get a coaching license in cycling

Syllabus

- Theory:
- Theory of cycling
- Regeneration in cycling
- Sport education in cycling
- Health and cycling

Literature

- SCHMIDT, Achim. *Mountainbikettraining für Anfänger und Profis*. 4., überarbeitete Aufl. Aachen: Meyer & Meyer, 2008. 240 s. ISBN 9783898992947.
- SCHMIDT, Achim. *A beginner's guide mountain biking*. Oxford: Meyer & Meyer Sport, 2004. 118 s. ISBN 1841261467.

- SCHMIDT, Achim. *Mountainbiketraining : für Anfänger und Profis*. 3., überarbeitete Aufl. Aachen: Meyer & Meyer, 2001. 223 s. ISBN 3891248180.
- SCHMIDT, Achim. *Mountain bike training : for beginners and professionals*. Oxford: Meyer & Meyer Sport, 1999. 222 s. ISBN 184126007X.
- SCHMIDT, Achim. *Handbook of competitive cycling : training, keep fit, tactics*. Aachen: Meyer & Meyer, 1998. 256 s. ISBN 3891245092.

Teaching methods theoretical training

Assessment methods Final written test usually consists of 30 questions rated 30 body. K successfully manage the need to reach at least 25 points.

Language of instruction Czech

Follow-Up Courses

- **b4619c** Specialization Coaching 3 - Cycling

sbk2208 Specialization II CC Skiing

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: graded credit.

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Department of Sports - Faculty of Sports Studies

Contact Person: PaedDr. Petr Starec, Ph.D.

Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The aim of the course is to obtain a license for cross-country skiing.

Syllabus

- 1. Technique of cross country skiing Biomechanics - Classical Technique - Free Technique 2. Analysis and Evaluation of Ski Jumping Techniques 3. Methodology of Teaching and Training of Ski Jumping 4. Annual Training Cycle, MeC, MaC, MiC, TJ, 5. Training Tools and methods in PO without snow 6. Managing the training process 7. Creation of developing, maintaining and regenerating TJ 8. Development and stabilization of high performance performance riders 9. Modern knowledge of cross-country skiing, new results of cross-country skiing 10. Concentrated training in terrain with the theme of preparatory season on snow, main period, development of technique

Literature

- Cross country skiing :handbook of sports medicine and science. Edited by Heikki Rusko. 1st ed. Malden: Blackwell Science, 2003. ix, 198 s. ISBN 0-632-05571-5.
- Ilavský J., Suk,A. (2005) Běh na lyžích. Met.dopis. UBD SL ČR.
- Náhradní obsah: 3. Korvas, P. (2007). Běh na lyžích – Volný způsob běhu. Elportál, Brno : Masarykova univerzita. ISSN 1802-128X. 2007. 11. ledna

- GNAD, Tomáš. Kapitoly z lyžování. 1. vyd. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2002. 240 s. ISBN 80-246-0241-5.

Teaching methods Seminar, group education, course

Assessment methods Technique analysis, written test.

Language of instruction Czech

v2043 Preparation for English Language Examination I

Faculty of Sports Studies, Autumn 2017

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: z (credit).

Teacher(s) PhDr. Renata Prucklová (seminar tutor)
Mgr. Jana Kubrická, Ph.D. (assistant)

Guaranteed by PhDr. Renata Prucklová
Language Centre, Faculty of Sports Studies Division - Language Centre
Contact Person: PhDr. Renata Prucklová
Supplier department: Language Centre, Faculty of Sports Studies Division - Language Centre

Course objectives The course is designed to provide students with basic knowledge in various sport disciplines, and sport related topics while successfully mastering reading comprehension and oral as well as written reproduction in English. At the end of the course the students are required to have reached the level B1+ of CEF. Graduates of this course will acquire basic command of professional terminology in sport science, health, anatomy and various sport disciplines. By the end of the course students will be able to effectively deliver presentations in English. In addition, students will gain better command of professionally relevant grammatical phenomena, where the improvement of mainly reproductive communication skills (proper pronunciation, correct spelling, apt use of stylistic registers in written communication and acquisition of basic lexical knowledge) will be emphasized and their eventual mastery expected.

Syllabus

- See also syllabi under the code v2039 in the Autumn Term 1st Week: Academic Skills: Presentation 1st Week: Winter Sports I/ Articles and Determiners I, Murphy Unit 70 1st Week: Winter Sports II/ Articles and Determiners II 2nd Week: Stadium Team Games/ Academic Writing – Letter 2nd Week: Court Games I, II/ Conditional I Murphy U25 2nd Week: Water Sports/ Conditional II Murphy U38 3rd Week: Athletics/ Passive Voice 3rd Week: Gymnastics/ Relative Clauses 3rd Week: Fitness / Collocations and Phrasal Verbs (make and do)

Literature

- MURPHY, Raymond. *English grammar in use : a self-study reference and practice book for intermediate students of English : with answers*. 3rd ed. Cambridge: Cambridge University Press, 2004. x, 379. ISBN 0521532892.

Teaching methods Language seminar: reading, listening, writing, drills...

Assessment methods The course is focused on creating an effective learning climate through content-based instructions, problem-based learning, class discussions, pair work, group work, etc. The course

is based on vast self-studies. Students are supposed to look up the topics in the interactive syllabus section ("interaktivní osnova"), and study them. The items: U3 etc., indicate the number of a unit in the above grammar textbook. Each unit is completed by interactive exercises (under the title e-learning) available on the internet for all the students who wish to improve their knowledge of English. The course is completed by a written multiple-choice credit test comprising

Language of instruction English

Follow-Up Courses

- **bp949** English Language II
- **v2039** English Language I

bc2075 Coaching methodological Practices

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: z (credit).

Teacher(s) PaedDr. Zdeněk Janík (lecturer)
Mgr. Martina Bernaciková, Ph.D. (assistant)
Mgr. Petr Hedbávný, Ph.D. (assistant)
Mgr. Sylva Hřebíčková, Ph.D. (assistant)
doc. PaedDr. Jan Ondráček, Ph.D. (assistant)
doc. PhDr. Bc. Zdenko Reguli, Ph.D. (assistant)
PaedDr. Petr Starec, Ph.D. (assistant)
PaedDr. Jaroslav Šamšula (assistant)
Mgr. Pavlína Vaculíková, Ph.D. (assistant)
PaedDr. Karel Večeřa (assistant)
PhDr. Michal Vít, Ph.D. (assistant)

Guaranteed by PaedDr. Zdeněk Janík
Department of Sports - Faculty of Sports Studies
Contact Person: Mgr. Iva Synková
Supplier department: Lifelong Learning Centre - Specialized Units - Faculty of Sports Studies

Course objectives • Learn the basic administration and functioning of the sport facilities; get acquainted with organizational and methodical duties with regard to hierarchy within the organization. • Learn practical coaching, exercise, and didactic skills under the guidance of experienced coaches and trainers (appointed and confirmed by the guarantor of the specialization) by observing training sessions and exercise lessons. • Students will be introduced to coach's and athlete's training diaries and they will learn how to use them for planning training sessions. • Appointed coaches and trainers assist students in monitoring each of the training sessions, microcycles and macrocycles.

Syllabus

- Following their specialization and with the agreement of the head of the specialization, students are assigned to sport clubs and selected fitness centers where they observe training and exercise sessions of children of various age categories (midget, major midget, juvenile and juniors). Students practice lasts 26 lessons per semester, it is 13 ninety-minute training units. As a part of their practice students will learn how to use training diaries, record and evaluate the content of training sessions and cycles. All depending on the corresponding specialization.

Literature

- DOVALIL, Josef a Miroslav CHOUTKA. *Výkon a trénink ve sportu*. 4. vyd. Praha [i.e. Velké Přílepy]: Olympia, 2012. 331 s. ISBN 9788073763268.
- PERIČ, Tomáš a Josef DOVALIL. *Sportovní trénink*. 1. vyd. Praha: Grada, 2010. 157 s. ISBN 97880 24721187.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. 3. vyd. Praha: Olympia, 2009. 331 s. ISBN 97880737 61301.
- DOVALIL, Josef. *Lexikon sportovního tréninku*. 2. upr. vyd. Praha: Karolinum, 2008. 313 s. ISBN 9788024614045.
- *Současný sportovní trénink : Sborník příspěvků z konference : Praha, 23. ledna 2008*. Edited by Josef Dovalil - Monika Chalupecká. Praha: Olympia, 2008. 346 s. ISBN 9788073760793.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 1. vyd. Praha: Grada, 2006. 501 s.:. ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. : Grada publishing, 2006. 501 pp. ISBN 80-247-1011-0.
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 807 0339284.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. Vyd. 1. Praha: Olympia, 2002. 331 s. ISBN 80703376 05.
- DOVALIL, Josef. *Věkové zvláštnosti dětí a mládeže a sportovní trénink*. 2. vyd. Praha: Karolinum, 1998. 36 s. ISBN 8071846538.
- DOVALIL, Josef a Miroslav CHOUTKA. *Sportovní trénink*. 2. vyd. Praha: Olympia, 1991. 331 s. ISBN 80-7033-099-6.
- DOVALIL, Josef. *Malá encyklopedie sportovního tréninku*. 1. vyd. Praha: Olympia, 1982. 239 s. : i.

Teaching methods The class is held in sport facilities, fitness centers and by means of a distant learning (e-learning). Materials and support for the use of training diaries will be e-learning based. Three meetings will be held throughout the semester. • Questions, comments, and findings may be consulted with the appointed coach, head of the corresponding specialization, and the guarantor of the course.

Assessment methods • 100% participation in the training sessions • Taking minutes of the attended training sessions using the training diaries. • Creating a training plan for a given microcycle • Creating a one-year training plan in one's own specialization with the use of training diaries. • Handing in of the corresponding documents o coach's evaluation of the student o daily record of the attendance of training sessions o both signed by the guarantor of the corresponding specialization. All evaluation will be e-learning based, by means of feedback via discussion forums.

Language of instruction Czech

bk2036 Swimming II.

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Dita Hlavoňová, Ph.D. (lecturer)
Mgr. Marcela Keberlová (lecturer)

Guaranteed by Mgr. Dita Hlavoňová, Ph.D.

Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Contact Person: Kateřina Novotná

Supplier department: Division of Swimming Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The course focuses on practical management of butterfly swimming stroke. The students perfecting other swimming styles using the buoyancy forces and minimizing the resistance of the water environment. Swimming exercises are focused on the concept of endurance swimming.

Syllabus

- Teaching method of swimming butterfly
- Perfecting the art of swimming styles
- Jump start and Roll somersault
- Hypoxic swimming
- Crawl endurance swimming

Literature

- MILER, Tomáš. *Plavání : plavecké dovednosti, technika plaveckých způsobů, kondiční plavání, šnorchlování*. Edited by Irena Čechovská. 1. vyd. Praha: Grada, 2001. 130 s. ISBN 8024790491.
- MOTYČKA, Jaroslav. *Teorie plaveckých sportů : plavání, synchronizované plavání, vodní pólo, skoky do vody, záchrana tonoucích*. 1. vyd. Brno: Masarykova univerzita, 2001. 202 s. ISBN 8021027118.
- HOCH, Miloslav. *Plavání : (teorie a didaktika) [Hoch, 1987]*. 2. vyd. Praha: Státní pedagogické nakladatelství, 1987. 171 s. : i.

Teaching methods Exercise

Assessment methods Swimming stroke butterfly - illustration of 25m, 200 m freestyle with a time limit

An active class participation - in water

Language of instruction Czech

Follow-Up Courses

- **bk2083** Swimming III.

bk2075 Coaching methodological Practices

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: z (credit).

Teacher(s) PaedDr. Zdeněk Janík (lecturer)

Mgr. Martina Bernaciková, Ph.D. (assistant)

Mgr. Petr Hedbávný, Ph.D. (assistant)

Mgr. Sylva Hřebíčková, Ph.D. (assistant)

PaedDr. Josef Michálek, CSc. (assistant)
doc. PaedDr. Jan Ondráček, Ph.D. (assistant)
doc. PhDr. Bc. Zdenko Reguli, Ph.D. (assistant)
PaedDr. Petr Starec, Ph.D. (assistant)
PaedDr. Jaroslav Šamšula (assistant)
Mgr. Pavlína Vaculíková, Ph.D. (assistant)
PaedDr. Karel Večeřa (assistant)
PhDr. Michal Vít, Ph.D. (assistant)

Guaranteed by PaedDr. Zdeněk Janík
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives • Learn the basic administration and functioning of the sport facilities; get acquainted with organizational and methodical duties with regard to hierarchy within the organization. • Learn practical coaching, exercise, and didactic skills under the guidance of experienced coaches and trainers (appointed and confirmed by the guarantor of the specialization) by observing training sessions and exercise lessons. • Students will be introduced to coach's and athlete's training diaries and they will learn how to use them for planning training sessions. • Appointed coaches and trainers assist students in monitoring each of the training sessions, microcycles and macrocycles.

