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COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1001W/22	Course title: Anatomy 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows basic anatomical concepts, knows anatomical nomenclature, has detailed knowledge of skeletal, muscular and skin anatomy • Skills: can name anatomical nomenclature and show in detail the individual parts of the skeletal skeleton and muscular system in the anatomical model. Can use anatomical nomenclature in specialized subjects. • Competences: can link the processes taking place between individual professional subjects with knowledge of the anatomy of the skeleton, muscular system and skin. 	
Course contents: Theory <ol style="list-style-type: none"> 1. Introduction to the study of anatomy. 2. Basic concepts in anatomy. 3. History, anatomical nomenclature. 4. Orientation on the human body. 5. Bunka. 6. Tissues. 7. Authorities. 8. Organ systems. 9. Basic concepts of the locomotor system. 10. Osteology. 11. Bone structure and function. 12. Bone function. 13. Repetition and verification. 14. Bone composition. 15. Bone shape. 	

16. Bone development and growth.
17. Bone architecture.
18. Bone reconstruction.
19. Bone healing.
20. Arthrology - bone joints.
21. Bone division, joint structure.
22. Ligamentous apparatus, movements.
23. Axial skeleton.
24. Connections of skull bones.
25. Spine bone junction.
26. Chest bone junction.
27. Repetition and review
28. Bones and joints of limbs.
29. Myology - muscle structure and its function, fascia.
30. Oosteophascial septum.
31. Muscles of the head.
32. Torso muscles.
33. Limb muscles.
34. Skin structure.
35. Skin functions.
36. Repetition.

Exercises

1. Orientation on the human body.
2. Cell, tissues, organs.
3. Organ systems.
4. Bone structure and function.
5. Bone function.
6. Bone composition and bone shape, bone architecture.
7. Arthrology - bone joints, joint structure.
8. Bones and joints of limbs.
9. Inspection.
10. Myology - muscle structure and its function, fascia.
11. Muscles of the head, torso, limbs.
12. Inspection

Recommended or required literature:

1. ČIHÁK, R.: Anatomie 1, Praha: GRADA, 2001.
2. NETTER., F.H. Anatomický atlas člověka. Praha: GRADA, 2003.
3. SCHUENKE, M. at all: Atlas of Anatomy. Thieme Stuttgart- New York, 2010.
4. PETROVICKÝ, P.: Anatomie s topografií a klinickými aplikacemi 1, Martin: Osveta, 2001.
5. BEŇUŠKA, J. a kol.: Anatómia pre nelekárske študijné odbory 1., Bratislava: UK, 2005. 148s.
6. BEŇUŠKA, J. a kol.: Anatómia pre nelekárske študijné odbory 2., Bratislava: UK, 2005.133

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation: Assessed students in total: 135					
A	B	C	D	E	FX
42.22	20.74	20.0	8.89	5.93	2.22
Name of lecturer(s): MUDr. Viliam Kubas, PhD.					
Last modification: 13.11.2023					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1013W/22	Course title: Anatomy 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1001W/22	
Requirements for passing the course: Determined courses: Anatomy 1 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Vedomosti: pozná základné anatomické pojmy, pozná anatomické názvoslovie, má podrobné vedomosti o anatómii skeletu, svalovej sústavy a kože • Zručnosti: má vedomosti štruktúry a funkcie obehového, dýchacieho, tráviaceho, vylučovacieho a reprodukčného systému. • Kompetentnosti: vie prepájať vedomosti z anatómie s odbornými predmetmi, využívanie vedomostí z anatómie v odbornej klinickej praxi. 	
Course contents: <ol style="list-style-type: none"> 1. Anatomy and work of the heart, blood circulation, overview of blood vessels. 2. Blood circulation and lymphatic circulation. 3. Anatomy of the respiratory tract and organs. 4. Structure and function of the digestive tract. 5. Liver, pancreas, digestive juices. 6. Kidneys, urinary tract - structure and function. 7. Anatomy of male and female genitals, reproduction. 8. Anatomy and function of organs of the endocrine system. 9. Nervous system, peripheral nerves. 10. Structure and function of the central nervous system: brain, spinal cord. 11. Autonomic nervous system. 12. Sensory organs. Exercises <ol style="list-style-type: none"> 1. The work of the heart. 2. Blood circulation and lymphatic circulation. 3. Breathing. 	

4. Digestive tube function.
5. Digestion
6. Excretion.
7. Reproduction.
8. Internal secretion.
9. Nervous system.
10. Central nervous system.
11. Autonomic nervous system.
12. Sensory organs.

Recommended or required literature:

1. ČIHÁK, R.: Anatomie I., II., III. Praha: GRADA, 2001.
2. NETTER., F.H. Anatomický atlas člověka. Praha: GRADA, 2003.
3. SCHUENKE, M. at all: Atlas of Anatomy. Thieme Stuttgart- New York, 2010.
4. BEŇUŠKA, J. a kol.: Anatómia pre nelekárske študijné odbory 1., 2., Bratislava: UK, 2005. 148s.
5. BEŇUŠKA, J. a kol.: Anatómia pre medziodborové štúdium I., Bratislava: UK, 1995. 176 s. Skriptá.
6. MRÁZ, P. a kol.: Anatómia pre medziodborové štúdium II., Bratislava: UK, 2001. 195 s. Skriptá
7. PETROVICKÝ, P.: Anatomie s topografií a klinickými aplikacemi UU., III.. Martin, Osveta, 2001.

Language of instruction:

Slovak language

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 102

A	B	C	D	E	FX
37.25	15.69	21.57	14.71	8.82	1.96

Name of lecturer(s): MUDr. Viliam Kubas, PhD.

Last modification: 03.10.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok					
Faculty: Faculty of Health Sciences					
Course code: KFYZIO/54F12S/22		Course title: Bachelor Thesis Defence			
Type and range of planned learning activities and teaching methods: Form of instruction: Recommended study range: hours weekly: hours per semester: Teaching method: on-site					
Credits: 10		Working load: 250 hours			
Recommended semester/trimester: 5., 6..					
Level of study: I.					
Prerequisites:					
Requirements for passing the course:					
Learning outcomes of the course:					
Course contents:					
Recommended or required literature:					
Language of instruction:					
Notes:					
Course evaluation: Assessed students in total: 76					
A	B	C	D	E	FX
35.53	19.74	38.16	5.26	0.0	1.32
Name of lecturer(s):					
Last modification:					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1014W/22	Course title: Balneotherapy, Klimatotherapy, Hydrotherapy and Thermotherapy
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: Knowledge: controls the mechanism of therapeutic action of physical stimuli on the body as well as the effects, indications and contraindications of individual therapies. • Skills: applies individual procedures and monitors their physical effects on the human body, evaluates the possibilities of using individual procedures. • Competences: can design appropriate treatment using individual therapies according to their effect, can analyze the possibilities of their therapeutic use.	
Course contents: History of physical procedures. Characteristics, division, physical basis of individual procedures. Mechanism of action of procedures. Physiological effects, principle of application and its practical implementation. Indications and contraindications of individual procedures. Balneotherapy: medicinal water-drinking treatments, inhalations, peloids. Bioclimotherapy, Speleotherapy, Meteorosensitivity, Heliotherapy. Thalassotherapy. Thermotherapy: positive and negative. Hydrotherapy: partial and total baths, additive baths. Electrotherapy: flow of electric currents through tissues, I / t curve, electrodiagnostics - electrostimulation, electrogymnastics, direct current (iontophoresis, hydrogalvan, galvanic bath), alternating current - low frequency (diadynamic currents, TENS, Träbert currents, interference frequency group) currents, amplitude modulated currents), high frequency current (shortwave, microwave and ultrawavelength diathermy). Sonotherapy. Magnetotherapy. Phototherapy: infrared and ultraviolet radiation, laser therapy, polarized light-biolamp.	

