

Code: 22a,,General Sport Activities – 3 part”

ECTScredits: 1

Forms of assessments:Pass / Failed

Number of hours per week: 0+2+0

Types of assessment: Pass / Failed -
test/quiz

Department, providinginstruction on the discipline:

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Annotation:

The program ofGeneral Sports Activities - swimming assist in specific swimming exercises and gives theoretical knowledge to strengthen health and increasing knowledge and skills for proper swimming. Particular attention is paid to the main trends in the swimming technique at different swimming styles. Perfect start and finish in different styles.Educate, increasingand improvementthe technique ofstyle"breaststroke", startandfinishinswimming in style „backstroke“. At the endof the semesteraccording tothe systemforthe semesterstudentsmeetstandards forspecifictechnicalandpracticalskillstaughtswimmingstyles.

Main issues of the syllabus content:

- Theoretical and methodological knowledge.
- General physical preparation.
- Special physical training.
- Technical and tactical training.
- Volitional and psychological preparation.

Content presentation:

Form of educational content delivery: The contents are exported to seminars.