Syllabus

- Following their specialization and with the agreement of the head of the specialization, students are assigned to sport clubs and selected fitness centers where they observe training and exercise sessions of children of various age categories (midget, major midget, juvenile and juniors). Students practice lasts 26 lessons per semester. As a part of their practice students will learn how to use training diaries, record and evaluate the content of training sessions and cycles. All depending on the corresponding specialization.

Literature

- PERIČ, Tomáš a Josef DOVALIL. *Sportovní trénink*. 1. vyd. Praha: Grada, 2010. 157 s. ISBN 97880 24721187.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. 3. vyd. Praha: Olympia, 2009. 331 s. ISBN 97880737 61301.
- DOVALIL, Josef. *Lexikon sportovního tréninku*. 2. upr. vyd. Praha: Karolinum, 2008. 313 s. ISBN 9788024614045.
- *Současný sportovní trénink : Sborník příspěvků z konference : Praha, 23. ledna 2008*. Edited by Josef Dovalil - Monika Chalupecká. Praha: Olympia, 2008. 346 s. ISBN 9788073760793.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 3., dopl. vyd. Praha: Grada, 2006. 501 s. ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 1. vyd. Praha: Grada, 2006. 501 s. ISBN 8024710110.
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 807 0339284.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. Vyd. 1. Praha: Olympia, 2002. 331 s. ISBN 80703376 05.
- DOVALIL, Josef. *Věkové zvláštnosti dětí a mládeže a sportovní trénink*. 2. vyd. Praha: Karolinum, 1998. 36 s. ISBN 8071846538.
- DOVALIL, Josef a Miroslav CHOUTKA. *Sportovní trénink*. 2. vyd. Praha: Olympia, 1991. 331 s. ISBN 80-7033-099-6.
- DOVALIL, Josef a Božena CHOUTKOVÁ. *Abeceda tréninku chlapců a děvčat*. Vyd. 1. Praha: Olympia, 1988. 190 s. . i.

- DOVALIL, Josef. *Malá encyklopedie sportovního tréninku*. 1. vyd. Praha: Olympia, 1982. 239 s. : i.

Teaching methods • The class is held in sport facilities, fitness centers and by means of a distant learning (e-learning). Materials and support for the use of training diaries will be e-learning based. Three meetings will be held throughout the semester. • Questions, comments, and findings may be consulted with the appointed coach, head of the corresponding specialization, and the guarantor of the course.

Assessment methods • 100% participation in the training sessions • Taking minutes of the attended training sessions using the training diaries. • Creating a training plan for a given microcycle • Creating a one-year training plan in one's own specialization with the use of training diaries. • Handing in of the corresponding documents o coach's evaluation of the student o daily record of the attendance of training sessions o both signed by the guarantor of the corresponding specialization. All evaluation will be e-learning based, by means of feedback via discussion forums.

Language of instruction Czech

bk2076 Pedagogy and didactics

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PhDr. Vladimír Jůva, CSc. (lecturer)
Mgr. Tereza Gállová (seminar tutor)
Mgr. Eva Valkounová, Ph.D. (seminar tutor)

Guaranteed by doc. PhDr. Vladimír Jůva, CSc.
Department of Sport Pedagogy - Faculty of Sports Studies
Contact Person: doc. PhDr. Vladimír Jůva, CSc.
Supplier department: Department of Sport Pedagogy - Faculty of Sports Studies

Course objectives Encompassment of basic orientation of fundamental educational terms.

Syllabus

- 1. Education. Education and Socialization. History of Education. 2. Outlines of education. 3. Conception of Pedagogy. Aristotle, Quintilian, Comenius, Herbart. 4. Structure of Pedagogy. General Didactics. Sport Pedagogy. 5. Research Methodology for Education. 6. Quantitative Research. 7. Qualitative Research. 8. Elements of Educational Process. 9. Education Objectives. 10. Education and Social Duties. H. Spencer. 11. Education and Personality. 12. Education and Culture. 13. Teacher, Educator. 14. Pupils. 15. Democratic Education - Comenius. 16. Education of gentleman - J. Locke. 17. Education and Liberty - J. J. Rousseau. 18. Education and school - J. Dewey. 19. Conception of School. 20. System of didactic principles. 21. Didactic means and media. 22. Didactic Methods. 23. Activating Teaching Methods. 24. Comprehensive Teaching Methods. 25. The Czech White Book.

Literature

- required literature
- *Základy pedagogiky : pro doplňkové pedagogické studium : teorie výchovy (Variant.) : Pedagogika pro doplňující pedagogické studium. D. 3, Teorie výchovy.*

- MAŇÁK, Josef a Vlastimil ŠVEC. *Výukové metody (Teaching methods)*. Brno: Paido, 2003. 219 pp. 148. ISBN 80-7315-039-5.
- recommended literature
- GAVORA, Peter. *Úvod do pedagogického výzkumu*. Translated by Vladimír Jůva - Vendula Hlavatá. 2., rozš. české vyd. Brno: Paido, 2010. 261 s. ISBN 9788073151850.
- SKALKOVÁ, Jarmila. *Obecná didaktika*. 2., rozš. a aktualiz. vyd. Praha: Grada, 2007. 322 s. ISBN 9788024718217.
- PRŮCHA, Jan. *Srovnávací pedagogika*. Vyd. 1. Praha: Portál, 2006. 263 s. ISBN 8073671557.
- ŠVARCOVÁ-SLABINOVÁ, Iva. *Základy pedagogiky*. Vyd. 1. Praha: VŠCHT, 2005. 290 s. ISBN 8070805730.
- PRŮCHA, Jan. *Alternativní školy a inovace ve vzdělávání*. 2. aktualiz. vyd. Praha: Portál, 2004. 141 s. ISBN 8071789771.
- *Pedagogický slovník*. Edited by Jan Průcha - Eliška Walterová - Jiří Mareš. 4., aktualiz. vyd. Praha: Portál, 2003. 322 s. ISBN 80-7178-772-8.
- OBST, Otto. *Obecná didaktika*. 1. vyd. Olomouc: Univerzita Palackého, 2002. 159 s. ISBN 8024405555.
- PRŮCHA, Jan. *Přehled pedagogiky :úvod do studia oboru*. Vyd. 1. Praha: Portál, 2000. 269 s. ISBN 80-7178-399-4.

Teaching methods Lecture, group discussion, individual consultations, individual home work

Assessment methods Active participation, submitting a written preparation, realisation and presentation of the individual home work, written test, oral exam

Language of instruction Czech

bk2078 Sports Medicine

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) prof. MUDr. Jan Novotný, CSc. (lecturer)
 prof. MUDr. Jindřich Vomela, CSc., LL.M. (alternate examiner)
 Mgr. Jan Horáček (assistant)

Guaranteed by prof. MUDr. Jan Novotný, CSc.
 Department of Kinesiology - Faculty of Sports Studies
 Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives At the end of the course students should be able to:
 - consider relationship between health and physical activity
 - pursue an effective prevention, to deal with health problems during exercises, P.E. lessons, sport training etc.

Syllabus

- 1. introduction, branche of sports medicine, information sources, preventive exams of athletes.
- 2. Cardiovascular questions in sport, risk of cardiac complication and sudden death in sport.

- 3. Prevention of sports injuries (acute injuries, injuries of overstress, insufficiency of respiratory, circulatory systems and metabolism).
- 4. Physical activity and health - optimal movement regimen. Risks of hypokinesy (civilizational disorders) and overloading.
- 5. Health backup of sport trainings and competitions, and other exercises. Role of medical officer. Prevention and solution of health problems.
- 6. Physiological difference and health risks during sport and exercise in children, seniors and women.
- 7. Back-pain and sport.
- 8. Diabetes mellitus and sport. Migraine and sport.
- 9. Asthma bronchiale and sport.
- 10. Health problems of running, cycling and swimming.
- 11. Health problems of basketball, ice-hockey and box.
- 12. Health risks of doping in sport.

Literature

- required literature
- Kučera M. a kol. *Dítě, sport a zdraví*. Galén, Praha 2011
- MÁČEK, Miloš a Jiří RADVANSKÝ. *Fyziologie a klinické aspekty pohybové aktivity*. První vydání. Praha: Galén, 2011. xvi, 245. ISBN 9788072626953.
- Novotný J, Sebera M, Hrazdira L, Novotná M. Kapitoly sportovní medicíny, Paido/FSpS MU 2003, www.fsps.muni.cz/ucebniceNovotny
- recommended literature
- *ABC of sports medicine*. Edited by Greg McLatchie. 2nd ed. London: BMJ Books, 2000. viii, 129. ISBN 0-7279-1366-2.
- CINGLOVÁ, Lenka. *Vybrané kapitoly z tělovýchovného lékařství*. 1. vydání. Praha: Karolinum, 2002. 199 pp. ISBN 80-246-0492-2.
- MÁČEK, Miloš a Jiřina MÁČKOVÁ. *Fyziologie tělesných cvičení*. Brno: Masarykova univerzita v Brně, 2002. 112 s. ISBN 8021016043.
- KUČERA, Miroslav a Ivan DYLEVSKÝ. *Sportovní medicína*. 1. vyd. Praha: Grada, 1999. 279 s. ISBN 8071697257.

Teaching methods Lectures.

Assessment methods Oral exam.

Language of instruction Czech

Follow-Up Courses

- **T109** Sports Medicine II

bk2079 Sports traumatology

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) MUDr. Miloslav Pink, CSc. (lecturer)

Guaranteed by prof. MUDr. Jan Novotný, CSc.

Division of Medical Sciences in Sports - Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives At the end of the course students should to: know and understand to problematics of sport traumatology, and decide about proper prevention and pre-medical treatment of sport injuries.

Syllabus

- Causes, mechanism and prevention of injuries
- Pre-medical first aid
- Base of resuscitation
- Injuries of skin and sub-skin tissue
- Injuries of muscles, tendons, periost and bones
- Injuries of joints
- Injuries of neural system and senses
- Injuries of respiratory, circulatory, intestinal and urogenital system

Literature

- required literature
- MOSTER, René a Zdeňka MOSTEROVÁ. *Sportovní traumatologie*. 2., přeprac. vyd. Brno: Masarykova univerzita, 2007. 106 s. ISBN 9788021043121.
- MÁČEK, Miloš a Jiří RADVANSKÝ. *Fyziologie a klinické aspekty pohybové aktivity*. První vydání. Praha: Galén, 2011. xvi, 245. ISBN 9788072626953.
- recommended literature
- *ABC of sports medicine*. Edited by Greg McLatchie. 2nd ed. London: BMJ Books, 2000. viii, 129. ISBN 0-7279-1366-2.
- KUČERA, Miroslav a Ivan DYLEVSKÝ. *Sportovní medicína*. 1. vyd. Praha: Grada, 1999. 279 s. ISBN 8071697257.
- not specified
- Komadel L. *Klinika telovýchovného lékařství a traumatologie športu*. Bratislava: FTVŠ UK, 1992.

Teaching methods Lectures.

Assessment methods The subject is finished by oral exam.

Language of instruction Czech

bk2080 Physiology of the sport discipline

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Martina Bernaciková, Ph.D. (lecturer)
MUDr. Kateřina Kapounková, Ph.D. (lecturer)
Mgr. Silvie Kodešová, Ph.D. (lecturer)
Mgr. Jan Novotný (lecturer)
MUDr. Zdeněk Pospíšil (lecturer)
Mgr. Martina Bernaciková, Ph.D. (seminar tutor)
Ing. Mgr. Jana Juříková, Ph.D. (seminar tutor)
Mgr. Vladimír Pospíchal, Ph.D. (seminar tutor)

Guaranteed by Mgr. Martina Bernaciková, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: to interpret the basic knowledge about physiology; to understand the physiologic process of organism in the course sports activity; to understand the types of the sports activity

Syllabus

- The characteristic of the sports activity
- The sport of the physically handicapped
- Speed sporting activity
- Speed - persistent sporting activity
- Speed- forceful sporting activity
- Forceful sporting activity
- Forceful - persistent sporting activity
- Persistent sporting activity
- C Coordination aesthetical sporting activity
- Combat sports

Literature

- DOBŠÁK, Petr. *Klinická fyziologie tělesné zátěže : vybrané kapitoly pro bakalářské studium fyzioterapie*. 1. vyd. Brno: Masarykova univerzita, 2009. 98 s. ISBN 9788021049659.
- HAVLÍČKOVÁ, Ladislava. *Fyziologie tělesné zátěže*. 2. vyd. Praha: Karolinum, 2003. 203 s. ISBN 8071848751.
- MÁČEK, Miloš a Jiřina MÁČKOVÁ. *Fyziologie tělesných cvičení*. Brno: Masarykova univerzita v Brně, 2002. 112 s. ISBN 8021016043.
- MELICHNA, Jan. *Fyziologie tělesné zátěže*. 1. vyd. Praha: Karolinum, 1995. 162 s. ISBN 8071840394.
- *Fyziologie tělesné zátěže 2 :speciální část*. Edited by Ladislava Havlíčková. 1. vyd. Praha: Univerzita Karlova - Vydavatelství Karolinum, 1993. 238 s. ISBN 80-7066-815-6.
- MELICHNA, Jan. *Sval a jeho adaptace ve sportovním tréninku*. [1. vyd.]. Praha: Československý svaz tělesné výchovy. Ustřední výbor. Vědeckometodické oddělení, 1981. 106 s. : i.