Recommended or required literature:

1. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
2. KOMAČEKOVÁ, D. a kol., 2003. Fyzikálna terapia, Martin: Osveta, 2003, 363 s. ISBN 80-8063-133-6.
3. PODĚBRADSKÝ, J., PODĚBRADSKÁ, R. 2009. Fyzikální terapie, Praha: Grada Publishing, 2009, 200 s. ISBN 978-80-247-2899-5.
4. ŠAJTER, V. a kol., 2005. Elektroterapia a fototerapia, Martin: Osveta, 2005, 126 s. ISBN 80-8063-171-9.
5. ZVONÁR, J. a kol. 2005. Termoterapia, hydroterapia, balneoterapia a klimatoterapia. Martin: Osveta, 2005, 191 s. ISBN 80-8063-175-1.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 127

A	B	C	D	E	FX
15.75	25.2	22.83	15.75	18.9	1.57

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD., Mgr. Katarína Ondrejková**Last modification:** 04.03.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1017W/22	Course title: Classical and Reflex Massage
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basic anatomical concepts, nociception and expected changes caused by nociception • Skills: can name reflex changes and perceives the human body, its individuality, reflex changes and manifestations caused by nociception through tactile perception. • Competences: can apply classical and reflexology massage, controls individual massage procedures 	
Course contents: Learning outcomes: <ol style="list-style-type: none"> 1. Introduction to massage, goal of massage, organization of teaching. 2. History of massage. 3. Basics of palpation - touch: friction, wiping, rubbing, beating, shaking, shaking. 4. Modified tactiles. 5. Massages - its types, indications, contraindications. 6. Hygiene, effects. Method of massage. 7. Massage means. 8. Effects of massage. 9. Psychosocial aspects of work in the client's intimate zone. 10. Basic sets of classical massage. 11. Use of classical massage in prevention and therapy. 12. Indications and contraindications of classical massage. 13. Characteristics and types of reflex massage. 14. Segmental, periosteal and ligament massage. 15. Reflective manifestations. Reflex projection of individual organs on the body surface. 16. General rules of dosage of reflex massage. 17. Segmental technique of reflex massage. 	

18. Bipolar effect. Reflex shifts Indications of reflex massage. 19. Absolute and relative contraindications of reflex massage. 20. Examination procedure before massage. 21. Basic sets of segmental reflexology technique: - dorsal assembly - head and neck assembly 22. Basic sets of segmental reflexology technique: - thoracic assembly - pelvic assembly 23. Additional sets of segmental reflexology technique: - upper limb accessory assembly 24. Additional sets of segmental reflexology technique: - additional assembly for the lower limb					
Recommended or required literature: 1. PLAČKOVÁ, A. : Liečebná masáž, Osveta Martin, 1992 2. KOMAČEKOVÁ, D. a kol. : Fyzikálna terapia. Osveta, Martin, 2003 3. PODĚBRADSKÝ, J.: Fyzikální terapie I., II.					
Language of instruction: Slovak language					
Notes:					
Course evaluation: Assessed students in total: 102					
A	B	C	D	E	FX
87.25	4.9	1.96	2.94	2.94	0.0
Name of lecturer(s): Mgr. Marina Potašová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1024W/22	Course title: Clinical Practice 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 96s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Determined courses: Continuous professional practice 1 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of basic nursing care and basic physiotherapy examination • Skills: can apply the acquired skills in nursing care within the competence of a physiotherapist and performs basic physiotherapeutic examinations. • Competences: can practically handle physiotherapeutic diagnostics in clinical conditions. 	
Course contents: 1. Nursing: Basic nursing care for the sick. Hygienic care, positioning of patients, prevention of pressure ulcers. Emptying. Bed care. Handling with the patient. Dressing technique. Serving food. Monitoring, measuring and recording physiological functions. Work with central oxygen distribution. Attendance at the visit. Principles of drug application. 2. Physiotherapy: Practical application of balneo-, thermo-, mechano- and hydrotherapeutic procedures. Practical application of classical massage sets in prevention and therapy. Measurement of body height and weight. Examination and measurement of ranges of mobility in the joints of the limbs using a goniometer. Examination and measurement of the range of motion of the spine by a measuring tape. Record keeping of joint mobility by SFTR method. Anthropometric measurement of the torso, limbs and their subsequent recording. Practical implementation of forms of passive and active movement with limb fixation and guidance.	

Recommended or required literature:

1. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
2. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, BRATISLAVA. 2006.
3. JANDA, V. : Svalové funkční testy, Grada Publishing, Praha 2004
4. KOLÁŘ, P. : Rehabilitace v klinické praxi, Galen, Praha 2010.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 102

A	B	C	D	E	FX
88.24	7.84	1.96	0.0	0.0	1.96

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1040W/22	Course title: Clinical Practice 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 192s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1024W/22	
Requirements for passing the course: Determined courses: Clinical exercises 1, Continuous professional practice 3 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • • Knowledge: has knowledge of basic methods of diagnosis and procedures of movement therapy. • Skills: can apply the acquired skills in basic methods of diagnostics and procedures of movement therapy in physiotherapy. • Competences: can practically handle physiotherapeutic diagnostics in clinical conditions. He applies a medical rehabilitation plan and uses professional communication with the patient, shows assertive and empathetic behavior. Gains erudition in compiling a medical rehabilitation plan. 	
Course contents: <ol style="list-style-type: none"> 1. Physiotherapeutical diagnostics in clinical practice. <ul style="list-style-type: none"> - examination and measurement of ranges of mobility in the joints, recording by SFTR method, - examination and evaluation of hypermobility, examination and evaluation of shortened muscle groups, - muscle group weakness testing, use of the Janda Muscle Test - examination of posture, gait and hand grip - record keeping and documentation. 2. Methods of kinesiotherapy in clinical practice. <ul style="list-style-type: none"> - fitness group and individual exercise, - relaxation, positioning, strengthening exercises, relaxation and mobilization methods, automation exercises, - use of aids, - reeducation of posture in various postural positions, - walking training, walking with aids 	

Recommended or required literature:

1. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
2. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
3. JANDA, V: Svalové funkční testy, Grada Publishing, Praha 2004
4. KOLÁŘ, P.: Rehabilitace v klinické praxi, Galen, Praha 2010.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 127

A	B	C	D	E	FX
83.46	14.96	0.79	0.0	0.0	0.79

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1051W/22	Course title: Clinical Practice 3
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 192s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1040W/22	
Requirements for passing the course: Determined courses: Clinical exercises 2, Continuous professional practice 4 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: has knowledge of basic methods of diagnostics and procedures of movement therapy in individual medical disciplines. <ul style="list-style-type: none"> • Skills: can assess the patient's condition, draw up a medical rehabilitation plan and apply kinesiotherapy methods. • Competences: can practically master physiotherapeutic diagnostics in clinical conditions, can apply the acquired skills in nursing care within the competence of a physiotherapist and applies physiotherapeutic examination for the subsequent selection of a suitable method of kinesiotherapy. It acquires a professional approach to patient communication, assertive behavior and empathy. 	
Course contents: Physiotherapeutic diagnostics, compilation of a therapeutic plan, use of kinesiotherapy and physical therapy methods in patients with frequent diagnoses in the given clinical fields: <ol style="list-style-type: none"> 1. traumatology <ul style="list-style-type: none"> - kinesiotherapy during injury healing, complications of healing, secondary prevention of the consequences of injury and immobilization, rehabilitation after injury of soft tissues, after injury of bones and joints of limbs, 2. internal medicine <ul style="list-style-type: none"> - cardiovascular training and musculoskeletal management in ischemic heart disease, 3. neurology <ul style="list-style-type: none"> - care of a hemiparetic patient and basics of kinesiotherapy according to the Bobath concept 4. surgery <ul style="list-style-type: none"> - kinesiotherapy in abdominal and thoracic surgery in preoperative care, after surgery and in convalescence, scar care, complications of healing and inactivity, 5. gynecology and obstetrics 	

- kinesiotherapy in conservative and operative treatment in gynecology, kinesiotherapy during pregnancy and after childbirth.

Recommended or required literature:

1. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
2. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
3. JANDA, V: Svalové funkční testy, Grada Publishing, Praha 2004
4. KOLÁŘ, P. Rehabilitace v klinické praxi, Galen, Praha 2010.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 95

A	B	C	D	E	FX
84.21	11.58	3.16	0.0	1.05	0.0

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1068W/22	Course title: Clinical Practice 4
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 192s Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites: KFYZIO/54F1051W/22	
Requirements for passing the course: Determined courses: Clinical exercises 3, Continuous professional practice 6 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine • Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of the physiotherapist and controls and performs basic physiotherapeutic examinations. Gains erudition in professional communication with the client, assertive behavior and empathy. 	
Course contents: Physiotherapeutic diagnostics, compilation of a therapeutic plan, use of kinesiotherapy in patients with frequent diagnoses in the given clinical fields: <ol style="list-style-type: none"> 1. Kinesiotherapy in the indication area of orthopedics in various surgical procedures. Kinesiotherapy for developmental errors and deformities of the musculoskeletal system. 2. Kinesiotherapy in the indication area of traumatology. Kinesiotherapy in the stage of aftercare and convalescence. 3. Kinesiotherapy in the indication area of pediatrics. Kinesiotherapy for congenital diseases of the cardiovascular system, endocrine system, scoliosis, CHDT, CNS developmental disorders. 4. Kinesiotherapy in the indication area of neurology. Kinesiotherapy for CNS, spinal cord and peripheral nervous system diseases. 5. Kinesiotherapy in the indication area of neurosurgery in vertebrogenic diseases. Kinesiotherapy after head surgery and after brain surgery. 6. Kinesiotherapy in plastic surgery. Scar care, determining the suitability of physical therapy. 7. Kinesiotherapy in geriatrics. Rehabilitation nursing using kinesiotherapy methods. 8. Kinesiotherapy in psychiatry. 	

