

English: Sports II

Presentation 9

About...

- Mgr. Jan Procházka, PhD.
- Till the end of the quarantine:
 - Via email
 - Via skype (jan.p.7) on Mondays 13:00-14:00
 - This week on Thursday the 16th of April 13:00-14:00
- ~~Mondays 13:30-14:30 H238 or H063~~

Classes During the Quarantine

- Via email or moodle (presentations, homeworks)
- Possible via skype (jan.p.7): On Wednesdays 13:00-14:00
- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the name of the file. If it is a new version, insert there also the version number or date, please.

Health and Fitness

Tancred (1995) believes that: "One of the misconceptions in the sports world is that a sports person gets in shape by just playing or taking part in his/her chosen sport. If a stationary level of performance, consistent ability in executing a few limited skills is your goal, then engaging only in your sport will keep you there. However, if you want the utmost efficiency, consistent improvement, and balanced abilities sportsmen and women must participate in year-round conditioning programs. The bottom line in sports conditioning and fitness training is stress, not mental stress, but adaptive body stress. Sportsmen and women must put their bodies under a certain amount of stress (overload) to increase physical capabilities."

References

TANCRED, B. (1995) Key Methods of Sports Conditioning. Athletics Coach, 29 (2), p. 19

DAVIS, B. et al. (2000) Training for physical fitness. In: DAVIS, B. et al. Physical Education and the study of sport. London: Harcourt Publishers, p.121-122

SUNI, J. H. et al. (1996) Health-related fitness test battery for adults: aspects of reliability. Archives of physical medicine and rehabilitation, 77 (4), p. 399-405

Source: MACKENZIE, B. (1997): *Conditioning* [WWW] Available from: <https://www.brianmac.co.uk/conditon.htm> [Accessed 17/4/2020]

Health and Fitness

The preceding slide is an example of a text with one of the possibilities of quoting and a respective list of references. This one is not completely up to the Czech rules, but it is a good example for references in English.

You can find more information on the faculty website: <https://ftvs.cuni.cz/FTVS-161.html> - please, do: You can reach higher points for your tasks, if you do this correctly (do not forget, I have been asking it for weeks in the last slide of the presentations).

The light blue text is the source, where I have taken it from.

Physical Movement

As you are supposed to know the whole publication by Koudelková & Kosová (cf. Former slide), read it through. It is on <http://web.ftvs.cuni.cz/eknihy/jazyky/sportstudiesfundamentalterminologyinenglish/Texts/0a-Content.html> and you can find it on the Faculty website also via Studenti - Bakalářské studium a navazující magisterské studium - Elektronické publikace a studijní opory (This is a reminder, you should know it!)

So far, you should know the chapters 1-5 at least.

For this week task, read the chapter 6 and learn to know also the terms that are in this chapter – as you should already know for the former chapters.

I guess you already know most of these, anyway. You shall need it during your further studies , and definitely if you go for an Erasmus Exchange to a University abroad.

Homework Of the Week: To Deliver via moodle or email

Physical Movement and Sport

- Find several additional sources regarding physical movements in general and those regarding two preferred sports. You must use and combine more sources for each of them.
- Write a short text regarding this topic – physical movements, with focus on the two chosen sports, comment on it. It can have a form of an essay.
- Add five questions you would ask an educated reader (i.e. not easy ones!) after reading your paper. To the last page of the paper, answer these questions yourself. My judgment on these questions and answers shall be included into my grading criteria).
- Upload/send an own text (.odt, .docx, .rtf, or .pdf), Times New Roman, size 12, 1.5 lines, of more than two pages, max. five pages.
- The content and grammatical correctness of the text shall be regarded - do not use any translator (they do it incorrectly).
- Use references and make a list of references at the end (not calculated in the limits above). Try to follow the advice on slide 4 or from <https://ftvs.cuni.cz/FTVS-161.html>.
- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the filename. If it is a new version, insert there also the version number or date, please.
- Time limit for uploading: the 23rd of April, 2020, 23:00.

Texts Accompanying Your Presentations

- Upload or send (moodle or email) papers – texts accompanying your presentations (5-8 pages of text per person of the group).
- Upload/send an own text (with full sentences), both in an open file (.odt, .docx, .rft, or similar) and .pdf, Times New Roman, size 12, 1.5 lines.
- The content and grammatical correctness of the text shall be regarded – do not use any translator (they do it incorrectly).
- Use references and make a list of references at the end (not calculated in the limits above). Try to follow the advice from <https://ftvs.cuni.cz/FTVS-161.html>.
- For tasks and homeworks: The files you deliver should have the name(s) of the author(s) in the filename. If it is a new version, insert there also the version number or date, please.
- Everyone uploads/sends one paper. Use the names of the authors on the title page at least.
- If you upload/send also more information (text documents, spreadsheets, etc.), it might be calculated into the grading.
- Deadline: The 20th of April, 2020, 23:00