Teaching methods lectures and seminar During term student pass methodological scene.

Assessment methods Examination conditions: at seminars max. 1 absence, successful completion of all worksheets and protocols (submission for examination at the end of semester). The course is

finished by an oral exam. In the event of non-compliance (basic knowledge of physiology), continuous tests may also be required in the course of physiology or a physiology test during the Physiology of Exercise test.

Language of instruction Czech

bk2104 Football

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) PaedDr. Karel Večeřa (lecturer)
Mgr. Pavel Vacenovský, Ph.D. (seminar tutor)

Guaranteed by PaedDr. Karel Večeřa
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives The aim is to familiarize students with the rules of the game, a theoretical overview of the contents of the gaming division performance zýkladní terminology. The practical part is focused on the activities of an individual offensive game of the reasons improve playing skills and the clarification of theoretical knowledge. following knowledge and skills applied in attempting to obtain credit in further studies in practice.

Syllabus

- Selecting the Dub and taking the ball Keeping the ball and an opponent of circumvention Down-loading and control of the ball Half-and high-pass shooting

Literature

- required literature
- BEDŘICH, Ladislav. *FOTBAL - rituální hra moderní doby*. Brno: Masarykova univerzita, 2006. 196 pp. ISBN 80-210-3927-2.
- NYKODÝM, Jiří a kol. *ET. Teorie a didaktika sportovních her (Theory and didactics of sports games)*. Brno. Masarykova univerzita: FSpS MU, 2006. 120 pp. 1. vydání. ISBN 80-210-4042-4.
- recommended literature
- FAJFER, Zdeněk. *Trenér fotbalu mládeže (16-19 let)*. 1. vyd. Praha: Olympia, 2009. 239 s. ISBN 9788073760519.
- BUZEK, Mario. *Trenér fotbalu "A" UEFA licence : (učební texty pro vzdělávání fotbalových trenérů)*. 1. vyd. Praha: Olympia, 2007. 320 s. ISBN 9788073760328.
- VOTÍK, Jaromír a Jiří ZALABÁK. *Trenér fotbalu "C" licence*. 3. uprav. vyd. Praha: Olympia, 2007. 125 s. ISBN 9788070339626.
- VOTÍK, Jaromír. *Trenér fotbalu "B" UEFA licence : (učební texty pro vzdělávání fotbalových trenérů)*. 2. vyd. Praha: Olympia, 2005. 261 s. ISBN 8070339217.
- FAJFER, Zdeněk. *Trenér fotbalu mládeže (6-15 let)*. 1. vyd. Praha: Olympia, 2005. 149 s. ISBN 8070339330.
- DOBRÝ, Lubomír. *Didaktika sportovních her [2. vyd.]*. 2. přeprac. vyd. Praha: Státní pedagogické nakladatelství, 1988. 191 s.

Teaching methods Practical exercises and selfstudium

Assessment methods Testing knowledge and skills, active participation in seminars. In the practical part, students are able to prepare in writing and graphically record the introductory and preparatory part of the lesson and are able to manage and lead the match as a referee and assistants. In the theoretical part, students must master the basic rules of football and the basic obligations of the referee and assistant, as well as basic signaling and graphic signs.

Language of instruction Czech

Follow-Up Courses

- **nk2377** Didactics football, ice-hockey and figure skating

bk2118 Coaching Psychology

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 13 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Adam Blažej (lecturer)
prof. PhDr. Hana Válková, CSc. (lecturer)
Mgr. Michal Vičar, Ph.D. (lecturer)

Guaranteed by prof. PhDr. Hana Válková, CSc.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: manage the basic principles of dyadic interaction distinguish particular types of prestart states, competition states and psychological failure manage basic principles of regulatory means and apply them for needs of sportsmen

Syllabus

- 1.Coaching psychology and its classification within the system of sports psychology
- 2.Work of a coach and a trainer and the differences
- 3.Prestart and start states, competition states and their regulation
- 4.Psychological failures in sport activities and principles of regulation
- 5.Simulated training
- 6.Dyadic interaction and its use in selected sport disciplines
- 7.Care for mental hygiene of sportsmen
- 8.Assertivness in the work of a coach

Literature

- SLEPIČKA, Pavel, Václav HOŠEK a Běla HÁTLOVÁ. *Psychologie sportu*. Vyd. 1. Praha: Univerzita Karlova v Praze, nakladatelství Karolinum, 2006. 230 s. ISBN 8024612909.
- *Sport, stát, společnost : studijní materiály*. Edited by Pavel Slepíčka - Irena Slepíčková. Vyd. 1. Praha: Univerzita Karlova, 2000. 336 s. ISBN 8086317064.

- SEILER, Roland a Andreas STOCK. *Psychotrénink : ve sportu i v životě*. 1. vyd. Praha: Olympia, 1996. 149 s. ISBN 8070334142.
- SLEPIČKA, Pavel. *Psychologie koučování*. Vyd. 1. Praha: Olympia, 1988. 175 s. : i.
- HOŠEK, Václav, Antonín RYCHTECKÝ, Pavel SLEPIČKA, Bohumil SVOBODA a Miroslav VANĚK. *Psychologie sportu : rozbor psychických složek sportovního výkonu [Vaněk, 1984, Olympia]*. 1. vyd. Praha: Olympia, 1984. 202 s.
- WOODWORTH, Robert S. *Experimental psychology*. New York: Henry Holt and Company, 1947.

Teaching methods Theoretical course by means of lectures
Discussion with trainers of particular sport disciplines.

Assessment methods Written test

Language of instruction Czech

bk2154 Track and Field III

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) PhDr. Jan Cacek, Ph.D. (lecturer)
Mgr. Zuzana Hlavoňová, Ph.D. (seminar tutor)
Mgr. Tereza Králová (seminar tutor)

Guaranteed by PhDr. Jan Cacek, Ph.D.
Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies
Contact Person: Kateřina Novotná
Supplier department: Division of Athletics - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The aim of subject Track and Field III is to provide theoretical knowledge and training practical skills:

walk, javelin, shot put and discus throw

basic of rules, technique and organization of pentathlon, heptathlon and decathlon

Syllabus

- Walking race drills, walking race
- Throwing drills, javelin
- Throwing drills, shot put
- Throwing drills, discus throw
- Hurdles drills, 100 m/ 110 m
- Jumping drills, long jump, high jump
- Pentathlon competition
- Oral exam

Literature

- recommended literature

- <http://www.fsps.muni.cz/impact/atletika-2/>
- VINDUŠKOVÁ, Jitka. *Abeceda atletického trenéra*. 1. vyd. Praha: Olympia, 2003. 283 s. ISBN 807 0337702.
- RYBA, Jiří. *Atletické víceboje*. 1. vyd. Praha: Olympia, 2002. 178 s. ISBN 807033584X.
- not specified
- Metodika vybraných atletických disciplín (vrhy - hody): https://is.muni.cz/do/rect/el/estud/fsps/js18/vyber_a
- VILÍMOVÁ, Vlasta. *Atletika pro školní praxi (Athletic in the school practicum)*. 1. vyd. Brno: Pedagogická fakulta MU, 2000. 46 pp. ISBN 80-210-2372-4.
- ŠIMON, Jiří. *Atletika : historie, organizace, pravidla atletiky, soutěže, závody*. Praha: Karolinum, 1997. 69 s. ISBN 8071844314.

Teaching methods Exercise at the athletic stadium and self-teaching materials.

Assessment methods Credits will be awarded based on successfully passing the oral exam and active participation in practical lessons.

The oral exam will contain rules, history and technique discussed athletic disciplines of decathlon. The student must actively (trains) complete at least 90% practical training and manage the performance requirements of athletic pentathlon.

The practical realization of the pentathlon will be conducted in accordance with applicable rules of athletics. Scoring will be based on current scoring tables.

Classification:

men(women)

A - 2300 points(1900)

B- 2200 (1750) points

C - 2100 (1650)

D - 1900 (1450)

E - 1700 (1250)

F - below 1700 (1250) The final mark will be the average of the oral exam and pentathlon

Language of instruction Czech

bk2254 Economic Activities in Sport I - Economics and Marketing

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Bc. Oldřich Racek, Ph.D. (lecturer)

Guaranteed by Mgr. Bc. Oldřich Racek, Ph.D.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives At the end of this course students will be able to: - understand the economical way of thinking -Get to know the most important terms and their practical use in field of economy -Use a gained knowledge for understanding practical examples from the Czech and worldwide economics.

Syllabus

- 1. Basic concepts 2. Market and its properties 3. Balance consumer 4. Demand, quantity de-

manded and change 5. Elasticity of demand 6. Supply 7. Firms cost 8. Competition 9. Measurement of economic performance 10. Economic growth and business cycles 11. Inflation 12. Labor market 13. Macroeconomic policy of the state 14. Marketing In the exercises, students will solve the current issues of economics, that will be present.

Literature

- MANKIW, N. Gregory. *Zásady ekonomie*. Praha: Grada, 2000. 763 s. ISBN 80-7169-891-1.

Teaching methods This course occurs in form of lectures

Assessment methods During the semester, two credit tests. Successful passing of the final exam

Language of instruction Czech

bk2281 Exercises of condition 1

Faculty of Sports Studies, Spring 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Pavlína Vaculíková, Ph.D. (lecturer)
Mgr. Lenka Svobodová, Ph.D. (seminar tutor)

Guaranteed by Mgr. Pavlína Vaculíková, Ph.D.
Department of Gymnastics and Combatives - Faculty of Sports Studies
Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives At the end of the course students should be able to:
know and describe fitness group activities
know the correct execution of exercises on apparatus for different parts of the body
based on elementary diagnostics to recommend some strengthen exercises

Syllabus

- 1st consultation
- Definition of wellness and fitness
- Characteristics of fitness activities
- Strengthen exercises on apparatus in fitness centres for different muscle groups - 1st part
- 2nd consultation
- Strengthen exercises on apparatus in fitness centres for different muscle groups - 2nd part
- 3rd consultation
-
- Choreographic class (aerobic), conditional class (HIIT), Body and mind class (power yoga)

Literature

- required literature
- STACHEOVÁ, Daniela. *Fitness programy - teorie a praxe : metodika cvičení ve fitness centrech*. 2., dopl. a přeprac. vyd., Praha: Galén, 2008. 209 s. ISBN 9788072625413.

- recommended literature
- MUCHOVÁ, Marta a Karla TOMÁNKOVÁ. *Cvičení na balanční plošině*. 1. vyd. Praha: Grada, 2009. 143 s. ISBN 9788024729480.
- HEYWARD, Vivian H. *Advanced fitness assessment and exercise prescription*. 5th ed. Champaign, IL: Human Kinetics, 2006. xiii, 425. ISBN 0736057323.
- TOMÁNKOVÁ, Karla, Marta MUCHOVÁ a Hana JANOŠKOVÁ. *Fitball pro ženy i muže*. Brno: Paido, 2005. 15 s. ISBN 8073151103.

Teaching methods Form of practical exercises and theoretical lectures on the premises of gymnastic hall.

Assessment methods written test (90%)
oral practical exam

Language of instruction Czech

bk2304 Sport nutrition

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) Ing. Iva Hrnčířková, Ph.D. (lecturer)
Mgr. Michal Kumstát, Ph.D. (lecturer)
Mgr. Tomáš Hlinský (seminar tutor)

Guaranteed by Ing. Iva Hrnčířková, Ph.D.
Department of Health Promotion - Faculty of Sports Studies
Supplier department: Department of Health Promotion - Faculty of Sports Studies

Course objectives Broad objective is to explain basic concepts. Students of this course will develop a solid basic and applied understanding of the relationship between nutrition and exercise.

Syllabus

- 1. Basic nutrition concepts 2. Energy balance 3. Carbohydrates 4. Proteins 5. Fats 6. Vitamins 7. Minerals 8. Water, Water balance, Hydration status assessment 9. Sport food 10. Supplements 11. Nutrition before, during and after exercise 12. Nutrition and exercise and special populations

Literature

- GROPPER, Sareen Annora Stepnick, Jack L. SMITH a James L. GROFF. *Advanced nutrition and human metabolism*. 5th ed. United States: Wadsworth/Cengage Learning, 2009. xvii, 600. ISBN 9780495116578.
- MCARDLE, William D., Frank I. KATCH a Victor L. KATCH. *Exercise physiology : energy, nutrition, and human performance*. 6th ed. Philadelphia: Lippincott Williams & Wilkins, 2007. xxi, 1068. ISBN 9780781749909.
- MANDELOVÁ, Lucie a Iva HRNČIŘKOVÁ. *Základy výživy ve sportu (Basic sport nutrition)*. 1.vyd. Brno: MU, 2007. 72 pp. 4492/FSpS-1/07-17/99. ISBN 978-80-210-4281-0.
- BENARDOT, Dan. *Advanced sports nutrition*. Champaign, Ill.: Human Kinetics, 2006. x, 341. ISBN 0736059415.