9. Back school. Patient manipulation.
10. Therapeutic education for self-sufficiency.

Recommended or required literature:

1. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava. 2006.
2. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH, Bratislava.2006.
3. JANDA, V: Svalové funkční testy, Grada Publishing, Praha 2004
4. KOLÁŘ, P. Rehabilitace v klinické praxi, Galen, Praha 2010.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 116

A	B	C	D	E	FX
80.17	19.83	0.0	0.0	0.0	0.0

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1020W/22	Course title: Communication
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) seminar work - presentation of communication on the given topic and personal speech - training The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of professional behavior and social communication. • Skills: can apply knowledge and skills in everyday social and professional communication. In clinical practice, he uses communication knowledge, applies communication skills and experience, and applies and improves professional behavior in social interaction with the patient. He can apply practical skills that will help him analyze current ethical issues affecting the field of physiotherapist's work. • Competences: can make independent decisions in the performance so that it adheres to established and beneficial ethical principles - principles. 	
Course contents: Nonverbal communication - division. Non-verbal communication - facial expressions, kinesics, attitudes, gestures, haptics, proxemics. Verbal communication - the function of speech. An interview. Paralinguistics. Empathy and assertiveness. Assertive techniques. Psychotherapeutic approach of a physiotherapist. Evaluation and devaluation. The importance of communication in physiotherapy. Basic principles of medical ethics. Codes of ethics and physiotherapist requirements. International documents in the field of bioethics and research. Moral-ethical dilemmas in health care at the beginning of life - artificial reproduction, viability, artificial termination of pregnancy, contraception. Ethics and first aid. Ethics and ethics committees. The process of obtaining informed consent. Ethics and workplace relations. Ethics of transplants. Ethics at the end of life - euthanasia, futile treatment, failure to provide treatment to the dying. Patients' rights and ethics. Ethics and communication with the patient Exercises:	

Non-verbal communication. Non-verbal means of social communication. Categorization of nonverbal expressions. Exterior finish. An interview. Conducting dialogue. Principles of conversation. Shortcomings in verbal communication. Empathy. Assertiveness. Assertive techniques. Evaluation and devaluation. Productivity and non-productivity in communication.

Recommended or required literature:

1. DŽUMELOVÁ, M., MALÍKOVÁ, K., HUDÁKOVÁ, Z. 2008.: Základy ošetrovateľskej komunikácie. Ružomberok KU, 2008. 66 s. ISBN 978-80-8084-281-9
2. KRISTOVÁ, J., TOMAŠKOVÁ, Z.: Komunikácia v ošetrovateľstve, Martin, Osveta, 2004
3. KŘIVOHLAVÝ, J.: Psychologie nemoci. Praha, Grada 2002, 200s. ISBN 80-247-0179-0
4. FROTSCHER, S.: 5000 znakov a symbolů světa. Praha: Grada, 2008
5. HARTLEY, M.: Řeč těla v praxi. Praha : Portál, 2004
6. KOLEKTÍV AUTOROV. 2009. : Bioetické konflikty – stav a sociálne dôsledky 40 rokov po Humanae vitae. 2009. Ružomberok : KU. ISBN 978-80-8084-428-8.
7. MOJTOVÁ, M. 2008. Vybrané kapitoly z etiky pre študentov zdravotníckych a sociálnych odborov. Bratislava : Vysoká škola Sv. Alžbety. 125 s. ISBN 978-80-89271-40-5
8. NEMČEKOVÁ, M. et al. 2000. : Práva pacientov : Filozofická reflexia a zdravotnícka prax. 1. vyd. Bratislava : IRIS, 2000. 234 s. ISBN 80-88778-94-8.
9. NEMČEKOVÁ, M. et al. Práva pacientov : Filozofická reflexia a zdravotnícka prax. Bratislava : IRIS, 2004.
10. TÓTH, K. a kol. 2008. : Právo a zdravotníctvo. Bratislava : Herba, 2008. 388 s. ISBN 978-80-89171-57-6.
11. ŠOLTÉS, L., PULLMANN, R. a kol. 2008. : Vybrané kapitoly z medicínskej etiky. Martin : Osveta. 2008. 257 s. ISBN 80-8063-287-8.
12. VLČEK, R., HRUBEŠOVÁ, Z. 2007.: Zdravotnícke právo. Osveta : Martin. 2007. 319 s. ISBN 978-80-8057-705-6.
13. LITVA, V., MIKULÁŠ, D., 2007.: Bioethics Challenges of the Present Times. Ružomberok : Catholic University. 2007. 97 s. ISBN 978-80-8084-138-6.
14. VALKOVÁ, D., DUDÁŠ, M., 2007. : Informovaný súhlas. Preklad originálu: CARMI, A. 2007. Informovaný súhlas. Haifa : Izraelská Národná komisia pre UNESCO.
15. LITVA, V. a kol. 2020. Profesionálna aplikovaná etika v urgentnej zdravotnej starostlivosti. Ružomberok : Verbum. 2020. 281 s. ISBN 978-80-561-0835-2

Language of instruction:

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 125

A	B	C	D	E	FX
28.0	28.0	29.6	10.4	1.6	2.4

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., PhDr. Mária Lehotská, PhD.

Last modification: 02.09.2024

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1012W/22	Course title: Continuous Professional Practice 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 80s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Determined courses: Clinical exercises 1 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basic nursing and physiotherapeutic care in the natural conditions of clinical workplaces • Skills: can handle basic nursing and physiotherapeutic care in the natural conditions of clinical workplaces. • Competences: knows, on the basis of theoretical knowledge, manages basic nursing and physiotherapeutic care in the natural conditions of clinical workplaces. 	
Course contents: <ol style="list-style-type: none"> 1. Nursing Basic nursing care. Hygienic care, positioning of patients, prevention of pressure ulcers. Manipulation with. Dressing technique. Monitoring, measurement and recording of physiological functions. Work with central oxygen distribution. Attendance at the medical visit. 2. Physiotherapy Practical application of classic massage. Practical application of balneo-, thermo- and hydrotherapeutic procedures. Examination and measurement of ranges of joint movements of the limbs and spine. SFTR recording. Measurement of body height and weight, thorax and limb. Examination and evaluation of hypermobility, examination of shortened muscle groups, testing of muscle weakness, muscle test techniques according to Janda and its documentation. 	
Recommended or required literature:	
Language of instruction:	
Notes: The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.	

Course evaluation: Assessed students in total: 134					
A	B	C	D	E	FX
90.3	6.72	1.49	0.75	0.0	0.75
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1025W/22	Course title: Continuous Professional Practice 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 80s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1012W/22	
Requirements for passing the course: Determined courses: Clinical exercises 1, Continuous professional practice 1 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of basic methods of diagnosis and procedures of movement therapy. • Skills: can apply a medical rehabilitation plan and uses professional communication with the client, shows assertive and empathetic behavior. • Competences: acquires an erudition in compiling a plan for medical rehabilitation and the use of professional communication 	
Course contents: 1. Nursing Basic nursing care for the sick. Hygienic care, positioning of patients, prevention of pressure ulcers. Patient handling. Dressing technique. Monitoring, measuring and recording physiological functions. Working with central oxygen distribution. Attendance at the visit. 2. Physiotherapy Practical application of classical massage sets in prevention and therapy. Practical application of balneo-, thermo- and hydrotherapeutic procedures. Examination and measurement of range of motion in the joints of the limbs and spine. SFTR recording. Measurement of body height and weight, torso and limb dimensions. Record. Examination and evaluation of hypermobility, examination of shortened muscle groups, testing of weakening of muscle groups, muscle testing techniques according to Janda, record keeping and documentation. Relaxation. Positioning. Passive exercises, fixation and guidance of movement, active and active assisted movement, strengthening and relaxation exercises, methods of postisometric and antigravity relaxation. Fitness group and individual exercise.	
Recommended or required literature:	
Language of instruction:	
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.	

