

Code: 27a „General Sport Activities – 4 part”

ECTScredits: 3	Number of hours per week:
Forms of assessments: Pass / Failed	0+2+0
	Types of assessment: Pass / Failed - test/quiz
Department, providing instruction on the discipline: Department: <i>PHYSICAL EDUCATION AND SPORTS</i> <i>FACULTY OF SHIPBUILDING</i>	

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Annotation:

The program of General Sports Activities - swimming assist in specific swimming exercises to strengthen the health of students. By the intended curriculum exercises and gives theoretical knowledge to teach the first aid and rescue of drowning, techniques for rendering first aid. Improving styles crawl, „backstroke“ and „breaststroke“, start and finish, strategy in marathon swimming. At the end of the semester according to the system for the semester students cover tests General Sport Activities - output level.

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.