- CLARK, Nancy. *Nancy Clark's sports nutrition guidebook*. 3rd ed. Champaign, IL: Human Kinetics, 2003. viii, 406. ISBN 073604602X.
- EBERLE, Suzanne Girard. *Endurance sports nutrition*. Champaign: Human Kinetics, 2000. viii, 287. ISBN 0736001433.
- BENARDOT, Dan. *Nutrition for serious athletes :[an advanced guide to foods, fluids, and supplements for training and performance]*. Champaign: Human Kinetics, 2000. xiv, 337 s. ISBN 0-88011-833-4.
- MANORE, Melinda a Janice THOMPSON. *Sport nutrition for health and performance*. Champaign: Human Kinetics, 2000. xxii, 514. ISBN 0873229398.
- *Foods, nutrition and sports performance*. Edited by Clyde Williams - John T. Devlin. 1st ed. London: E & FN SPON, 1992. x, 194 s. ISBN 0-419-17890-2.

Teaching methods In the lecture students will acquire the theoretical piece of information complemented by practical illustrations

Assessment methods 3 written tests, homeworks, attendance, oral exam

Language of instruction Czech

bk2477 Methodology of bachelor's thesis

Faculty of Sports Studies, Spring 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Martin Sebera, Ph.D. (lecturer)

Guaranteed by doc. RNDr. Jiří Zháněl, Dr.

Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives At the end of the course students should be able to: to define science branch Kinantropologie to make a bachelor's thesis topic to create a structure of thesis to describe methods for data obtaining and processing to provide scientific questions and hypotheses to interpret the results

Syllabus

-
- Theme - the search and selection, choice of strategy.
- Structure and design of the project technical work.
- Structure theory, the theoretical - empirical work.
- Study literature, information sources, tables, images, attachments.
- Methods and techniques, tools of research.
- Methods of data collecting
- Methods of data processing
- Evaluation and defense of the bachelor thesis.
- Hypothesis determination
- Statistical and real significance
- Basics of statistics

- Interpretation of results

Literature

- SEBERA, Martin a Renata KLÁROVÁ. *Aplikovaná matematická statistika (Applied mathematical statistics)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 51 pp. ISBN 978-80-210-7427-9. URL
- SEBERA, Martin a Renata KLÁROVÁ. *Metodologie bakalářské práce (Methodology of bachelor's thesis)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 24 pp. ISBN 978-80-210-7379-1. URL
- SEBERA, Martin a Renata KLÁROVÁ. *Metodologie magisterské práce (Methodology of Science)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 20 pp. ISBN 978-80-210-7380-7. URL
- ZHÁNĚL, Jiří, Vladimír HELLEBRANDT a Martin SEBERA. *Metodologie výzkumné práce (Research methodology)*. Brno: Masarykova univerzita, 2014. 65 pp. 1. ISBN 978-80-210-6875-9.
- SEBERA, Martin a Renata KLÁROVÁ. *Statistika v kinantropologii (Statistics in Kinanthropology)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 31 pp. ISBN 978-80-210-7409-5. URL
- SEBERA, Martin a Renata KLÁROVÁ. *Výzkumné projekty (Research Projects)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 50 pp. ISBN 978-80-210-7452-1. URL
- PUNCH, Keith. *Úspěšný návrh výzkumu*. Translated by Jan Hendl. Vyd. 1. Praha: Portál, 2008. 230 s. ISBN 9788073674687.
- PUNCH, Keith. *Základy kvantitativního šetření*. Translated by Jan Hendl. Vyd. 1. Praha: Portál, 2008. 150 s. ISBN 9788073673819.
- ŠVAŘÍČEK, Roman a Klára ŠEĎOVÁ. *Kvalitativní výzkum v pedagogických vědách*. Vydání první. Praha: Portál, 2007. 377 stran. ISBN 9788073673130.
- MIOVSKÝ, Michal. *Kvalitativní přístup a metody v psychologickém výzkumu*. Vyd. 1. Praha: Grada, 2006. 332 s. ISBN 9788024713625.
- HENDL, Jan. *Kvalitativní výzkum : základní metody a aplikace*. Vyd. 1. Praha: Portál, 2005. 407 s. ISBN 8073670402.
- HENDL, Jan. *Přehled statistických metod zpracování dat : analýza a metaanalýza dat*. Vyd. 1. Praha: Portál, 2004. 583 s. ISBN 8071788201.
- DISMAN, Miroslav. *Jak se vyrábí sociologická znalost : příručka pro uživatele*. 3. vyd. Praha: Karolinum, 2000. 374 s. ISBN 9788024601397.
- GAVORA, Peter. *Úvod do pedagogického výzkumu*. Translated by Vladimír Jůva. Brno: Paido, 2000. 207 stran. ISBN 8085931796.
- PRŮCHA, Jan. *Pedagogický výzkum : uvedení do teorie a praxe*. 1. vydání. Praha: Karolinum, 1995. 132 stran. ISBN 8071841323.

Teaching methods lectures preparation of thesis

Assessment methods Written test from terminology - the test consists of 30 questions, 66% of correct answers is needed to pass. Project of bachelor thesis at chosen topic.

Language of instruction Czech

XX_1168626 Gesundheitsorientierte Fitness und ausdauerndes Laufen

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 1 credit(s). Type of Completion: graded credit.

Teacher(s) Dr. phil Claudia Kern

Language of instruction German

XX_1168627 Turnen an Geräten

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 1 credit(s). Type of Completion: graded credit.

Teacher(s) Frank Grob

Language of instruction German

XX_1168628 Aquafitness

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 1 credit(s). Type of Completion: graded credit.

Teacher(s) Dr. phil. Joachym Werner

Language of instruction German

XX_1168629 Schwimmtechniken

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 1 credit(s). Type of Completion: graded credit.

Teacher(s) Michael Hahn

Language of instruction German

XX_1168630 Beratungskompetenz - ÜL

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 4 credit(s). Type of Completion: graded credit.

Language of instruction German

XX_1168631 Deutsch als Fremdsprache B2.2

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 6 credit(s). Type of Completion: graded credit.

Language of instruction German

XX_1168632 Erfahrungsorientierte Bewegungsangebote zur Gesundheitsförderung

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 3 credit(s). Type of Completion: graded credit.

Language of instruction German

XX_1168633 Sportwissenschaft in einer Sommersportart

Faculty of Sports Studies, Spring 2018

Extent and Intensity Not specified. Number of credits: 5 credit(s). Type of Completion: graded credit.

Language of instruction German

bc2097 Coaching Practice and Methodology II

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Jindřich Pavlík (seminar tutor)
Mgr. Sylva Hřebíčková, Ph.D. (assistant)
doc. PaedDr. Jan Ondráček, Ph.D. (assistant)
doc. PhDr. Bc. Zdenko Reguli, Ph.D. (assistant)
PaedDr. Petr Starec, Ph.D. (assistant)
PaedDr. Jaroslav Šamšula (assistant)
Mgr. Pavlína Vaculíková, Ph.D. (assistant)
PaedDr. Karel Večeřa (assistant)
PhDr. Michal Vít, Ph.D. (assistant)

Guaranteed by Mgr. Jindřich Pavlík
Department of Sports - Faculty of Sports Studies
Contact Person: Mgr. Iva Synková
Supplier department: Lifelong Learning Centre - Specialized Units - Faculty of Sports Studies

Course objectives Students will improve their practical coaching, exercise, and didactic skills under the guidance of experienced coaches and trainers (appointed and confirmed by the guarantor of the specialization) and expand their practical knowledge gained in the the course Practice in Coaching Metodology I (Trenérsko – metodická praxe I).

- Students will continue in their work with the coaches and trainers from Practice in Coaching Metodology I, if possible.
- Students will expand their knowledge in the practical planning of training process.
- Students will prepare, consult with the coaches and trainers, and run their training sessions and exercise lessons.

- Students will run training sessions and exercise lessons under the guidance of appointed coaches and trainers, who will supervise the students' work and provide them with assistance in each of the training sessions and exercise lessons.
 - Students will make analysis of the training sessions, exercise lessons, etc.
 - Students will learn the basis of analysis and movement analysis with the help and use of the software program Dartfish.
 - Students will learn to use sport testers.
- Students will learn to use Polar system

Syllabus

- Following their specialization, students are assigned to sport clubs and selected fitness centers where they run training and exercise sessions under the guidance of coaches and trainers. Students' practice lasts 26 lessons per semester, each lesson per 45 min, which corresponds to thirteen 90 minute units. Students prepare a training plan of their whole practice and they record in detail the process of all training sessions. In order to complete their task successfully they make use of knowledge they gained in the course Practice in Coaching Methodology I in which they learnt how to use the electronic Training Diaries.
- By means of self-study, students learn the basic function of the software program Dartfish. A handbook, including a user's guide video is available on-line (e-learning based). Students will then complete their tasks with the use of their own recordings or the recordings from the video database containing match or competition shots or partial shots of individual sports. Students will be given access to the software program Dartfish.
- They will further learn functions of sport testers and Polar system and how to use them in training process planning. Students will be able to borrow sport testers. Study materials will be e-learning based. To use the Polar seminar will be held

Literature

- BENSON, Roy a Declan CONNOLLY. *Trénink podle srdeční frekvence : jak zvýšit kondici, vytrvalost, laktátový práh, výkon*. 1. vyd. Praha: Grada, 2012. 184 s. ISBN 9788024740362.
- DOVALIL, Josef a Miroslav CHOUTKA. *Výkon a trénink ve sportu*. 4. vyd. Praha [i.e. Velké Přílepy]: Olympia, 2012. 331 s. ISBN 9788073763268.
- PERIČ, Tomáš a Josef DOVALIL. *Sportovní trénink*. 1. vyd. Praha: Grada, 2010. 157 s. ISBN 9788024721187.
- BEDŘICH, Ladislav a Josef DOVALIL. *Sylabus teorie a didaktika sportu I. Elportál*, Brno: Masarykova univerzita, 2009. ISSN 1802-128X. URL
- DOVALIL, Josef. *Lexikon sportovního tréninku*. 2. upr. vyd. Praha: Karolinum, 2008. 313 s. ISBN 9788024614045.
- *Současný sportovní trénink : Sborník příspěvků z konference : Praha, 23. ledna 2008*. Edited by Josef Dovalil - Monika Chalupecká. Praha: Olympia, 2008. 346 s. ISBN 9788073760793.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 3., dopl. vyd. Praha: Grada, 2006. 501 s. ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 1. vyd. Praha: Grada, 2006. 501 s.: ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. : Grada publishing, 2006. 501 pp. ISBN 80-247-1011-0.
- NEUMANN, Georg, Arndt PFÜTZNER a Kuno HOTTENROTT. *Trénink pod kontrolou : metody, kontrola a vyhodnocení vytrvalostního tréninku*. 1. vyd. Praha: Grada, 2005. 181 s. ISBN 8024709473.
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 8070339284.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. Vyd. 1. Praha: Olympia, 2002. 331 s. ISBN 8070337605.

- DOVALIL, Josef. *Věkové zvláštnosti dětí a mládeže a sportovní trénink*. 2. vyd. Praha: Karolinum, 1998. 36 s. ISBN 8071846538.
- DOVALIL, Josef a Miroslav CHOUTKA. *Sportovní trénink*. 2. vyd. Praha: Olympia, 1991. 331 s. ISBN 80-7033-099-6.
- DOVALIL, Josef a Božena CHOUTKOVÁ. *Abeceda tréninku chlapců a děvčat*. Vyd. 1. Praha: Olympia, 1988. 190 s. . i.
- DOVALIL, Josef. *Malá encyklopedie sportovního tréninku*. 1. vyd. Praha: Olympia, 1982. 239 s. : i.

Teaching methods The class is held in sport facilities, fitness centers and by means of a distant learning (e-learning). The examination period of the seminar will be conducted on the use of Polar .

• Questions, comments, and findings may be consulted with the appointed coach, head of the corresponding specialization, and the guarantor of the course.

Assessment methods 100% participation in the training sessions

• Taking minutes of the attended training sessions using the electronic training diary.
 • Electronic output of the analysis of chosen match, competition, or sport performance based on the student's specialization and with the use of Dartfish.

• Completion of a chosen elementary assignment with the use of sport testers.