Course evaluation: Assessed students in total: 103					
A	B	C	D	E	FX
80.58	8.74	5.83	1.94	0.0	2.91
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1026W/22	Course title: Continuous Professional Practice 3
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 200s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1025W/22	
Requirements for passing the course: Determined courses: Clinical exercises 1, Continuous professional practice 2 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of movement therapy procedures according to the nature of the disease. • Skills: can apply a medical rehabilitation plan and uses professional communication with the client, shows assertive and empathetic behavior; acquires practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Competences: acquires an erudition in compiling a plan for medical rehabilitation and the use of professional communication. 	
Course contents: Physiotherapy Practical application of classical massage sets in prevention and therapy. Practical application of balneo-, thermo- and hydrotherapeutic procedures. Examination and measurement of range of motion in the joints of the limbs and spine. SFTR recording. Measurement of body height and weight, torso and limb dimensions. Record. Examination and evaluation of hypermobility, examination of shortened muscle groups, testing of weakening of muscle groups, muscle testing techniques according to Janda, record keeping and documentation. Relaxation. Positioning. Passive exercises, fixation and guidance of movement, active and active assisted movement, strengthening and relaxation exercises, methods of postisometric and antigravity relaxation. Fitness group and individual exercise.	
Recommended or required literature:	
Language of instruction:	
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.	

Course evaluation: Assessed students in total: 101					
A	B	C	D	E	FX
85.15	9.9	2.97	0.99	0.0	0.99
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1041W/22	Course title: Continuous Professional Practice 4
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 80s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1026W/22	
Requirements for passing the course: Determined courses: Clinical exercises 2, Continuous professional practice 3 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine • Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of the physiotherapist and controls and performs basic physiotherapeutic examinations. 	
Course contents: Physiotherapeutic diagnostics in clinical practice - examination and measurement of range of motion in the joints, recording by SFTR method, - examination and evaluation of hypermobility, shortened muscle groups, - testing of muscle group weakness, - examination of posture, walking and gripping - keeping records and documentation. Kinesiotherapy methods in clinical practice - fitness group and individual exercises, - relaxation, positioning, strengthening exercises, relaxation and mobilization methods, automation exercises, - use of aids, - reeducation of posture in various postural positions, walking training, walking with aids.	
Recommended or required literature:	
Language of instruction:	
Notes: The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.	

Course evaluation: Assessed students in total: 127					
A	B	C	D	E	FX
74.02	21.26	3.15	0.0	0.0	1.57
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1053W/22	Course title: Continuous Professional Practice 6
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 200s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1052W/22	
Requirements for passing the course: Determined courses: Clinical exercises 3, Continuous professional practice 5 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine • Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of the physiotherapist and controls and performs basic physiotherapeutic examinations. Gains erudition in professional communication with the client, assertive behavior and empathy. 	
Course contents: Kinesiotherapy in the indication area of surgery. - kinesiotherapy in pre-operative care, principles of post-operative therapy, complications from inactivity, scar care, healing complications, - kinesiotherapy in convalescence, peculiarities of kinesiotherapy in abdominal surgery and thoracic surgery. 2. Kinesiotherapy in the indication area of traumatology - kinesiotherapy during injury healing, healing complications, secondary prevention of injury and immobilization, rehabilitation after injury of soft tissues (skin, subcutaneous tissue, fascia, tendons, ligaments, injuries, muscles, , specifics of kinesiotherapy after injuries of the upper and lower limbs. 3. Kinesiotherapy in the indication area of internal medicine - training of the cardiovascular system and locomotor lifestyle in ischemic heart disease.	
Recommended or required literature:	
Language of instruction:	
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.	

Course evaluation: Assessed students in total: 94					
A	B	C	D	E	FX
71.28	9.57	17.02	0.0	1.06	1.06
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1069W/22	Course title: Continuous Professional Practice 7
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 80s Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites: KFYZIO/54F1053W/22	
Requirements for passing the course: Determined courses: Clinical exercises 4, Continuous professional practice 6 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine • Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of the physiotherapist and controls and performs basic physiotherapeutic examinations. Gains erudition in professional communication with the client, assertive behavior and empathy. 	
Course contents: Under the supervision of an experienced physiotherapist student will: get student anamnesis, performing a comprehensive kinesiological analysis of the patient and design a therapy. <ol style="list-style-type: none"> 1. Kinesiotherapy in the orthopedics. Kinesiotherapy after upper and lower limb joint surgery, degenerative joint diseases and limb amputations. 2. Kinesiotherapy in the traumatology. Kinesiotherapy after injuries of the upper and lower limbs and during polytraumas. 3. Kinesiotherapy in the pediatrics. Physiotherapy in childhood. Kinesiotherapy in diseases of the respiratory system, locomotor system and rheumatology. 4. Kinesiotherapy in the neurology. Kinesiotherapy in diseases of the peripheral nervous system, in vascular diseases of the brain, in demyelinating diseases of the CNS and in vertebrogenic pain syndromes. 5. Kinesiotherapy in the neurosurgery. 	

Kinesiotherapy after hernia disc surgery and after spinal surgery.					
Recommended or required literature:					
Language of instruction:					
Notes: The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.					
Course evaluation: Assessed students in total: 116					
A	B	C	D	E	FX
71.55	19.83	8.62	0.0	0.0	0.0
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1071W/22	Course title: Continuous Professional Practice 8
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 440s Teaching method: on-site	
Credits: 5	Working load: 125 hours
Recommended semester/trimester: 6.	
Level of study: I.	
Prerequisites: KFYZIO/54F1069W/22	
Requirements for passing the course: Determined courses: Clinical exercises 4, Continuous professional practice 7 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of a physiotherapist and controls and performs basic physiotherapeutic examinations. Gains erudition in professional communication with the client, assertive behavior and empathy.	
Course contents: Under the supervision of an experienced physiotherapist student will: get patient's anamnesis, performs a comprehensive kinesiological analysis of the patient, design therapy and apply selected therapeutic procedures. 1. Kinesiotherapy in the orthopedics. Kinesiotherapy after upper and lower limb joint surgery, degenerative joint diseases and after limb amputations. 2. Kinesiotherapy in the traumatology. Kinesiotherapy after injuries of the upper and lower limbs, after polytraumas. 3. Kinesiotherapy in the pediatrics. Physiotherapy in childhood. Kinesiotherapy in diseases of the respiratory system, locomotor system and rheumatology. 4. Kinesiotherapy in the neurology. Kinesiotherapy in diseases of the peripheral nervous system, in vascular diseases of the brain, in demyelinating diseases of the CNS and in vertebrogenic pain syndromes. Kinesiotherapy in the indication area of neurosurgery.	

Kinesiotherapy after hernia disc surgery and after spinal surgery.					
Recommended or required literature:					
Language of instruction:					
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.					
Course evaluation: Assessed students in total: 80					
A	B	C	D	E	FX
80.0	11.25	5.0	0.0	0.0	3.75
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1052W/22	Course title: Continuous Professional Training 5
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 80s Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1041W/22	
Requirements for passing the course: Determined courses: Clinical exercises 3, Continuous professional practice 4 final evaluation: practical skills, case study The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the procedures of movement therapy according to the nature of the disease and acquire practical skills in assessing the patient's condition, compiling a plan for medical rehabilitation and kinesiotherapy in individual indication areas of medicine. • Skills: can evaluate the patient's condition, compile a plan of medical rehabilitation and kinesiotherapy in individual indication areas of medicine • Competences: applies the acquired skills in physiotherapeutic care of the patient within the competence of the physiotherapist and controls and performs basic physiotherapeutic examinations. Gains erudition in professional communication with the client, assertive behavior and empathy. 	
Course contents: Kinesiotherapy in the indication area of surgery. - kinesiotherapy in pre-operative care, principles of post-operative therapy, complications from inactivity, scar care, healing complications, - kinesiotherapy in convalescence, peculiarities of kinesiotherapy in abdominal surgery and thoracic surgery. 2. Kinesiotherapy in the indication area of gynecology and obstetrics - kinesiotherapy in conservative and operative treatment in gynecology, kinesiotherapy in perinatal care. 3. Kinesiotherapy in the indication area of traumatology - kinesiotherapy during injury healing, healing complications, secondary prevention of injury and immobilization, rehabilitation after injury of soft tissues (skin, subcutaneous tissue, fascia, tendons, ligaments, injuries, muscles, , specifics of kinesiotherapy after injuries of the upper and lower extremities. 4. Kinesiotherapy in the indication area of internal medicine - training of the cardiovascular system and locomotor lifestyle in ischemic heart disease 5. Kinesiotherapy in the indication area of neurology - patient care and basics of kinesiotherapy of hemiparetics.	
Recommended or required literature:	
Language of instruction:	

