

General Sport Activities (27)

Abstract: 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 sections of content:

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