

Basketball: test 5 circles, mini tournaments.
 Volleyball: test to bouncing the ball in pairs, the attack on the three rebound, mini tournaments.
 Football: football test, mini tournaments.
 Table tennis and tennis: tournament of singles and doubles play
 Strength sports: a test of squeezable, pulls up on the stick, abdominal exercises.
 Swimming: test, swimming the specific style at the time.
 Skiing, skating, roller: test the skills of downhill skiing the specific technique, the ability to change the direction skating the choctaw
 Aerobics: develop and realized the exercises with music
 Rowing ergometer – student is able to row on time with correct technique
 Climbing, tournaments
Positive grade for module depends on achieved by student all learning outcomes specified in the syllabus.

Course contents

Basketball: the improvement of the throws in the run and jump throw, learning the feints with throw and passing, learning the positional attack 5x0, learning the play in a domination 2x1, 3x2, 4x3.
 Volleyball: the improvement of the bouncing the ball in pairs, attack and defense of single block, learning of playing the attack with skirting, learning of play the double and triple block.
 Football: the improvement of game – pass and go, learning the zone defense, improvement of play in domination, small games.
 Swimming: learning of swimming the correct style: crawl, backstroke, classical, dolphin with butterfly footwork
 Tennis and table tennis: the improvement of the bounces with forehand and backhand with particular emphasis the footwork, learning of semi-volley play
 Skiing: downhill the plow, the slalom technique
 Snowboard: the improvement of technique, student need to have own snowboard.
 Rowing ergometer: the learning of rowing technique, the training directed on improve the durability and speed.
 Aerobic: know the new steps and choreography and using of them in practice.
 Strength sports – acquire the knowledge of human locomotor system, exercises for each muscle group and the method of construction the strength training.

The student workload

Form of activity	hours	ECTS credits
Overall expenditure	30	1
Classes requiring an individual contact with teacher	13	0
Practical classes	30	0

Balance the workload of the average student

Form of activity	Number of hours
participation in lectures	0
participation in classes	13h
preparation for classes	17h
participation in consultation related to design task	0

Overall expenditure of student: **30 h 1 ECTS credit**

activities that require direct participation of teachers: 13 h 1 ECTS credits