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 95

A	B	C	D	E	FX
45.26	29.47	20.0	2.11	0.0	3.16

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., Mgr. Marina Potašová, PhD., Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1001Y/22	Course title: English Language 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: student knows the basics of communication with the patient in English, knows the basics of English terminology in the hospital and in the hospital environment. • Skills: can acquire selected knowledge in English in contact with a speaking patient, can provide communication skills in healthcare facilities in English-speaking countries. • Competences: communicate with an English-speaking patient, orientation in a hospital in English-speaking countries. 	
Course contents: Vocabulary: The hospital team, hospital jobs. Verbs for describing jobs. Listening 1: An admission. Job interview. Language spot: Present simple and present continuous. The physiotherapist profession. Vocabulary: Hospital departments. Language spot: Prepositions of place and movement. Listening 1: Directions. Listening 2: The porter's office. Reading: The wheelchair. Vocabulary: The admissions procedure. Reading: It's my job - hospital receptionist. Vocabulary and Listening 1: Patient record form. Language spot: Past Simple versus Past Continuous. Writing: Patient summary.	
Recommended or required literature: <ol style="list-style-type: none"> 1. Grice, T.: Nursing 1, Oxford English for Careers, Oxford University Press, 2012 2. Džuganová, B.: Angličtina pre lekárov a pracovníkov v zdravotníctve. Easton Books, Bratislava, 2014 3. Džuganová, B.: Medical English in Use, Martin, Osveta, 2010 4. Glendinning, E.H.: Professional English in Use Medicine, Cambridge University Press, Cambridge 2007 	
Language of instruction: English language, Slovak language	

Notes:

This course is taught during the winter semester and is evaluated during the exam period of the winter semester.

Course evaluation:

Assessed students in total: 132

A	B	C	D	E	FX
68.18	20.45	7.58	3.03	0.0	0.76

Name of lecturer(s): RNDr. PaedDr. Mária Nováková, PhD., MBA, PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1003Y/22	Course title: English Language 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1001W/22	
Requirements for passing the course: Determined courses: English language 1 final evaluation: written test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: student knows the basics of professional communication with the patient in English, knows the basics of English terminology in the hospital and in the hospital environment. • Skills: can apply selected knowledge in contact with an English-speaking patient, can apply communication knowledge in health facilities in English-speaking countries. • Competences: to communicate with English-speaking patients, to orientate in hospitals and medical facilities in English-speaking countries. 	
Course contents: Book 1 - Physiotherapy. The Body 1. Prepositions. The Body 2. The Body 3. The articles. Bones. Muscles. Structure and Activity. Muscular system - muscle types and actions. Joints. Anatomical Locations. Body Movements. Resistance exercise. Aerobic exercise.	
Recommended or required literature: <ol style="list-style-type: none"> 1. EVANS V., DOOLEY J., HARTLEY S.: Physiotherapy, Berkshire, Express Publishing, 2015, 40 p. 2. GRICE, T.: Nursing 1, Oxford English for Careers, Oxford University Press, 2012 2. DŽUGANOVÁ, B.: Medical English in Use, Martin, Osveta, 2010 3. GOGELOVÁ, H. 2011: Angličtina pro fyzioterapeutu, Praha, Grada, 2011, 314 p. 4. HUDDLESTON, R. a kol: The Cambridge Grammar of the English Language, New York, Cambridge University Press, 2014, 1842 p. 	
Language of instruction: Slovak language	
Notes: This course is taught during the summer semester and is evaluated during the exam period of the summer semester.	

Course evaluation: Assessed students in total: 100					
A	B	C	D	E	FX
82.0	9.0	5.0	3.0	0.0	1.0
Name of lecturer(s): RNDr. PaedDr. Mária Nováková, PhD., MBA, PhDr. Mária Poliaková					
Last modification: 23.01.2026					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1005Y/22	Course title: English Language 3
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1001W/22	
Requirements for passing the course: Determined courses: English language 2 final evaluation: written test exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: Knowledge: knows professional communication with the patient in English, knows professional English terminology in the hospital and in the hospital environment and in medical facilities, knows English terms for completing medical documentation. • Skills: can apply professional knowledge in contact with an English-speaking patient, can apply professional communication knowledge in healthcare facilities and hospitals in English-speaking countries. • Competences: to communicate professionally with an English-speaking patient, to orientate oneself in hospitals and medical facilities in English-speaking countries, to make records in medical documentation in English.	
Course contents: Blood. Vocabulary: Testing blood. Listening 1: Blood types. Writing: Describing blood types. Listening 2: A blood test. Language spot: Zero and first conditional. Body bits: The heart. Reading: Blood pattern analysis. Hygiene. Vocabulary: Hygiene equipment. Listening 1: Hygiene report. Language spot: Talking about obligation. Writing: Notice. Listening 2: Test results. Reading: Ask the nurse. Monitoring the patient – taking vital signs. Vocabulary: Describing readings, Coma patient and hypothermia. Language spot: The Passive. Reading: General Anaesthetic. Listening 2: A scan.	

Recommended or required literature:

1. Grice, T.: Nursing 1, Oxford English for Careers, Oxford University Press, 2012
2. Džuganová, B.: Angličtina pre lekárov a pracovníkov v zdravotníctve. Easton Books, Bratislava, 2014
3. Džuganová, B.: Medical English in Use, Martin, Osveta, 2010
4. Glendinning, E.H.: Professional English in Use Medicine, Cambridge University Press, Cambridge 2007

Language of instruction:

English language, Slovak language

Notes:

This course is taught during the winter semester and is evaluated during the exam period of the winter semester.

Course evaluation:

Assessed students in total: 124

A	B	C	D	E	FX
84.68	10.48	1.61	2.42	0.0	0.81

Name of lecturer(s): PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1007Y/22	Course title: English Language 4
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1001W/22	
Requirements for passing the course: Determined courses: English language 3 final evaluation: written test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows professional communication with the patient in English, knows professional English terminology in the hospital and in the hospital environment and in medical facilities, knows English terms for completing medical documentation. • Skills: can apply professional knowledge in contact with an English-speaking patient, can apply professional communication knowledge in healthcare facilities and hospitals in English-speaking countries. • Competences: to communicate professionally with an English-speaking patient, to diagnose an English-speaking patient, to orientate oneself in hospitals and medical facilities in English-speaking countries, to make entries in medical documentation in English. 	
Course contents: Book 3. Soft Tissue Disorders. Bone, Joint and Connective Tissue Disorders. Nerve Disorders. Vascular and Pulmonary Disorders. Spine Disorders. Shoulder and Arm Disorders. Hip and Leg Disorders. Surgical Intervention. Medications. Preventative Measures. Specialties: Neurological and Geriatric. Specialties: Orthopedics. Specialties: Women's Health. Specialties: Pediatrics. Education.	
Recommended or required literature: <ol style="list-style-type: none"> 1. EVANS V., DOOLEY J., HARTLEY S.: Physiotherapy, Berkshire, Express Publishing, 2015, 40 p. 2. GRICE, T.: Nursing 1, Oxford English for Careers, Oxford University Press, 2012 2. DŽUGANOVÁ, B.: Medical English in Use, Martin, Osveta, 2010 3. GOGELOVÁ, H. 2011: Angličtina pro fyzioterapeutu, Praha, Grada, 2011, 314 p. 4. HUDDLESTON, R. a kol: The Cambridge Grammar of the English Language, New York, Cambridge University Press, 2014, 1842 p. 	