Participation in the seminar on the use of Polar

• Handing in of the corresponding documents o coach's evaluation of the student o daily record of the attendance of training sessions o both signed by the guarantor of the corresponding

Language of instruction Czech

bk2063 Sociology and Philosophy of Sport

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) prof. PhDr. Aleš Sekot, CSc. (lecturer)

Mgr. Jan Daněk (seminar tutor)

PhDr. Petr Fiřo, Ph.D. (seminar tutor)

prof. PhDr. Aleš Sekot, CSc. (seminar tutor)

Guaranteed by prof. PhDr. Aleš Sekot, CSc.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives The aim of the subject is to present sport as social-cultural phenomenon reflecting dynamics of the modern world, interests and activities of mankind. The task for sociology of sport is to describe and explain socially and culturally determined role of sport in society.

Syllabus

- 1. Sport - socio cultural phenomenon 2. Top elite sport versus leisure sports 3. Fascination with sports 4. Socialization via sport 5. Sports versus mass media 6. Global aspects of sport 7. Sport mobility 8. Sport migration 9. Violence in sport 10. Women versus sport 11. Sport stars, icons, heroes 12. Future of sport

Literature

- SEKOT, Aleš. *Sociologické problémy sportu (Sociological problems of sports)*. 1. vyd. Praha:

GRADA Publishing, 2008. 224 pp. Sociologie. ISBN 978-80-247-2562-8.

- SEKOT, Aleš. *Sociologie sportu (Sociology of Sport)*. 1. vyd. Brno: Masarykova univerzita a Paido, 2006. 412 pp. Pedagogická edice. ISBN 80-210-4201-X.

Teaching methods Lectures based on recommended literature. Sekot, A: *Sociologie sportu*, 2006 Sekot, A. *Aktuální problémy sociologie sportu*, 2008

Assessment methods Written test on relevant sociological literature (cca 20 questions, 60% to pass)

Language of instruction Czech

bk2097 Coaching practice

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Jindřich Pavlík (seminar tutor)
Mgr. Petr Hedbávný, Ph.D. (assistant)
Mgr. Jan Jurečka (assistant)
doc. PaedDr. Jan Ondráček, Ph.D. (assistant)
PaedDr. Petr Starec, Ph.D. (assistant)
Mgr. Pavlína Vaculíková, Ph.D. (assistant)
PaedDr. Karel Večeřa (assistant)

Guaranteed by Mgr. Jindřich Pavlík
Department of Sports - Faculty of Sports Studies
Contact Person: PaedDr. Zdeněk Janík
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives Students will improve their practical coaching, exercise, and didactic skills under the guidance of experienced coaches and trainers (appointed and confirmed by the guarantor of the specialization) and expand their practical knowledge gained in the the course Practice in Coaching Methodology I (Trenérsko – metodická praxe I).

- Students will continue in their work with the coaches and trainers from Practice in Coaching Methodology I, if possible.
 - Students will expand their knowledge in the practical planning of training process.
 - Students will prepare, consult with the coaches and trainers, and run their training sessions and exercise lessons.
 - Students will run training sessions and exercise lessons under the guidance of appointed coaches and trainers, who will supervise the students' work and provide them with assistance in each of the training sessions and exercise lessons.
 - Students will make analysis of the training sessions, exercise lessons, etc.
 - Students will learn the basis of analysis and movement analysis with the help and use of the software program Dartfish.
 - Students will learn to use sport testers.
- Students will learn to use Polar system

Syllabus

- Following their specialization, students are assigned to sport clubs and selected fitness centers where they run training and exercise sessions under the guidance of coaches and trainers. Students' practice lasts 26 lessons per semester, each lesson per 45 min, which corresponds to thirteen 90 minute units. Students prepare a training plan of their whole practice and they record in

detail the process of all training sessions. In order to complete their task successfully they make use of knowledge they gained in the course Practice in Coaching Methodology I in which they learnt how to use the electronic Training Diaries.

- By means of self-study, students learn the basic function of the software program Dartfish. A handbook, including a user's guide video is available on-line (e-learning based). Students will then complete their tasks with the use of their own recordings or the recordings from the video database containing match or competition shots or partial shots of individual sports. Students will be given access to the software program Dartfish.
- They will further learn functions of sport testers and Polar system and how to use them in training process planning. Students will be able to borrow sport testers. Study materials will be e-learning based. To use the Polar seminar will be held

Literature

- BENSON, Roy a Declan CONNOLLY. *Trénink podle srdeční frekvence : jak zvýšit kondici, vytrvalost, laktátový práh, výkon*. 1. vyd. Praha: Grada, 2012. 184 s. ISBN 9788024740362.
- DOVALIL, Josef a Miroslav CHOUTKA. *Výkon a trénink ve sportu*. 4. vyd. Praha [i.e. Velké Přílepy]: Olympia, 2012. 331 s. ISBN 9788073763268.
- PERIČ, Tomáš a Josef DOVALIL. *Sportovní trénink*. 1. vyd. Praha: Grada, 2010. 157 s. ISBN 9788024721187.
- BEDŘICH, Ladislav a Josef DOVALIL. *Sylabus teorie a didaktika sportu I. Elportál*, Brno: Masarykova univerzita, 2009. ISSN 1802-128X. URL
- DOVALIL, Josef. *Výkon a trénink ve sportu*. 3. vyd. Praha: Olympia, 2009. 331 s. ISBN 9788073761301.
- *Současný sportovní trénink : Sborník příspěvků z konference : Praha, 23. ledna 2008*. Edited by Josef Dovalil - Monika Chalupecká. Praha: Olympia, 2008. 346 s. ISBN 9788073760793.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 3., dopl. vyd. Praha: Grada, 2006. 501 s. ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. Translated by Ivan Soulek. 1. vyd. Praha: Grada, 2006. 501 s. ISBN 8024710110.
- MARTENS, Rainer. *Úspěšný trenér*. : Grada publishing, 2006. 501 pp. ISBN 80-247-1011-0.
- NEUMANN, Georg, Arndt PFÜTZNER a Kuno HOTTENROTT. *Trénink pod kontrolou : metody, kontrola a vyhodnocení vytrvalostního tréninku*. 1. vyd. Praha: Grada, 2005. 181 s. ISBN 8024709473.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. Vyd. 1. Praha: Olympia, 2002. 331 s. ISBN 8070337605.
- DOVALIL, Josef a Miroslav CHOUTKA. *Sportovní trénink*. 2. vyd. Praha: Olympia, 1991. 331 s. ISBN 80-7033-099-6.
- DOVALIL, Josef a Božena CHOUTKOVÁ. *Abeceda tréninku chlapců a děvčat*. Vyd. 1. Praha: Olympia, 1988. 190 s. . i.
- DOVALIL, Josef. *Malá encyklopedie sportovního tréninku*. 1. vyd. Praha: Olympia, 1982. 239 s. : i.

Teaching methods The class is held in sport facilities, fitness centers and by means of a distant learning (e-learning). The examination period of the seminar will be conducted on the use of Polar .

- Questions, comments, and findings may be consulted with the appointed coach, head of the corresponding specialization, and the guarantor of the course.

Assessment methods 100% participation in the training sessions

- Taking minutes of the attended training sessions using the electronic training diary.
- Electronic output of the analysis of chosen match, competition, or sport performance based on the student's specialization and with the use of Dartfish.

- Completion of a chosen elementary assignment with the use of sport testers.
- Participation in the seminar on the use of Polar
- Handing in of the corresponding documents o coach's evaluation of the student o daily record of the attendance of training sessions o both signed by the guarantor of the corresponding specialization.

Language of instruction Czech

bk2099 Bachelor's Thesis I

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Not specified. Number of credits: 5 credit(s). Type of Completion: z (credit).

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Faculty of Sports Studies

Supplier department: Faculty of Sports Studies

Course objectives bachelor thesis creation.

Syllabus

- 1) Individual student consultation with the head of the thesis that a student for agreement with the chosen and enrolled in IS.
- 2) Creating the structure of the thesis and a timetable for processing
- 3) The selection of methods, techniques and literature
- 4) Elaboration part of the thesis supervisor instructions

Literature

- ŠVARÍČEK, Roman a Klára ŠEĐOVÁ. *Kvalitativní výzkum v pedagogických vědách*. Vydání druhé. Praha: Portál, 2014. 377 stran. ISBN 9788026206446.
- HENDL, Jan. *Kvalitativní výzkum : základní teorie, metody a aplikace*. 3. vyd. Praha: Portál, 2012. 407 s. ISBN 9788026202196.
- HENDL, Jan. *Přehled statistických metod : analýza a metaanalýza dat*. 4., rozšířené vyd. Praha: Portál, 2012. 734 s. ISBN 9788026202004.
- PUNCH, Keith. *Úspěšný návrh výzkumu*. Translated by Jan Hendl. Vyd. 1. Praha: Portál, 2008. 230 s. ISBN 9788073674687.
- CHRÁSTKA, Miroslav. *Metody pedagogického výzkumu (Methods of educational research)*. 1. vyd. Praha: Grada, 2007. 263 pp. ISBN 978-80-247-1369-4.
- *Úvod do metodologie psychologického výzkumu : jak zkoumat lidskou duši*. Edited by Ján Ferjenčík - Petr Bakalář. 1. vyd. Praha: Portál, 2000. 255 s. ISBN 80-7178-367-6.

Teaching methods consultations with the supervisor.

Assessment methods participation in the consultation process of the thesis according to the instructions of supervisor and timetable, compliance publishing ethics.

bk2101 Theory of sport training

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PaedDr. František Langer, CSc. (lecturer)
doc. PaedDr. František Langer, CSc. (seminar tutor)
Mgr. Martin Sebera, Ph.D. (assistant)

Guaranteed by doc. Mgr. Jiří Nykodým, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives During this subject students will synthesize theoretical knowledge of human anatomy, physiology, anthropometrics, biomechanics and social studies. Students will apply these knowledge in the issue of adaptation of human organism to different types of sport training. Main objective is to help student understand basic principles and approaches of skill development of which lead to improvement of sport form and performance. Some special chapters will be also discussed, for example diagnostics in sport, programming and planning of training process, classification of skills and many others. Students are in small groups, where they discuss and present their own work on related topics.

Syllabus

- 1. OBJECTIVES, TASKS, RESULTS OF SPORT TRAINING (SPT) 2. MOBILE SKILLS: fitness-coordination-hybrid 3. MOBILE SKILLS: MU MU MU theory: internal - external - transfer - interference, individual and age specificities 4. TRAINING UNIT: basic and main organizational form SpT, part TJ: introductory-main-final. 5. TYPES OF SPT: preparation: fitness, technical, tactical, psychological, theoretical 6. TYPES OF SPT: training, gaming, fitness, TeTa, regenerative 7. LOAD: physical-psycho 8. ADAPTATION: maladaptace, desadaptace 9. EFFECT ST: training, sporting form, surge-overtreatment-burnout syndrome (symptoms, prevention, treatment) 10. SPORTING PERFORMANCE - IHV THV (factors, determinants) 11. PLANNING - CYCLES: -Official-weekly-daily, evidence of general and specific indicators 12. BASIC DIRECTIONS OF SPORT WITH PRIORITY OBJECTIVE: sport for fitness (fitness sport), performance sport, top sport (elite, top sport), sport lust, risky and adventurous sport and survival activities), cosmetic sport 13. MOTOR LEARNING: explanation of the concept of knowledge, skill (congenital, intellectual, assertive, perceptive, social, motor positioning, motorika (target-support, gross-fine, graphomotor) 14. MOTOR TESTS and their use (diagnostics, control, planning, prognostics) 15. DISTRIBUTION OF MOVEMENT KNOWLEDGE: simple movement, movement act, (sports, work, etc.), fine and complex (depending on muscle groups), open-closed, continuity-discontinuous, discrete-continuous-serial, movement habits 16. DIDACTIC FORMS METHODOLOGICAL ORGANIZATION: (PCV), Game Exercises (HCv), Preparatory Games (PH) 17. STAPS SpT: Sports Pre-Training, Basic - Specialized - Top ST)

Literature

- required literature
- KORVAS, Pavel a Ladislav BEDŘICH. *Struktura sportovního výkonu. Učební texty pro studenty FSpS*. 1. vyd. Brno: Masarykova univerzita, 2014. 143 pp. ISBN 978-80-210-6695-3.
- BEDŘICH, Ladislav, Jiří NYKODÝM a Tomáš PĚTIVLAS. *Teorie sportovního tréninku I (Theory of sport training I)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 58 pp. ISBN 978-80-210-7461-3. URL

- BEDŘICH, Ladislav a Josef DOVALIL. Syllabus teorie a didaktika sportu I. *Elportál*, Brno: Masarykova univerzita, 2009. ISSN 1802-128X. URL
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 807 0339284.
- recommended literature
- PERIČ, Tomáš. *Sportovní příprava dětí*. 2. dopl. vyd. Praha: Grada, 2008. 192 s. ISBN 97880247 26434.
- MORAVEC, Roman. *Teória a didaktika výkonnostného a vrcholového športu*. 1. vyd. Bratislava: Fakulta telesnej výchovy a športu Univerzity Komenského v Bratislave, 2007. 240 s. ISBN 97880 89075317.
- not specified
- BEDŘICH, Ladislav a Petr BEDŘICH. Zjišťování intenzity herního zatížení u vybraných sportovních aktivit (Determination of the intensity of the game loads in selected sports). In FSpS MU. *Sport a kvalita života*. Brno: Masarykova univerzita, Brno, 2006. p. 57-59, 3 pp. ISBN 80-210-3863-2.

