Course description

Department/Unit /	KTS / FRI		**Academic Year**	2023/2024
Title	Frisbee		**Type of completion**	Pre-Exam Credit
Accredited/Credits	Yes, 1 Cred.		**Type of completion**	
Number of hours	Tutorial 2 [Hours/Week]			
Occ/max	Status A	Status B	Status C	
Summer semester	0 / -	0 / -	7 / -	**Course credit prior to** NO
Winter semester	0 / -	2 / -	17 / -	**Counted into average** NO
Timetable	Yes		**Min. (B+C) students**	10
Language of instruction	Czech		**Repeated registration**	YES
Optional course	Yes		**Semester taught**	Winter, Summer
Evaluation scale	S|N		**Internship duration**	0
No. of hours of on-premise				
Auto acc. of credit	Yes in the case of a previous evaluation 4 nebo nic.			
Periodicity	K			
Substituted course	None			
Preclusive courses	N/A			
Prerequisite courses	N/A			
Informally recommended courses	N/A			
Courses depending on this Course	N/A			

Course objectives:

The course is orientated on the basic knowledge of rules, practice and improvement of the playing activities of individuals (PAI) and basic tactics. The main objective is to make frisbee more popular among the university students.
Students with the top performance get prepared to the participation of the University of West Bohemia in the Czech academic games.

Requirements on student

Enrolments to the classes of P.E. are done by students according to their interests, abilities and sport skills.The condition for successful completion of the course and obtaining the credit is respecting the rules of regular attendance in P.E. classes, which is stated in the study regulations of the Department of Physical Education and Sports (KTS) at the University of West Bohemia (ZCU).
Students obtain the credit for active participation in semestral classes of P.E. of the chosen sports specialization.
Regular attendance in P.E. classes and an active approach to the classes is the essential prerequisite.Irregular attendance and a passive approach to the classes make it absolutely impossible for students to obtain the credits.In case of absence in classes, not higher than 30% the student has the possibility of compensation of the well-founded and apologized absences and obtaining the credit.

Content

Frisbee is intended for students of all faculties and years of studies. Beginners and less experienced students can play in one team with professional players.

Fields of study

Guarantors and lecturers

- **Guarantors:** Mgr. Pavel Červenka (100%)
- **Tutorial lecturer:** Mgr. Pavel Červenka (100%)

Literature

- **Basic:** Filandr,J., Veselý,T. *Frisbee: Létat je tak snadné*. Česká asociace létajícího disku , Praha, 2007.

Time requirements

All forms of study

Activities	Time requirements for activity [h]
Contact hours	26
Total:	**26**

assessment methods

Knowledge - knowledge achieved by taking this course are verified by the following means:

Skills demonstration during practicum

Self-evaluation

prerequisite

Knowledge - students are expected to possess the following knowledge before the course commences to finish it successfully:

Basic knowledge and skills of P.E. obtained at basic and secondary school

teaching methods

Knowledge - the following training methods are used to achieve the required knowledge:

Collaborative instruction

One-to-One tutorial

learning outcomes

Knowledge - knowledge resulting from the course:

Beginners get acquainted with basic rules, security regulations when throwing the disc, methodology of throwing and catching the disc and basics of tactics in defence and in attacking activities.
Advanced students improve their PAI and tactics.

Course is included in study programmes:

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Engineering	Bachelor	Full-time	Automotive Industry Specialist	1	2020	2023	Core elective courses: Physical Education	B		
Engineering	Bachelor	Full-time	Programming of NC Machines	1	2020	2023	Core elective courses: Physical Education	B		

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Engineering	Bachelor	Full-time	Quality Control	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Design Engineering of Power Machines and Equipment	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Design Engineering of Machines and Technical Devices	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Engineering Materials and Technology	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Industrial Engineering and Management	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Mechanical Engineering	1	2020	2023	Core elective courses: Physical Education	B		
Mechanical Engineering	Bachelor	Full-time	Technology of Metal Cutting	1	2020	2023	Core elective courses: Physical Education	B		