Language of instruction: Slovak language, English language					
Notes: This course is taught during the summer semester and is evaluated during the exam period of the summer semester.					
Course evaluation: Assessed students in total: 92					
A	B	C	D	E	FX
91.3	5.43	0.0	2.17	0.0	1.09
Name of lecturer(s): PhDr. Mária Poliaková					
Last modification: 23.01.2026					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1023W/22	Course title: First Aid
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 0 hours per semester: 24 / 0 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Conditions for passing the course During the semester: active participation in lectures. Final evaluation: written exam Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
Learning outcomes of the course: Learning outcomes: Course objective: The aim of teaching the subject is to pathophysiologically justify the provision of proper first aid at the scene of an emergency as an equivalent part of medical care. To teach students procedures in life-threatening conditions. Theoretical knowledge: The student knows the causes of sudden health disorders with first aid procedures. Practical skills: The student masters the basic methods of pre-medical first aid and can provide first aid in life-threatening situations.	
Course contents: Course contents: 1. Incentive background for providing first aid (personal and legal). 2. Objectives of first aid. 3. The importance of oxygen for the human body. 4. Oxygen transport. 5. Basic life functions, their functional anatomy and mutual connections. 6. Diagnosis of basic vital functions. 7. Basic life-saving actions.	

8. Cardiopulmonary resuscitation of adults and children.
9. Automatic external defibrillation.
10. First aid for selected emergencies. Acute coronary syndrome - heart attack.
11. Sudden stroke.
12. Traffic accidents and other injuries.
13. Unconsciousness, suffocation and arrest of respiration and blood circulation.
14. Severe bleeding, convulsions.
15. Wounds - their distribution.
16. Wound treatment, stopping bleeding.
17. Patient positioning.
18. Patient transport .
19. Chest injuries. Abdominal injuries.
20. Foreign bodies in wounds.
21. Injuries to bones and joints, fixation of injured parts of the body.
22. Thermal injuries
23. Poisoning.
24. Organization of first aid in mass accidents

Recommended or required literature:

1. ADAMS, J., HAROLD, E.: Sestra a akútní stavy od A do Z. Praha : Grada, 1999.
2. DOBIÁŠ, V.: Urgentná zdravotná starostlivosť. Marti : Osveta 2007
3. FEDOR, M. a kol.: Intenzívna starostlivosť v pediatrii. Martin : Osveta 2002.
4. KAPOUNOVÁ, G.: Ošetrovatelství v intenzívnej péči. Praha: Grada 2007
5. Kolektív autorov: Štandardné terapeutické postupy. 1. vyd. Osveta Martin, 1997
6. KOLKUS, M. A KOL.: Prvá pomoc v prednemocničnej starostlivosti. Ružomberok : FZ KU, 2007.
7. POČTA, J.: Kmpendium neodkladné péče. 1. vyd. Grada Publisting, Praha, 1996

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 101

A	B	C	D	E	FX
88.12	10.89	0.99	0.0	0.0	0.0

Name of lecturer(s): Ing. Bc. Michal Sekerák, MPH, doc. MUDr. Milan Minarik, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1054W/22	Course title: Fitness Training 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 24s Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1027W/22	
Requirements for passing the course: final evaluation: practical exam (0 - 100) Prerequisites: Fitness training 1 Prerequisites and co-requisites: During the semester: participation in the course Final evaluation: practical management of the situation and the given final criteria	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows skiing techniques. He knows the importance of sports for rehabilitation. • Skills: can apply selected riding techniques on downhill and cross-country skis in variable terrain and snow conditions • Competences: practically manages and has skills in the technique of downhill and cross-country skiing in variable terrain and snow conditions 	
Course contents: <ol style="list-style-type: none"> 1. Summary of tourist activities associated with a stay in nature. 2. Improving the skills and knowledge necessary for the implementation of tourism activities in its special form. 3. Development of motor abilities and skills. 4. Detection and methods of eliminating errors in the technique of downhill skiing. 5. History and didactics of downhill skiing. 6. Rules of ski races. 7. Theoretical and practical methodological outputs. 8. Preparation for obtaining a ski teacher's license. 	
Recommended or required literature: <ol style="list-style-type: none"> 1. PAUGSCHOVÁ, B. et al. 2004. : Lyžovanie. Učebné texty pre študentov telesnej výchovy. Banská Bystrica: Partner, 2004, 214 s. ISBN 80-8055-880-9 2. ZÁLEŠÁK, J. et al. 1998. : Lyžovanie. Bratislava: SPN, 1998. 	
Language of instruction: Slovak language	

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 97

A	B	C	D	E	FX
82.47	7.22	5.15	2.06	0.0	3.09

Name of lecturer(s): PaedDr. Peter Krška, PhD., PaedDr. Andrej Hubinák, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1027W/22	Course title: Fitness training 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: hours per semester: 24s Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: practical management of the situation and given final criteria (0 - 100) During the semester: participation in the course	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: can practically master swimming in natural conditions • Skills: can apply knowledge of swimming techniques, knows the importance of swimming for rehabilitation. • Competences: knows how to master a methodical course in natural conditions with its criteria. He can swim, he can save the drowning man, he can practically forge individual swimming techniques. 	
Course contents: <ol style="list-style-type: none"> 1. Training and improvement of swimming methods also in the form of training in sports training of swimmers. 2. Application of components of sports training and didactic principles. 3. Biomechanics of swimming, negative and positive resistance of the aquatic environment. 4. Improving the technique of swimming, starts and turns. 5. Conducting basic swimming and advanced swimming training. 6. Methodical practice. Swimming on silver and bronze rescue service badge. 7. Recreational swimming. 8. Tourist march. 	
Recommended or required literature: <ol style="list-style-type: none"> 1. COUNSILMAN, J. E. 1974. : Závodní plavání. Praha: Olympia, 1974. 2. JURSIK, D. et al. 1991. : Teória a didaktika plávania. Športový tréning. Bratislava: FTVŠ UK, 1991. 	
Language of instruction: Slovak language	
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.	

Course evaluation: Assessed students in total: 105					
A	B	C	D	E	FX
90.48	2.86	1.9	0.95	0.0	3.81
Name of lecturer(s): PaedDr. Peter Krška, PhD., PaedDr. Andrej Hubinák, PhD.					
Last modification: 20.02.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1002Y/22	Course title: German Language 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of communication with the patient in German in various situations, knows the basics of professional terminology in hospitals and medical facilities in German. • Skills: can apply the acquired knowledge in contact with a German-speaking patient, apply knowledge in working in hospitals in German-speaking countries. • Competences: to communicate with a German-speaking patient, to orientate in a hospital in German-speaking countries. 	
Course contents: The first working day. expectations and desires. The hierarchy in the hospital. introduction to colleagues. Bone. The heart. blood pressure measurement. Graduation of the adjective. verbs with complements. personal pronouns. ordinal numbers. Wards and departments in the clinic. demands and requests. Imperative. The respiratory system. The blood. From healing potion to transfusion. Separable verbs. Reflexive pronouns. Verbs with accusative and dative.	
Recommended or required literature: <ol style="list-style-type: none"> 1. FIRNHABER-SENSEN, U. – RODI, M. 2013. Deutsch im Krankenhaus. München : Klett-Langenscheidt GmbH, 2013, 128 s. ISBN 978-3-12-606179-7 2. DŽUGANOVÁ, B. – BARNAU, A. 2017. Nemčina pre lekárov a pracovníkov v zdravotníctve. Bratislava : Eastone Books, 2017, 274 s. ISBN 978-80-8109-319-7. 3. HANÁKOVÁ, A. 2021. Nemčina: pro nelékařské zdravotnické obory. Praha : Grada Publishing, 2021, 231 s. ISBN 978-80-271-1717-8. 4. DŽUGANOVÁ, B. – GEREISS, K. 2003. Deutsch für Mediziner. Martin : Osveta, 2003, 369 s. ISBN 80-8063-129-8. 	
Language of instruction: German language, Slovak language	

Notes:

This subject is taught during the winter semester and is evaluated in the exam period of the winter semester.

Course evaluation:

Assessed students in total: 1

A	B	C	D	E	FX
100.0	0.0	0.0	0.0	0.0	0.0

Name of lecturer(s): PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1004Y/22	Course title: German Language 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1002Y/22	
Requirements for passing the course: Conditional subject: German language 1 final evaluation: written test exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: knows the basics of communication with the patient in German in various situations, knows the basics of professional terminology in hospitals and medical facilities in German. • Skills: can apply the acquired knowledge in contact with a German-speaking patient, apply knowledge in working in hospitals in German-speaking countries. • Competences: to communicate with a German-speaking patient, to orientate in a hospital in German-speaking countries.	
Course contents: 1. The Body parts. 2. Treatment interview and methods. 3. Health problems. The pain interview. 4. Grammar: subordinate clauses. 5. The digestive system. 6. Medicine history: Wilhelm Conrad Röntgen. 7. Medical history: Jan Jesenius. 8. The cells and the tissues. 9. Grammar: modal verbs. 10. Measurement. The numbers 1-1000. Use of measuring instruments. 11. Documentation in the hospital. 12. Abdominal organs.	