Teaching methods lectures, drills, homeworking

Assessment methods Written test using PC (close answers), condition to successfully pass the exam is 80% of the total score result for a particular test, active participation at the seminars, elaboration of a seminar paper on selected topic, and its PowerPoint presentation.

Language of instruction Czech

Follow-Up Courses

- **bk2123** Chapters from theory of sport training

bk2103 Psychomotricity

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Dagmar Heiland Trávníková, Ph.D. (lecturer)

Guaranteed by Mgr. Dagmar Heiland Trávníková, Ph.D.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Contact Person: Mgr. Dagmar Heiland Trávníková, Ph.D.

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives Goal of this course is to introduce the students into the field of psychomotricity, from the point of view of its definition, history, development, props and material, activities as well as possibilities of use in different target groups.

Syllabus

- Introduction - terms, history, psychomotor props, forms and methods
- Introductory activities - icebreakers

- Warm-up activities
- Psychomotor parachute
- Newspaper sheets
- Joghurt cups
- Sensomotor activities
- Psychomotor balance props and carts
- PET tops
- Relaxation, massage

Literature

- BLAHUTKOVÁ, Marie. *Psychomotorika (Psychomotricity)*. 1. dotisk 1. vyd. Brno: Masarykova univerzita, 2007. 92 pp. 1. dotisk. ISBN 978-80-210-3067-1.
- TRÁVNÍKOVÁ, Dagmar, Martin SEBERA a Marie BLAHUTKOVÁ. *Psychomotorika. Elportál*, Brno: Masarykova univerzita, 2007. ISSN 1802-128X. URL

Teaching methods practical seminar

Assessment methods -active participation in lessons

-lesson plan of psychomotor lesson (including the titles of the activities, goals, props, specific age group, etc.)

Language of instruction Czech

bk2105 Basics skating, ice hockey and figure skating

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) PaedDr. Petr Starec, Ph.D. (lecturer)
doc. Mgr. Jiří Nykodým, Ph.D. (seminar tutor)

Guaranteed by PaedDr. Petr Starec, Ph.D.
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives The aim of the subject is: To teach students a didactic series of basics of ice skating, ice hockey and figure skating

Syllabus

- Teaching is mainly aimed at: skating forward and backward, stopping, cornering, crossovers forward and backward, cornering on the inner and outer edge forward, turns, small jumps and games on the ice. Part of the load is warming-up, stretching, loosening and stretching exercises along with mentioning safety regulations when teaching skating. The use of stretching to prevent injuries. Figure skating - rings forward on the inner and outer edge, preparatory eights, three-turns, three-jump, arabesque, spin on both legs, toe-loop, half lutz, half flip.

Literature

- STARŠÍ, V. *Základy korčulovania*. Bratislava: UK 1970

- BUKAČ, Luděk. *Intelekt, učení, dovednosti & koučování v ledním hokeji : komprehenzivní pohled na utkání, trénink a rozvoj individuálního herního výkonu*. 1. vyd. Praha: Olympia, 2005. 291 s. ISBN 8070338962.
- KOSTKA, Vladimír, Luděk BUKAČ a Vladimír ŠAFAŘÍK. *Lední hokej : (teorie a didaktika)*. 1. vyd. Praha: Státní pedagogické nakladatelství, 1986. 186 s. : i.
- KOSTKA, Vladimír, Luděk BUKAČ a Vladimír ŠAFAŘÍK. *Lední hokej : teorie a didaktika*. 1. vyd. Praha: Státní pedagogické nakladatelství, 1986. 186 s. : i.
- KOSTKA, Vladimír, Luděk BUKAČ a Vladimír ŠAFAŘÍK. *Teorie a didaktika ledního hokeje [3., přeprac. vyd.]*. 3., přeprac. vyd. Praha: Státní pedagogické nakladatelství, 1981. 190 s. : i.
- KOSTKA, Vladimír, Luděk BUKAČ a Vladimír ŠAFAŘÍK. *Teorie a didaktika ledního hokeje [2., přeprac. vyd.]*. 2., přeprac. vyd. Praha: Státní pedagogické nakladatelství, 1972. 192 s. : i.

Teaching methods theoretical and practical training

Assessment methods Active participation in lessons, skill tests. Final written test usually consists of 30 questions rated 30 body. K successfully manage the need to reach at least 25 points.

Language of instruction Czech

bk2165 First Aid

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Milan Mojžíš (seminar tutor)

Guaranteed by doc. Mgr. Martin Zvonař, Ph.D.

Department of Kinesiology - Faculty of Sports Studies

Supplier department: Department of Kinesiology - Faculty of Sports Studies

Course objectives The subject acquaints students with the prevention of accidental and non-traumatic emergencies, basic theories and practice of first aid, including resuscitation (basic life support). The subject respects the principles and procedures of first aid in accordance with the modern development of the field.

Syllabus

- 1. Assessing the Situation
- 2. Risks linked with giving of first aid
- 3. External and Internal bleeding
- 4. Unconsciousness. CPR Guidelines GL2015
- 5. Recovery position
- 6. Aspiration of Foreign Object
- 7. Cold related emergencies
- 8. Heat related emergencies
- 9. Intoxication and chemical burns
- 10. Musculoskeletal Injuries. Spinal injuries
- 11. Shock development
- 12. Non-Accidental Cases

- 13. First Aid differences at water environment

Literature

- KUBÍKOVÁ, Zdeňka, Barbora ZUCHOVÁ, Milan MOJŽÍŠ, Martina BERNACIKOVÁ, Barbora CVEJNOVÁ, Radek TURIN a Petr ZAORAL. *Metodický materiál k výuce první pomoci (Methodological Guide for First Aid Instruction)*. 2., aktual. vyd. Brno: Masarykova univerzita, 2011. Elportál. ISBN 978-80-210-5764-7. URL
- KUBÍKOVÁ, Zdeňka, Radek TURIN, Martin SEBERA, Barbora ZUCHOVÁ, Petr ZAORAL a Martin NOVOTNÝ. *První pomoc ve školských zařízeních. Elportál*, Brno: Masarykova univerzita, 2008. ISSN 1802-128X. URL
- KUBÍKOVÁ, Zdeňka a Libuše ČERNÁ. *Prevence úrazů a bezpečnost ve školním prostředí na základních a středních školách. Elportál*, Brno: Masarykova univerzita, 2011. ISSN 1802-128X. URL
- KUBÍKOVÁ, Zdeňka, Barbora ZUCHOVÁ, Martina BERNACIKOVÁ, Barbora CVEJNOVÁ, Jan ŠRŮTEK, Radek TURIN a Petr ZAORAL. *Metodický materiál k výuce první pomoci*. 1. vyd. Brno: Masarykova univerzita, 2008. Elportál. ISSN 1802-128X. URL
- FLEGEL, Melinda J. *Sport first aid*. 4th ed. Champaign, Ill.: Human Kinetics, 2008. vii, 317. ISBN 9780736076012.

Teaching methods Theoretical and practical lectures of First Aid and CPR

Assessment methods Attendance (max. 1 absence)

Practical exam - CPR, bleeding and positioning

Theoretical oral exam

Language of instruction Czech

bk2274 Exam from Gymnastics and Dance

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Not specified. Number of credits: 1 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Lenka Svobodová, Ph.D. (lecturer)

Mgr. Martin Sebera, Ph.D. (assistant)

Guaranteed by Mgr. Lenka Svobodová, Ph.D.

Department of Gymnastics and Combatives - Faculty of Sports Studies

Supplier department: Department of Gymnastics and Combatives - Faculty of Sports Studies

Course objectives The aim of the course is to acquaint students with theoretical knowledge of gymnastics and sports modes (Basic Gymnastics, Rhythmic Gymnastics, Aerobics, Gymnastics, Rhythmic Gymnastics, TeamGym, Jumping on a trampoline, Acrobatics Sports, Fitness, Acrobatic rock and roll, Aesthetic group gymnastics) and dance styles (Folk Dance, Country dance, Ballroom Dance, Street dance, the current form)

Syllabus

- Summary of current knowledge

Literature

- recommended literature

- ZÁDĚROVÁ-KYTÝŘOVÁ, Markéta. *Taneční gymnastika*. První vydání. 89 stran. ISBN 8070681675.
- PERIČ, Tomáš. *Sportovní příprava dětí*. 2. dopl. vyd. Praha: Grada, 2008. 192 s. ISBN 9788024726434.
- SKOPOVÁ, Marie a Miroslav ZÍTKO. *Základní gymnastika*. 2. vyd. Praha: Karolinum, 2008. 178 s. ISBN 9788024614786.
- MUCHOVÁ, Marta a Hana JANOŠKOVÁ. *Aqua fitness : aqua step aerobik : rehabilitace pomocí aqua fitness*. Brno: Paido, 2004. 71 s. ISBN 807315076X.
- TŮMA, Zdeněk, Miroslav ZÍTKO a Miroslav LIBRA. *Kapitoly o gymnastice*. Vyd. 1. Praha: Česká obec sokolská, 2004. 68 s. ISBN 8086402134.
- ODSTRČIL, Petr. *Sportovní tanec : standardní tance, latinskoamerické tance*. 1. vyd. Praha: Grada, 2004. 115 s. ISBN 8024706326.
- ŠIMBEROVÁ, Dagmar, Pavlína VACULÍKOVÁ, Alena SKOTÁKOVÁ, Renata KLÁROVÁ a Hana BUBNÍKOVÁ. *Učební text aerobik a fitness (Foitness and aerobic)*. FSpS MU Brno: MU, 2004. 66 pp. Učební text aerobik a fitness. ISBN 80-210-3415-7.
- HRUŠKOVÁ, Ria a Jiří HABURA. *Cardio fitness*. [Praha]: Victory entertainment, 2003. 1 vidoekaz.
- BALAŠ, Radoslav. *Tance 20. století*. Vyd. 1. Olomouc: Hanex, 2003. 87 s. ISBN 8085783401.
- *Český taneční slovník :tanec, balet, pantomima*. Edited by Jana Holeňová. Vyd. 1. Praha: Divadelní ústav, 2001. xlii, 381. ISBN 80-7008-112-0.
- KRIŠTOFIČ, Jaroslav. *Gymnastika pro zdravotní a kondiční účely*. Praha: ISV nakladatelství, 2000. 126 s. ISBN 80-85866-54-4.
- KLÁROVÁ, Renata. *Moderní gymnastika*. 1. vyd. Brno: Masarykova univerzita, 1998. 50 s. ISBN 802101945X.
- KRAPKOVÁ, Hana. *Rytmická gymnastika a současné gymnastické aktivity s hudbou ve školní tělesné výchově*. Illustrated by Jana Šopková. Vyd. 1. Olomouc: Vydavatelství Univerzity Palackého v Olomouci, 1995. 57 s. ISBN 8070674822.
- KUBIČKA, Jiří. *Vybrané kapitoly z teorie gymnastiky*. 1. vyd. Praha: Karolinum, 1993. 49 s. ISBN 80-7066-721-4.
- KRAPKOVÁ, Hana a Jana ŠOPKOVÁ. *Lidový a společenský tanec*. Vyd. 1. Olomouc: Univerzita Palackého, 1991. 103 s. ISBN 8070670495.
- APPELT, Karel. *Názvosloví pro cvičitele [Appelt, 1990]*. 1. vyd. Praha: Olympia, 1990. 244 s.
- KOSTKOVÁ, Jarmila. *Rytmická gymnastika*. Vyd. 1. Praha: Olympia, 1990. 345 s.
- BERDYCHOVÁ, Jana. *Rytmická gymnastika a tanec pro děti*. Vyd. 1. Praha: Olympia, 1973. 141 s.

Teaching methods Theoretical training

Assessment methods Oral test - verification of theoretical kinds of gymnastics, sports, dance styles and application of technical terminology.

Language of instruction Czech

Follow-Up Courses

- **np1027** Choreography of sports
- **np1102** Actual forms and methods of gymnastics disciplines and dance
- **np1113** Theory and methodology of Gymnastics and Dance

bk2280 Corrective exercises

Faculty of Sports Studies, Autumn 2018

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Marie Crhová (seminar tutor)
Mgr. Roman Grmela, Ph.D. (seminar tutor)
Mgr. Andrea Martincová (seminar tutor)
Mgr. Ivan Struhár, Ph.D. (seminar tutor)

Guaranteed by Mgr. Roman Grmela, Ph.D.
Department of Health Promotion - Faculty of Sports Studies
Supplier department: Department of Health Promotion - Faculty of Sports Studies

Course objectives Within study of sub subject compensatory exercises student will practically develop his knowledge in prescription of compensatory exercises as a mean of prevention of acute or chronic disorder of locomotive apparatus caused by long-term lasting overloading or trauma in sport.

