

## Course description

<b>Course abbreviation:</b>	KTS/XRCV	<b>Page:</b>	1 / 3
<b>Course name:</b>	Slimming Aerobics		
<b>Academic Year:</b>	2023/2024	<b>Printed:</b>	03.06.2024 08:35

<b>Department/Unit /</b>	KTS / XRCV			<b>Academic Year</b>	2023/2024
<b>Title</b>	Slimming Aerobics			<b>Type of completion</b>	Pre-Exam Credit
<b>Accredited/Credits</b>	Yes, 1 Cred.			<b>Type of completion</b>	
<b>Number of hours</b>	Seminar 2 [Hours/Week]				
<b>Occ/max</b>	Status A	Status B	Status C	<b>Course credit prior to</b>	NO
<b>Summer semester</b>	0 / -	0 / -	36 / -	<b>Counted into average</b>	NO
<b>Winter semester</b>	0 / -	0 / -	60 / -	<b>Min. (B+C) students</b>	10
<b>Timetable</b>	Yes			<b>Repeated registration</b>	YES
<b>Language of instruction</b>	Czech			<b>Semester taught</b>	Winter, Summer
<b>Optional course</b>	Yes			<b>Internship duration</b>	0
<b>Evaluation scale</b>	S\N				
<b>No. of hours of on-premise</b>					
<b>Auto acc. of credit</b>	Yes in the case of a previous evaluation 4 nebo nic.				
<b>Periodicity</b>	K				
<b>Substituted course</b>	KTV/XRCV				
<b>Preclusive courses</b>	N/A				
<b>Prerequisite courses</b>	N/A				
<b>Informally recommended courses</b>	N/A				
<b>Courses depending on this Course</b>	N/A				

### Course objectives:

Fitness exercises with stretching, bodyforming and bodybuilding drills, aimed to reduction of body weight and to a good lifestyle.

### Requirements on student

Active 75% attendance at exercises.

### Content

Training exercises, drills for reducing bodyweight and increasing knowledges of a health lifestyle.

<http://kts.zcu.cz/study/predmety/>

### Fields of study

### Guarantors and lecturers

- **Guarantors:** Mgr. Pavel Červenka (100%)
- **Seminar lecturer:** Mgr. Petra Kalistová (100%)

### Literature

- **Recommended:** Kos, Bohumil. *Kondiční gymnastika : základních cvičení*. Praha : Olympia, 1977.
- **Recommended:** Ondřej, Oldřich. *Rekreační sport : Návod a pokyny pro cvičitele. [Díl] 2., Atletika, badminton, bruslení, lyžování, orientační běh, plavání, stolní tenis, sportovní gymnastika, triatlon, tenis, windsurfing a další*. Praha : Olympia, 1988.

**Time requirements****All forms of study**

Activities	Time requirements for activity [h]
Practical training (number of hours)	26
<b>Total:</b>	<b>26</b>

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

Test

Group presentation at a seminar

The student presents his knowledge about weight reduction and healthy living in group teaching and compares his knowledge with other students.

**Skills - skills achieved by taking this course are verified by the following means:**

Skills demonstration during practicum

Group presentation at a seminar

The student will demonstrate his set and together with others will evaluate its effectiveness in weight reduction.

**Competences - competence achieved by taking this course are verified by the following means:**

Skills demonstration during practicum

The set of exercises that the student practices is presented and its quality is evaluated with respect to weight reduction.

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

The student has a range of knowledge at the level of physical education in high school and the health condition corresponding to the sport activity.

**Skills - students are expected to possess the following skills before the course commences to finish it successfully:**

The student has a range of skills at the level of physical education in high school and the state of health corresponding to the sports activity.

**Competences - students are expected to possess the following competences before the course commences to finish it successfully:**

The student is able to engage in sports activities and manages the coordination of movements.

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

Practicum

Lecture with visual aids

The student is introduced to various forms of exercises contributing to weight reduction. Suitable aids are used for the exercise.

**Skills - the following training methods are used to achieve the required skills:**

Practicum

Skills demonstration

The student is introduced to exercises that can achieve weight reduction. There are various types of exercises to help reduce weight.

**Competences - the following training methods are used to achieve the required competences:**

Lecture with visual aids

Skills demonstration

The basic principles of exercises are explained to the student, and then they are clearly demonstrated.

**learning outcomes**

**Knowledge - knowledge resulting from the course:**

The student knows the basics of human physiology and is familiar with the requirements for proper lifestyle.

**Skills - skills resulting from the course:**

Student can provide correct bodyforming and weightreducing exercises.

**Competences - competences resulting from the course:**

The student is able to effectively use exercise methods to reduce weight and set the right lifestyle.

**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		
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		
Natural Science Studies	Bachelor	Full-time	Geography in Education	1	1	2023	Tělesná výchova - výběrové předměty	C		
Specialization in Pedagogy	Bachelor	Full-time	Russian Language in Education	1	1	2023	Tělesná výchova - výběrové předměty	C		