Recommended or required literature:

1. FIRNHABER-SENSEN, U. – RODI, M. 2013. Deutsch im Krankenhaus. München : Klett-Langenscheidt GmbH, 2013, 128 s. ISBN 978-3-12-606179-7
2. DŽUGANOVÁ, B. – BARNAU, A. 2017. Nemčina pre lekárov a pracovníkov v zdravotníctve. Bratislava : Eastone Books, 2017, 274 s. ISBN 978-80-8109-319-7.
3. HANÁKOVÁ, A. 2021. Nemčina: pro nelékařské zdravotnické obory. Praha : Grada Publishing, 2021, 231 s. ISBN 978-80-271-1717-8.
4. DŽUGANOVÁ, B. – GEREISS, K. 2003. Deutsch für Mediziner. Martin : Osveta, 2003, 369 s. ISBN 80-8063-129-8.

Language of instruction:

German language, Slovak language

Notes:

This subject is taught during the summer semester and is evaluated during the exam period of the summer semester.

Course evaluation:

Assessed students in total: 1

A	B	C	D	E	FX
100.0	0.0	0.0	0.0	0.0	0.0

Name of lecturer(s): PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1008Y/22	Course title: German Language 4
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1006Y/22	
Requirements for passing the course: Determined courses: German language 3 final evaluation: written test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: knows professional terminology in communication with the patient in German in various situations, knows professional terminology in hospitals and medical facilities in German, knows German expressions for filling in the patient's medical records in various departments. • Skills: can apply the acquired knowledge in the examination of a German-speaking patient, apply knowledge of technical terminology in hospitals and medical facilities in German-speaking countries. • Competences: diagnose a German-speaking patient, orientate oneself in a hospital in German-speaking countries, make entries in German medical records.	
Course contents: 1. Die Visite, die Diagnostik und die Pflegemaßnahmen 2. Anordnungen von Untersuchungen, Therapien und Eingriffen. 3. Die Übergabe. Pflegeberichte verfassen. Wunde beschreiben. Wundvesorgung. 4. Grammatik: Passiv 5. Das Kreislaufsystem 6. Die Medikamente, Der Beipackzettel 7. Anordnung von Medikamenten, Darreichungsformen 8. Grammatik: Nebensätze mit wil und wenn 9. Die Wirbelsäule. Wortschatz erarbeiten. 10. Wunddokumentation. 11. Allegemeine Infektionslehre. 12. Grammatik: Vergleiche: Adjektive im Komparativ.	

Recommended or required literature:

1. FIRNHABER-SENSEN, U. – RODI, M. 2013. Deutsch im Krankenhaus. München : Klett-Langenscheidt GmbH, 2013, 128 s. ISBN 978-3-12-606179-7
2. DŽUGANOVÁ, B. – BARNAU, A. 2017. Nemčina pre lekárov a pracovníkov v zdravotníctve. Bratislava : Eastone Books, 2017, 274 s. ISBN 978-80-8109-319-7.
3. HANÁKOVÁ, A. 2021. Nemčina: pro nelékařské zdravotnické obory. Praha : Grada Publishing, 2021, 231 s. ISBN 978-80-271-1717-8.
4. DŽUGANOVÁ, B. – GEREISS, K. 2003. Deutsch für Mediziner. Martin : Osveta, 2003, 369 s. ISBN 80-8063-129-8.

Language of instruction:

Slovak language, German language

Notes:

The subject is being taught only in the summer term and tested in determined examination period of the summer term of academic year.

Course evaluation:

Assessed students in total: 3

A	B	C	D	E	FX
100.0	0.0	0.0	0.0	0.0	0.0

Name of lecturer(s): PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1006Y/22	Course title: German Language 3
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1004Y/22	
Requirements for passing the course: Determined courses: German language 2 final evaluation: written test (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: knows professional terminology in communication with the patient in the German language in various situations, knows professional terminology in hospitals and medical facilities in German, knows German terms for completing medical records. • Skills: can apply the acquired knowledge in contact with a German-speaking patient, apply knowledge in hospitals in German-speaking countries. • Competences: to treat a German-speaking patient independently, to orientate in a hospital in German-speaking countries, to make records in medical records in German.	
Course contents: 1. Grammatik: Zeitangaben und Ortsangaben. 2. Aufnahme-und Anamnesegespräch. 3. Hilfsmittel benennen. Pflegeanamnese erheben. Krankengeschichte erfragen. 4. Erbkrankheiten. Ein Infarkt kündigt sich an. 5. Erkrankungen. Fachwortschatz deutsch benennen. 6. Grammatik: Perfekt und Satzklammer. 7. Die Atmungsorgane. Fachwortschatz deutsch benennen. 8. Die Vorbereitung zur Operation. Narkoseprotokoll lesen. 9. Die Operation. Instrumente benennen. Über die Operation informieren. 10. Die Übergabe aus dem Operationssaal. 11. Medizingeschichte: Ernst Abbe. 12. Grammatik: Zeitangaben mit temporalen Präpositionen.	

Recommended or required literature:

1. FIRNHABER-SENSEN, U. – RODI, M. 2013. Deutsch im Krankenhaus. München : Klett-Langenscheidt GmbH, 2013, 128 s. ISBN 978-3-12-606179-7
2. DŽUGANOVÁ, B. – BARNAU, A. 2017. Nemčina pre lekárov a pracovníkov v zdravotníctve. Bratislava : Eastone Books, 2017, 274 s. ISBN 978-80-8109-319-7.
3. HANÁKOVÁ, A. 2021. Nemčina: pro nelékařské zdravotnické obory. Praha : Grada Publishing, 2021, 231 s. ISBN 978-80-271-1717-8.
4. DŽUGANOVÁ, B. – GEREISS, K. 2003. Deutsch für Mediziner. Martin : Osveta, 2003, 369 s. ISBN 80-8063-129-8.

Language of instruction:

Slovak language, German language

Notes:

The subject is being taught only in the winter term and tested in determined examination period of the winter term of academic year.

Course evaluation:

Assessed students in total: 3

A	B	C	D	E	FX
66.67	33.33	0.0	0.0	0.0	0.0

Name of lecturer(s): PhDr. Mária Poliaková

Last modification: 23.01.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1049W/22	Course title: Gynaecology and Obstetrics
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of gynecology and obstetrics, knows as a medical field, its concept and relationship to other fields • Skills: can apply basic knowledge of gynecology and obstetrics, knowledge of prevention, diagnosis and therapy of diseases and conditions in gynecology. • Competences: In clinical practice, he can design and evaluate kinesiotherapy procedures in the gynecology and obstetrics departments. 	
Course contents: Gynecology and Obstetrics 1. Characteristics of the department. Historical development of the department of gynecology and obstetrics. Interdisciplinary status. 2. Anatomy of external and internal female genitals. 3. Development and disorders of female genital development. 4. Physiology of women. Life periods of a woman. 5. Examination methods in gynecology and obstetrics. 6. Sexual life of a woman and its disorders. Planned Parenthood. 7. Menstrual disorders. Inflammation of the female genitals. Endometriosis. Tumors of the female genitals and breasts. 8. Physiological pregnancy. 9. Physiological childbirth. 10. Postpartum period. 11. Disorders of pregnancy. Risk pregnancy. Fetal hazard during pregnancy and childbirth. Irregularities of the 3rd parturition. 12. Sudden pregnancy events during childbirth and the postpartum period. Sudden events in gynecology.	
Recommended or required literature: 1. ROZTOČIL, A. a kol.: Moderní gynekologie. Praha: Grada, 2011 2. ROZTOČIL, A. a kol. Moderní porodnictví. Praha: Grada Publishing, 2008	
Language of instruction: Slovak and Czech language	

Notes:

This course is run exclusively in summer term and is evaluated in the exam period of that particular academic year.