Syllabus

- 1. Functional disorders of the locomotor system, diagnostic, compensatory means, didactic principles of compensatory proces
- 2. Didactic principles of compensatory exercises (breathing, relaxing, releasing, stretching, strengthening, balancing)
- 3. Compensatory exercises in training proces
- Compensation in athletics
- - compensation in the gymnastics disciplines
- - compensation in the disciplines of swimming and water sports
- - compensation in ball games
- - compensation in rocket sports
- - compensation in the cycling disciplines
- 4. Methodological scene of students, analysis and evaluation

Literature

- BURSOVÁ, Marta. *Kompenzační cvičení : uvolňovací, protahovací, posilovací*. 1. vyd. Praha: Grada, 2005. 195 s. ISBN 9788024709482.
- BURSOVÁ, Marta, Jaromír VOTÍK a Jiří ZALABÁK. *Kompenzační cvičení pro fotbalisty*. První vyd. Praha: Olympia, 2003. 95 s. ISBN 8070337931.

Teaching methods lectures, class discussion, presentation of methodological scenes, homeworks.

Assessment methods Attending of subject is obligatory. Within exercise student pass methodical scene rated by mark A-F. Student is required to submit a seminar paper related to methodical scene. The whole subject is finished by graded credits, which is awarded based on attendance, quality of methodical scene and seminar paper.

Language of instruction Czech

bk2029 English Language Examination

Faculty of Sports Studies, Spring 2019

Extent and Intensity Not specified. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) PhDr. Renata Prucklová (alternate examiner)

Guaranteed by PhDr. Renata Prucklová
Language Centre, Faculty of Sports Studies Division - Language Centre
Contact Person: PhDr. Renata Prucklová

Course objectives This is only an exam. The aim of the exam is to test whether the students have achieved the B1 level of English according to the Common European Framework of Reference for Languages. The exam is compulsory, the last term it should be taken is at the end of the 6-th semester of studies.

Syllabus

- Individual consultations are available for students upon request.

Literature

- MURPHY, Raymond. *English grammar in use : a self-study reference and practice book for intermediate students of English : with answers*. 3rd ed. Cambridge: Cambridge University Press, 2004. x, 379. ISBN 0521532892.

Teaching methods This is only an exam, no teaching methods are applicable.

Assessment methods The exam will be written /multiple choice test, sentence transformation/, and oral. The written part comprises grammar, vocabulary, listening, reading, and writing an e-mail. Oral part will deal with the topics included in autumn and spring semester syllabi. All materials can be found under the codes v2039, v2040 in the section Interactive Syllabus. As for grammar, see also section "Recommended reading".

Language of instruction English

bk2085 Outdoor sports and tourism

Faculty of Sports Studies, Spring 2019

Extent and Intensity Kurz 5D. Number of credits: 2 credit(s). Type of Completion: z (credit).

Teacher(s) Mgr. Eduard Hrazdára, Ph.D. (seminar tutor)
doc. PaedDr. Jan Ondráček, Ph.D. (seminar tutor)
Mgr. Petr Hedbávný, Ph.D. (seminar tutor)
Mgr. Jan Jurečka (seminar tutor)
Mgr. Pavel Mudra, Ph.D. (seminar tutor)
doc. Mgr. Jiří Nykodým, Ph.D. (seminar tutor)

Guaranteed by Mgr. Eduard Hrazdára, Ph.D.
Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies
Contact Person: Mgr. Eduard Hrazdára, Ph.D.
Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives The aim of the course is to control the basics of canoeing on slightly flowing water and to plan a course of water tourism for school facilities

Syllabus

- 1. Introduction to studies (credit requirements, literature)
- 2. Theory of mastering technique on canoe on flat and slightly flowing water
- 3. Safety mowing in water terrain
- 4. First aid on flat and slightly flowing water
- 5. Arms and equipment made for canoeing
- 6. Practical training of skills on flowing water – technique of straight, reverse and draw stroke on canoe
- 7. Theoretical preparation and planning of water sports activities

Literature

- BÍLÝ, Milan, Bronislav KRAČMAR a Petr NOVOTNÝ. *Kanoistika : technika jízdy, rafting, extrémní terény*. 1. vyd. Praha: Grada, 2001. 129 s. ISBN 8024790505.
- KODEŠ, Jiří, Tomáš DOLEŽAL a Lubomír VAMBERA. *Vodní turistika [Kodeš, 1977]*. Vyd. 1. Praha: Státní pedagogické nakladatelství, 1977. 44 s.

Teaching methods Theoretical preparation
Practical exercises

Assessment methods Credit is given to student on a platform of passing out course and practical test.

Practical test:

-perform basic manoeuvre strokes on a canoe

Language of instruction Czech

bk2106 Communication skills

Faculty of Sports Studies, Spring 2019

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PaedDr. Emanuel Hurych, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Emanuel Hurych, Ph.D.

Department of Social Sciences and Sport Management - Faculty of Sports Studies

Supplier department: Department of Social Sciences and Sport Management - Faculty of Sports Studies

Course objectives The main aim of the course is to acquaint students with contemporary approaches to human communication and their application to problems encountered in security sector and to concrete experience of individual students. Focus of the course is on discussion and practical exercises.

Syllabus

- Domains of human communication. Models of communication, transactional model of communication and its components. Principles of communication. Nonverbal communication. Communicational competence, assertivity, communication in stress situations, conflict management. Communication in groups – leadership, cooperation, group cohesion, group decision-making.

Literature

- DEVITO, Joseph A. *Základy mezilidské komunikace : 6. vydání*. Translated by Jiří Rezek. 1. vyd. Praha: Grada, 2008. 502 s. ISBN 9788024720180.
- DEVITO, Joseph A. *Základy mezilidské komunikace*. Translated by Milan Bartůšek - Jiří Rezek. 1. vyd. Praha: Grada, 2001. 420 s. ISBN 8071699888.
- VYBÍRAL, Zbyněk. *Psychologie lidské komunikace (Psychology of the Human Communication)*. Praha: Portál, 2000. 264 pp. ISBN 80-7178-291-2.
- WATZLAWICK, Paul. *Všechno dobré je k něčemu zlé, aneb, Řešení paní Hekate*. Translated by Zbyněk Vybíral, Illustrated by Miroslav Huptych. Vyd. 1. Hradec Králové: Konfrontace, 1995. 103 s. ISBN 80-901773-5-2.

Teaching methods lectures, group discussion, group practice.

Assessment methods Individual or group project - once in a term; the analysis of the project based on the video output, feedback 3 times in a term; final essay.

Language of instruction Czech

bk2119 Bachelor's Thesis II

Faculty of Sports Studies, Spring 2019

Extent and Intensity Not specified. Number of credits: 5 credit(s). Type of Completion: z (credit).

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (lecturer)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Faculty of Sports Studies

Supplier department: Faculty of Sports Studies

Course objectives submission of bachelor thesis.

Syllabus

- Individual consultation with a supervisor.
- Completion of the thesis according to the instructions of the head work.
- Preparation of the presentation of the thesis, familiarization with the requirements that will be placed in the defense of the national commission.

Literature

- ŠVAŘÍČEK, Roman a Klára ŠEĎOVÁ. *Kvalitativní výzkum v pedagogických vědách*. Vydání druhé. Praha: Portál, 2014. 377 stran. ISBN 9788026206446.
- HENDL, Jan. *Kvalitativní výzkum : základní teorie, metody a aplikace*. 3. vyd. Praha: Portál, 2012. 407 s. ISBN 9788026202196.
- HENDL, Jan. *Přehled statistických metod : analýza a metaanalýza dat*. 4., rozšířené vyd. Praha: Portál, 2012. 734 s. ISBN 9788026202004.
- PUNCH, Keith. *Úspěšný návrh výzkumu*. Translated by Jan Hendl. Vyd. 1. Praha: Portál, 2008. 230 s. ISBN 9788073674687.
- CHRÁSTKA, Miroslav. *Metody pedagogického výzkumu (Methods of educational research)*. 1. vyd. Praha: Grada, 2007. 263 pp. ISBN 978-80-247-1369-4.

- *Úvod do metodologie psychologického výzkumu :jak zkoumat lidskou duši.* Edited by Ján Ferjenčík - Petr Bakalář. 1. vyd. Praha: Portál, 2000. 255 s. ISBN 80-7178-367-6.

Teaching methods consultations with the supervisor.

Assessment methods participation in the consultations, the completion of the thesis supervisor's instructions and timing, compliance with the rules of publishing ethics.

Language of instruction Czech

bk2120 Nontraditional Games

Faculty of Sports Studies, Spring 2019

Extent and Intensity Seminar: 7 hour(s) per week. Number of credits: 1 credit(s). Type of Completion: zk (examination).

Teacher(s) PaedDr. Petr Starec, Ph.D. (lecturer)
Mgr. Tomáš Vencúrik, Ph.D. (lecturer)
Mgr. Ivan Serafin (seminar tutor)

Guaranteed by PaedDr. Petr Starec, Ph.D.
Department of Sports - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives At the end of this course the student will be able to: Demonstrate technique of non-traditional game, Ringo, ringet, korfbal and tchoukball.

Syllabus

- Ringo - the game of individuals, pairs and triplets, rules
- Korfbal - the methodology and rules of korfbal
- Tchoukball - methodology and rules of tchoukball
- Ringet and other nontraditional games

Literature

- BERNACIKOVÁ, Martina a Zora SVOBODOVÁ. *Raketové sporty (badminton, squash) ve školní TV. A proč ne? Textová opora ke kurzu (Badminton and squash at school. And why not? Course textbook).* 1. vyd. Brno: Masarykova univerzita, 2011. 20 pp. ISBN 978-80-210-5634-3.
- KARCZMARCZYK, Roman. *Florbal : učebnice (nejen) pro trenéry.* Vyd. 1. Brno: Computer Press, 2006. 96 s. ISBN 8025112713.
- SKRUŽNÝ, Zdeněk. *Florbal : technika, trénink, pravidla hry.* 1. vyd. Praha: Grada, 2005. 115 s. ISBN 9788024703831.
- ŠKROBOVÁ, Petra. *Herní a pohybová příprava pro korfbal.* 2003. 127 l. + 1.
- ŠKROBOVÁ, Petra. *Herní a pohybová příprava pro korfbal.* 2003. 127 l. + 1.
- CHVÁTALOVÁ, Marcela [absolvent PdF. *Florbal a jeho využití v hodinách tělesné výchovy na 2. stupni základních škol.* 2000. 67 s.
- *Pravidla tradičních rekreačních sportů.* Edited by Michal Vrbata. 1. vyd. Brno: Mravenec, 2000. 52 s. ISBN 80-85978-78-4.

Teaching methods theoretical and practical training.

Assessment methods Final written test usually consists of 30 questions rated 30 body. K successfully manage the need to reach at least 25 points.

Language of instruction Czech

bk2123 Chapters from theory of sport training

Faculty of Sports Studies, Spring 2019

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PaedDr. František Langer, CSc. (lecturer)
doc. Mgr. Jiří Nykodým, Ph.D. (lecturer)

Guaranteed by doc. Mgr. Jiří Nykodým, Ph.D.
Department of Kinesiology - Faculty of Sports Studies
Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives The aim of the course is to acquaint students with the basic principles and approaches to development fitness, performance and achieving maximum performance in sport. The tasks include learning characteristics of the development of motor skills, the content of the various components of sports training, technology and sports management process, the effects of sports training and diagnostics. An important part is the illumination of sports training as a pedagogical process with its specific sport didactics. Part of the seminar is the seminar outputs of the students on the specified issue.

Syllabus

- 1.Management of sports training. 2.Training, performance, health 3.Didactic principles, forms, procedures. 4.Stimulation and development of physical abilities, methods, means 5.Stimulating and developing motor skills, 6.Modeling the training load for different types of sports. 7.Training in an alpine environment. Acclimatization. 8.Physical activity and training in older age. 9.Talent 10.Sports training for handicapped athletes 11.Game performance (Structure of Sports Performance in Collective Sports) 12.Specifics of the training process of children, youth and women

Literature

- required literature
- KORVAS, Pavel a Ladislav BEDŘICH. *Struktura sportovního výkonu. Učební texty pro studenty FSpS*. 1. vyd. Brno: Masarykova univerzita, 2014. 143 pp. ISBN 978-80-210-6695-3.
- BEDŘICH, Ladislav, Jiří NYKODÝM a Tomáš PĚTIVLAS. *Teorie sportovního tréninku I (Theory of sport training I)*. Brno: Masarykova univerzita, 2014. p. nestránkováno, 58 pp. ISBN 978-80-210-7461-3. URL
- BEDŘICH, Ladislav a Josef DOVALIL. *Sylabus teorie a didaktika sportu I. Elportál*, Brno: Masarykova univerzita, 2009. ISSN 1802-128X. URL
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 807 0339284.
- recommended literature
- PERIČ, Tomáš. *Sportovní příprava dětí*. 2. dopl. vyd. Praha: Grada, 2008. 192 s. ISBN 97880247 26434.

