

Code: 13a,,Specialized Sport Activities – part 2

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| ECTScredits: 1 | Number of hours per week: 0+2+0 |
| Forms of assessments: Pass / Failed | Types of assessment: Pass / Failed - Achievement tests |
| Department, providing instruction on the discipline: Department: <i>PHYSICAL EDUCATION AND SPORTS</i> <i>FACULTY OF ELECTRICAL ENGINEERING</i> | |

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Annotation: The education program on Sport swimming suggests for specific swimming skills and the theoretical knowledge for health status gives also skills for better swimming capabilities. Special attention is pointed to basis tendentious in different styles when starting and finishing. Training backstroke freestyle.

Main issues of the syllabus content:

- Theoretical and methodical knowledge
- Common physical training
- Special Physical training
- Technical and tactical training
- Psychological an will training.

Content presentation: Seminars.