

MUNI
SPORT

nk4060 Alternative trends in regeneration

Spring 2024

Content of seminars

Date	Room	Teacher	Content
1.3.2024	B11/235	Lipková, Krajňák	Basic info+draw of case studies, Kinesiotaping and postural stability, sensomotoric function
15.3.2024	B11/206	Hlinský	Scientific approach to athlete's recovery
5.4.2024	B11/311	Mix of all	Case studies - 8x

Requirements

1. Attendance:

- Regular attendance is mandatory for all seminars.
- 80 % attendance throughout the duration of the seminar sessions.

2. Activities in Seminars:

- Active participation in seminar discussions and activities is encouraged.
- Students are expected to debate, share opinions, and ask questions during seminars.

Requirements

3. Preparation and Presentation of Case Study:

- Students may be required to prepare a case study.
- The case study should include research, analysis, recommendations, and potential solutions.
- Before the presentation, one from the group inserts the presentation into IS.
- Students will be expected to present their case study during the last two seminars.

Case studies

- 8 case studies, group of 3, selection by lottery
- presentations at the last seminar
- each group has a reserved time of 10 minutes of presentation + discussion
- **specific recommendations** from the point of view of regeneration, nutrition, training - try to be specific, it's not enough to just say, you need to include more regeneration, or focus on nutrition. we expect specific recommendations, e.g. a weekly regeneration/nutritional plan, etc. try to approach the case as if it were your client.
- the main goal of the presentation is to present a case study, propose a solution to the given problem, use a comprehensive approach
- a partial goal is preparation for state exams, try to present in front of a group in English and discuss the topic

Requirements

4. Oral Exam:

- An oral exam may assess students' understanding of the subject matter.
- The exam may cover topics discussed during seminars, case studies, and additional course materials.
- Students should be prepared to answer questions and demonstrate their knowledge during the oral exam.
- There will always be more than one examiner at the oral exam.

Do you have any questions?

Great, we can start the lottery of case studies.

Lottery - instruction

1. Each of you draws a number.
2. The number will determine with whom you will be in the group for the preparation and presentation of the case study.
3. Find your colleagues from the group (according to the drawn number).
4. One of the group draws a case study for that group.
5. Report the group and case number.

Case study groups

1	Kopřiva	2	Hejda	5	Kašpar	4	Džemlová
	Krýda		Kolčavová		Vartovník		Hnízdilová
	Štemberová		Křípský		Bárta		Niznerová
7	Sporina	6	Krejčířová	3	Hlisnikowska	10	Rochowanská
	Šurán		Rybová		Karásková		Pruckl
	Vítová		Kadelová		Nedojedlá		Koubková