

## Roller sports, SPREB17-106, Tarsoly Zsolt

### Oktatás célja

#### Aim of the course:

Providing knowledge of the basic roller movements (roller-skating, roller-blading, inline-skating). Learn, use and exercise roller sport skills. Know roller games. The steps of teaching roller-skating (inline-skating).

#### Acquired competencies:

Knowledge:

- Students are able to execute basic exercises by inline skates.
- They are informed about the various possibilities of roller sports.
- They know the roller games and game exercises.
- They can compose a basic inline-skating formation.

Attitude:

- Students are open toward a new movement – inline –skating (and its games).
- They are striving for accomplish the individual and group exercises by inline- skates.
- They endeavor to a collective, constructive and creative work.

Abilities:

- They execute precise the basic inline-skating technique.
- They have the ability to precise execute skating movements and roller-skill developer exercises.

### Tantárgy tartalma

#### Major topics

- The origin, history and spread of roller sports
- Types of roller skates, protective equipment and clothing
- Types of competition, rules
- Teaching-learning basic exercises, teaching steps
- Roller-skills developing track, inline formations
- Forward crossovers, skating backwards.

#### Planned teaching methods

- Practical experience takes place through movement activities using „together working” method.
- The theoretical tasks solved individually and independently.
- Frontal lectures, summarizing communications

### Számonkérési és értékelési rendszere

#### Requirements and evaluation:

Requirements:

- Theory: students familiar with the origin and history of roller sports. They have to know the protective equipment, types of roller skates. They also have to know the disciplines of

roller skating (inline-skating) and basic exercises. They have to be able to compose a basic formation by inline skates.

- Practice: Execute precise roller-skating (inline-skating) technique. They have to stop by roller-skates. They have to learn how to roller backwards and forward crossovers.

Method of evaluation: practical grade

Criteria of evaluation:

- Active participation of the course (minimum 75% of the total)
- Achieve minimum 60% of the written tests
- Achieve minimum time-limit of skill-development track
- Present the backward skating and forward crossovers.

## **Irodalom**

Compulsory literature

- Béres Sándor: Görkorcsolyázás

Recommended literature

- Jafcsák Péter: Görkorcsolyázás