- MORAVEC, Roman. *Teória a didaktika výkonnostného a vrcholového športu*. 1. vyd. Bratislava: Fakulta telesnej výchovy a športu Univerzity Komenského v Bratislave, 2007. 240 s. ISBN 97880 89075317.
- not specified
- LEHNERT, Michal. *Trénink kondice ve sportu*. 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2010. 143 s. ISBN 9788024426143.

Teaching methods lectures, drills, homeworking Seminar teaching mixed, form outputs seminar for students on issues and practical activities for the development and performance trénovanosti.

Assessment methods Written test using PC (close answers), condition to successfully pass the exam is 80% of the total score result for a particular test, active participation at the seminars, elaboration of a seminar paper on selected topic, and its PowerPoint presentation.

Language of instruction Czech

bk2305 Athletes regeneration

Faculty of Sports Studies, Spring 2019

Extent and Intensity Lecture: 7 hour(s) per week, seminar: 7 hour(s) per week. Number of credits: 3 credit(s). Type of Completion: zk (examination).

Teacher(s) MUDr. Kateřina Kapounková, Ph.D. (lecturer)
PaedDr. Vladimír Hansgut, Ph.D. (seminar tutor)

Guaranteed by MUDr. Kateřina Kapounková, Ph.D.
Department of Health Promotion - Faculty of Sports Studies
Supplier department: Department of Health Promotion - Faculty of Sports Studies

Course objectives Main objectives can be summarized as follows: the basic knowledge about regeneration; to delineate the major differences between passive and active regeneration; to understand the physiologic process of organism in the course regeneration; to understand the chronological process of regeneration; to understand the changing regeneration of the type in the sports motion At the end of the course students will be able to choosing appropriate touches, massage.

Syllabus

- Regeneration - fundamental concepts
- Stress reaction
- Regenerative form
- Regenerative pedagogical means
- Regenerative psychological means
- Regenerative biological means
- Regenerative pharmacological means
- Physiological and pathological fatigue
- Physiological aspect of the motion
- types of massage, massage touches
- practicing massage touches
- back massage

Literature

- required literature
- BERNACIKOVÁ, Martina, Jan CACEK, Lenka DOVRTĚLOVÁ, Iva HRNČIŘÍKOVÁ, Kateřina KAPOUNKOVÁ, Jitka KOPŘIVOVÁ, Michal KUMSTÁT, Jan NOVOTNÝ, Petr POSPÍŠIL, Jana ŘEZANINOVÁ, Michal ŠAFÁŘ a Tomáš ULBRICH. *Regenerace a výživa ve sportu (Regeneration and nutrition in sport)*. 1. vyd. Brno: Masarykova univerzita, 2013. 252 pp. ISBN 978-80-210-6253-5.
- not specified
- HOŠKOVÁ, Blanka, Simona MAJEROVÁ a Pavlína NOVÁKOVÁ. *Masáž a regenerace ve sportu*. 1. vyd. Praha: Karolinum, 2010. 112 s. ISBN 9788024617671.
- HANSGUT, Vladimír a Kateřina KAPOUNKOVÁ. *Regenerační a sportovní masáž. Elportál*, Brno: Masarykova univerzita, 2009. ISSN 1802-128X. URL
- HANSGUT, Vladimír, Jiří NYKODÝM a al. ET. *Sportovní masáž (Sport Massage)*. Brno: Masarykova univerzita, 2009. 22 pp. ISBN 978-80-210-4935-2.
- KRAPKOVÁ, Hana. *Cesta za zdravím - regenerace lidského organismu pohybem*. 1. vyd. Olomouc: Vydavatelství University Palackého, 1995. 70 s. ISBN 8070674660.
- KVAPILÍK, Josef. *Sportovní masáž pro každého*. 3. vyd. Praha: Olympia, 1991. 145 s. ISBN 8070331208.
- JIRKA, Zdeněk. *Regenerace a sport*. Vyd. 1. Praha: Olympia, 1990. 253 s. ISBN 807033052X.

Teaching methods lectures

Assessment methods Attending of subject is obligatory. The whole subject is finished by oral examination.

Language of instruction Czech

bk2307 Sports games

Faculty of Sports Studies, Spring 2019

Extent and Intensity Lecture: 7 hour(s) per week. Number of credits: 4 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. Mgr. Jiří Nykodým, Ph.D. (lecturer)

Mgr. Jindřich Pavlík (lecturer)

PaedDr. Petr Starec, Ph.D. (lecturer)

PaedDr. Jaroslav Šamšula (lecturer)

PaedDr. Karel Večeřa (lecturer)

Mgr. Tomáš Vencúrik, Ph.D. (lecturer)

Guaranteed by PaedDr. Petr Starec, Ph.D.

Department of Sports - Faculty of Sports Studies

Supplier department: Department of Sports - Faculty of Sports Studies

Course objectives The goal is mastery of basic rules of sports games.

Syllabus

- The test builds on the educations of sport and test the rules. The course is a direct link to the sports games that have been taught through practical exercises - active games, volleyball, basketball,

hockey, softball, ice hockey and figure skating, soccer, non-traditional games. The test includes the following topics: history and the emergence of the sports games, achievements and the location of Czech teams in selected sports competitions, games from the beginning to the present, the current trend in the sports games, basic terminology and concepts of game theory, the theoretical fundamentals of sports games, the basic phase of the game, systematics games content development - individual sporting activities, playing a combination game systems, didactics of sports games in physical education, solving game situations.

Literature

- required literature
- NYKODÝM, Jiří a kol. ET. *Teorie a didaktika sportovních her (Theory and didactics of sports games)*. Brno. Masarykova univerzita: FSpS MU, 2006. 120 pp. 1. vydání. ISBN 80-210-4042-4.
- recommended literature
- ADAMČÁK, Štefan a Miroslav NEMEC. *Pohybové hry a školská tělesná a športová výchova*. Vyd. 1. Banská Bystrica: Univerzita Mateja Bela, Fakulta humanitných vied, 2010. 207 s. ISBN 9788055700991.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. 3. vyd. Praha: Olympia, 2009. 331 s. ISBN 9788073761301.
- *Výkon a trénink ve sportu*. Edited by Josef Dovalil. 2. vyd. Praha: Olympia, 2005. 331 s. ISBN 8070339284.
- DOVALIL, Josef. *Výkon a trénink ve sportu*. Vyd. 1. Praha: Olympia, 2002. 331 s. ISBN 8070337605.
- *Netradiční sportovní činnosti : náměty a metody pro školu i volný čas*. Edited by Renate Zimmer. Vyd. 1. Praha: Portál, 2001. 255 s. ISBN 80-7178-460-5.
- MAZAL, Ferdinand. *Pohybové hry a hraní*. Vyd. 1. Olomouc: Hanex, 2000. 292 s. ISBN 80-85783-29-0.
- VEČEŘA, Karel a Vojtěch NOVÁČEK. *Sportovní hry*. 1. vydání. Brno: Masarykova univerzita v Brně, 1995. 90 stran. ISBN 8021010762.
- STAREC, Petr. *Sportovní hry I. (Sport games I.)*. Brno: PdF MU, 1992. 111 pp.
- DOBRÝ, Lubomír. *Didaktika sportovních her [2. vyd.]*. 2. přeprac. vyd. Praha: Státní pedagogické nakladatelství, 1988. 191 s.
- DOBRÝ, Lubomír a Bohdan SEMIGINOVSKÝ. *Sportovní hry : výkon a trénink*. 1. vyd. Praha: Olympia, 1988. 197 s. : i.
- CHOUTKA, Miroslav, Lubomír DOBRÝ a Miroslav ROVNÝ. *Sportovní hry*. Vyd. 2. Praha: Státní pedagogické nakladatelství, 1972. 313 s.
- not specified
- Aktuální pravidla platná pro jednotlivé sportovní hry a krasobruslení

Teaching methods exam tasks for self- rules of these sports games control tasks e-test the rules of games

Assessment methods examination

Language of instruction Czech

sbc2215 Honours III. - Cycling

Faculty of Sports Studies, Spring 2019

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: zk (examination).

Teacher(s) Mgr. Sylva Hřebíčková, Ph.D. (lecturer)

Guaranteed by Mgr. Sylva Hřebíčková, Ph.D.

Department of Sports - Faculty of Sports Studies

Contact Person: Mgr. Iva Synková

Supplier department: Lifelong Learning Centre - Specialized Units - Faculty of Sports Studies

Language of instruction Czech

sbk2209 Specialization III- CC skiing

Faculty of Sports Studies, Spring 2019

Extent and Intensity Seminar: 26 hour(s) per week. Number of credits: 5 credit(s). Type of Completion: zk (examination).

Teacher(s) doc. PaedDr. Jan Ondráček, Ph.D. (seminar tutor)

Guaranteed by doc. PaedDr. Jan Ondráček, Ph.D.

Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Supplier department: Division of Outdoor Sports - Department of Athletics, Swimming and Outdoor Sports - Faculty of Sports Studies

Course objectives Preparing for a trainer license in cross-country skiing

Syllabus

- 1. Specificity of training proces
- 2. Individual training
- 3. LPK, tests
- 4. Technology
- 5. System of talented youth training
- 6. Development of versatility

Literature

- Bude dodáno na prvním semináři
- 3. Korvas, P. (2007). Běh na lyžích - Volný způsob běhu. Elportál, Brno : Masarykova univerzita. ISSN 1802-128X. 2007. 11. ledna
- Ilavský, J. a kol. Běh na lyžích. 2005, Metod.dopis UBD SL ČR
- *Cross country skiing : handbook of sports medicine and science*. Edited by Heikki Rusko. 1st ed. Malden: Blackwell Science, 2003. ix, 198. ISBN 0632055715.

Teaching methods Seminar Course

Assessment methods Regular term seminar, course, test

Language of instruction Czech

v2046 Preparation for English Language Examination II

Faculty of Sports Studies, Spring 2019

Extent and Intensity Seminar: 13 hour(s) per week. Number of credits: 2 credit(s). Type of Completion: z (credit).

Teacher(s) PhDr. Renata Prucklová (seminar tutor)

Guaranteed by PhDr. Renata Prucklová

Language Centre, Faculty of Sports Studies Division - Language Centre

Contact Person: PhDr. Renata Prucklová

Supplier department: Language Centre, Faculty of Sports Studies Division - Language Centre

Course objectives The course is designed to provide students with basic knowledge in various sport disciplines, and sport related topics while successfully mastering reading comprehension and oral as well as written reproduction in English. At the end of the course the students are required to have reached the level B1+ of CEF. Graduates of this course will acquire basic command of professional terminology in sport science, health, anatomy and various sport disciplines. By the end of the course students will be able to effectively deliver presentations in English. In addition, students will gain better command of professionally relevant grammatical phenomena, where the improvement of mainly reproductive communication skills (proper pronunciation, correct spelling, apt use of stylistic registers in written communication and acquisition of basic lexical knowledge) will be emphasized and their eventual mastery expected.

Syllabus

- 1st Week: Academic Skills: Presentation/ Presentation Assignment 2nd Week: Winter Sports I/ Articles and Determiners I, Murphy Unit 70 3rd Week: Winter Sports II/ Articles and Determiners II 4th Week: Stadium Team Games/ Academic Writing – Letter 5th Week: Court Games I/ Conditional I Murphy U25 6th Week: Court Games II/ Conditional II Murphy U38 7th Week: Water Sports/ Telephoning 8th Week: Athletics/ Passive Voice 9th Week: Gymnastics/ Relative Clauses 10th Week: Adventure Sports, Combat Sports/ Listening Skills (making notes) 11th Week: Fitness / Collocations and Phrasal Verbs (make and do) 12th Week: Revision lesson 13th Week: Presentation evaluation

Literature

- MURPHY, Raymond. *English grammar in use : a self-study reference and practice book for intermediate students of English : with answers*. 3rd ed. Cambridge: Cambridge University Press, 2004. x, 379. ISBN 0521537622.

Teaching methods Language seminar: speaking, reading, listening, writing...

Assessment methods The course is taught in the form of seminars. Students will find topics for each week in the interactive syllabus section ("interaktivní osnova"), and prepare them for the following classes. The items: U3 etc. indicate the number of a unit in the above grammar textbook. The course is completed by an academic presentation on a chosen sport-related topic delivered by each student. After a proper registration, class-attendance becomes compulsory, 3 missed attendances are accepted.

.....
stamp, signature

Printed on February 24, 2020