

Course description

Course abbreviation:	KTS/SP2	Page:	1 / 2
Course name:	Sports Training 2		
Academic Year:	2023/2024	Printed:	03.06.2024 09:44

Department/Unit /	KTS / SP2			Academic Year	2023/2024
Title	Sports Training 2			Type of completion	Pre-Exam Credit
Accredited/Credits	Yes, 1 Cred.			Type of completion	Combined
Number of hours	Tutorial 2 [Hours/Week]			Course credit prior to	NO
Occ/max	Status A	Status B	Status C	Counted into average	NO
Summer semester	29 / -	0 / -	0 / -	Min. (B+C) students	10
Winter semester	0 / -	0 / -	0 / -	Repeated registration	NO
Timetable	Yes			Semester taught	Summer semester
Language of instruction	Czech			Internship duration	0
Optional course	Yes				
Evaluation scale	S N				
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	KTS/SP1				
Meet all prerequisites before registering					NO
Informally recommended courses					N/A
Courses depending on this Course					N/A
Note	podmínujícím předmětem pro tento předmět je KTS/SP1				

Course objectives:

The subject matter of the Sports Training Course is to familiarize and instruct the students with the basics of sport climbing.

Requirements on student

The credit and credit points are granted for an active participation and regular attendance in the classes. Furthermore, students are obliged to pass the test of skills and abilities acquired during classes or courses.

To obtain the credit and credit points a minimum of 70% class attendance is required. In this case the justified absences may be excused and compensated and credit is granted.

Content

Sport climbing: basic climbing knowledge and skills, rock climbing safety, rescue techniques, mountain skills and safety

Fields of study

Guarantors and lecturers

- **Guarantors:** Mgr. Pavel Červenka (100%)
- **Tutorial lecturer:** Mgr. Tomáš Buriánek (100%), Mgr. Jiří Valachovič (100%), Mgr. Ondřej Vodrážka (100%)

Literature

- **Basic:** SCHUBERT, P. *Bezpečnost a riziko na skále, sněhu a ledu: praktické zkušenosti a výsledky výzkumné činnosti, získané za 25 let existence Bezpečnostní sekce Německého alpského spolku..* Praha, Freytag.

ISBN 80-858-2227-X.

- **Recommended:** FÚČELOVÁ M., VALACHOVIČ J. *Kuchařka pro začínající lezce*. ZČU v Plzni, 2015. ISBN 978-80-261-0523-7.
- **Recommended:** BOŠTIKOVÁ S. *Vysokohorská turistika*. Praha, 2004. ISBN 80-247-0696-2.

Time requirements**All forms of study**

Activities	Time requirements for activity [h]
Contact hours	20
Undergraduate study programme term essay (20-40)	20
Total:	40

assessment methods

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

Seminar work

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

learning outcomes

Knowledge - knowledge resulting from the course:

After successful completion of the course students are able to master basic techniques of climbing (using catches and foot-rests, the technique of legs) and to use new kinds and ways of climbing. Students are able to distinguish basic material for climbing (ropes, loops, ties and carabines) and material necessary for the security of rock climbing and climbing in the Alpine environment.

Students are also able to tie onto the rope and use the safety technique of the fellow-climber. They also know the climbing instructions and are able to distinguish the basic techniques of knotting.

Students should be able to get over the boulders and high artificial climbing walls and ferrates and climb in the free nature.

Course is included in study programmes:

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
Paramedicine	Bachelor	Full-time	Zdravotnické záchranářství	1	2020	2023	Povinné předměty	A	2	LS
Specialization in Health Care	Bachelor	Full-time	Health Rescuer	1	2016	2023	Povinné předměty	A	2	LS
Design of Power Machines and Equipment	Postgraduate Master	Full-time	Digital Manufacturing	1	2021	2023	Doporučené výběrové předměty	C	1	LS
Design of Power Machines and Equipment	Postgraduate Master	Full-time	Manufacturing Machines and Technologies	1	2021	2023	Elective course	C	1	LS