Course evaluation:

Assessed students in total: 92

A	B	C	D	E	FX
66.3	28.26	3.26	1.09	1.09	0.0

Name of lecturer(s): PhDr. Bc. Eva Moraučíková, PhD., MPH, MUDr. Mgr. Ján Hruška, PhD., MPH, MHA

Last modification: 03.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1033W/22	Course title: Internal Medicine
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of internal medicine, distinguishes between sub-disciplines (cardiology, angiology, pneumology, nephrology, gastroenterology, endocrinology, rheumatology, immunology, hematology); knows about the energy side of nutrition, knows the importance of diet therapy and alternative types of nutrition • Skills: can apply knowledge of internal medicine, geriatrics in the interpretation of anamnestic data and objective findings. After evaluating the current state, he decides on the application of physical therapy, physical exercise, can apply knowledge about proper nutrition in relation to diseases, can analyze the basic principles of balance in nutrition and diet. • Competences: can evaluate the effect of treatment on the basis of improvement of subjective difficulties, objective findings, etc., be able to evaluate vital functions, evaluate the body's response to physical exercise and do not perform these in serious diseases, identify some acute conditions that could be life-threatening 	
Course contents: Internal Medicine Course characteristics. 2. The main symptoms of internal diseases. 3. Diseases of the circulatory system. 4. Diseases of the respiratory system, tuberculosis. Basics of nephrology. 5. Diseases of the endocrine system, diabetes mellitus, disorders of bone metabolism. 6. Diseases of the gastrointestinal system. Basics of hematology and transfusiology. 7. Basics of immunology. 8. Basics of rheumatology - inflammatory diseases. 9. Basics of rheumatology-degenerative diseases. 10. Basics of rheumatology - systemic connective tissue diseases, osteoporosis. 11. Acute conditions in internal medicine. 12. Physical causes of diseases Geriatrics Biological and mental aging. 2. Social aging. 3. Somatic involution changes in individual systems. 4. Polymorbidity. 5. Psychology and senile psychopathy. 6. Positive memory - brain jogging. 7. Functional diagnostics in geriatrics. 8. Active lifestyle in old age. 9. Healthy geront nutrition. 10.	

The importance of mental education. Motivation. 11. Disorders of stability and mobility in old age. 12. Terminal stage of life.

Nutrition science

Nutrition science in a historical context. Basic principles of nutrition assessment and nutrition disorders. 2. Nutrition assessment. Nutrient metabolism. Metabolism of vitamins, minerals and water. 3. Regulation of metabolism. 4. Basic eating disorders and their treatment. 5. Examination methods in eating disorders. 6. Principles of rational nutrition for different age groups. 7. Nutrition and mental and physical activity. 8. Diet therapy and diet system. 9. Therapeutic nutrition in various disease states. 10. Enteral nutrition. Parenteral nutrition. Combined enteral and parenteral nutrition in selected diseases. 11. Treatment of water and mineral management disorders. 12. Alternative ways of nutrition.

Recommended or required literature:

1. ČEŠKA R. a kol.: Interna. Praha. Triton, 2010, 850s.
2. LACKO A. a kol.: Základy klinickej propedeutiky, rádiológie a nukleárnej medicíny pre nelekárske zdravotnícke odbory. Martin. Osveta. 2019.
3. LACKO A. a kol.: Vnútorné lekárstvo a ošetrovateľská starostlivosť vo vnútornom lekárstve. Martin: vyd.Osveta, 2018.
4. TOPINKOVÁ, E.: Geriatria pro praxi. Praha : Galén, 2005.
5. HEGEY, L., KRAJČÍK, Š.: Geriatria pre praktického lekára, Bratislava : Herba, 2004.
6. KALVACH, Z., ZADÁK, Z., JIRÁK, J. a kol: Geriatria a gerontologie. Praha : Grada,2004
7. BEŇO, I.: Náuka o výžive. Martin, Osveta, 2001
8. GROFOVÁ, Z.: Nutriční podpora. Praha : Grada, 2007, 237 s.
9. KUJANÍK, Š., SNINČÁK, M.: Životospráva a kardiovaskulárne ochorenia, Košice, 2008, 140 s.
10. KVĚTENSKÝ, J., LACKO, A.: Historický prehľad vývoja výživy človeka. Ružomberok : KU, 2005, 35 s.

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 131

A	B	C	D	E	FX
41.22	16.03	7.63	16.03	16.79	2.29

Name of lecturer(s): prof. MUDr. Anton Lacko, CSc., prof. MUDr. Peter Kalanin, PhD., MPH, MBA

Last modification: 21.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1031W/22	Course title: Kinesiology and Pathokinesiology 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 0 hours per semester: 24 / 0 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Prerequisites: Kinesiotherapy methods 2, Physiotherapeutic diagnostics 2 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: Knowledge: knows the basics of motor ontogenesis, understands the dynamics of momentum development related to the gradual maturation of the CNS, knows the development of gross and fine motor skills and posture and their specifics from birth to adulthood. • Skills: can recognize postural and motor disorders of children and the adult population. Can design adequate treatment in the detection of motor and postural abnormalities. Can assess the degree of damage to the will. He is familiar with the issue of infantile cerebral palsy. • Competences: has the ability to analyze and synthesize in the kinesiological analysis and evaluation of the neuromuscular system, based on the principles of ontogenesis and the development of human motor skills,	
Course contents: Brief subject scheme: 1. Movement as the basic manifestation of living, movement behavior, the impact of movement for life processes, external environment and society, relationships, sport and motion compensation. 2. Connective tissues structure and function: ligament, cartilage, bone. Morphology, physiology, growth and evolution, nutrition, biomechanics, defects and regeneration of individual tissue types. 3. Continuous and contact bone connections – structure, movements. 4. Individual joint parts biomechanics nutrition, innervation, joint afference. 5. Pathological changes and individual joint parts regeneration. 6. Muscle tissue- structure, action potential and muscle tissue contraction mechanism, myoneural disc, types of muscle tissue. 7. Skeletal muscle- structure, muscle and bone connection.	

8. Bursas, sheaths, fascias, vasculat supply, senzoric organs a nerve endings in the muscle, muscle tension and muscle consistency.
9. Functions of muscle tissue in pathological conditions, regeneration abilities.
10. Neurone, body, protrusions, receptor, conductive and exciting membrane.
11. Depolarization, excitement, synapse, integration and coding function of the neuron.
12. Output part of the cell, efector, metabolic neuron requirements, damage and possibilities of regeneration of nervous tissue.

Recommended or required literature:

1. DYLEVSKÝ, I.: Kineziológia. Triton , Praha 2009
2. DYLEVSKÝ, I.: Obecná kineziológia. Grada, Praha 2009
3. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH Bratislava.
4. KOLÁŘ, P. : Rehabilitace v klinické praxi. Galen, Praha 2010.
5. VÉLE, F.: Kineziológia. Triton, Praha 2006

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 127

A	B	C	D	E	FX
21.26	22.05	20.47	18.9	15.75	1.57

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1046W/22	Course title: Kinesiology and Pathokinesiology 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1031W/22	
Requirements for passing the course: Prerequisites: Kinesiology and pathokinesiology final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: The student analyzes the involvement of skeletal muscles in the locomotor chains. Identifies pathological patterns and stereotypes. Describes the control of movement by the central and peripheral nervous systems. Identifies and evaluates the impact of CNS disorders by performing backward movements. • Skills: can understand and master the principle of motion control. It documents deviations from physiology. He can recognize their malformation and malfunction. Can analyze the stereotype of walking and prototyping activities and the involvement of skeletal muscles in the locomotor chains. • Competences: can perform kinesiological analysis. Can assess the degree of damage to the will. He proposes a kinesiotherapy plan and a program to restore will movement. Can integrate motion control principles into motion stereotypes and prototype activities. He can implement their reeducation in post-traumatic conditions and diseases. 	
Course contents: General principles of motion control. 2. Control at the spinal level - internal structure of the spinal cord, motoneurons, posterior spinal roots, interneurons, reciprocal innervation, spinal motor circuits, muscle tone, gamma system, plurisegmental reflexes, postural and defensive reflexes, neck reflexes. 3. Motor control at the supraspinal level - reticular formation, vestibular nuclei, cranial nerves. 4. The role of the brain in motor control, functional anatomy of the brain, cerebral pathways. 5. Subcortical motor circuits - thalamus and basal ganglia. 6. Management of somatic functions by the cerebral cortex, architecture of the cerebral cortex. 7. Pyramid and extrapyramidal system. Ascending and descending CNS pathways. 8. Kinesiology and pathokinesiology of joints. 9. Kinesiology and pathokinesiology of the spine. 10. Kinesiology and pathokinesiology of the	

chest and shoulders. 11. Kinesiology and pathokinesiology of walking. 12. Kinesiology and pathokinesiology of prototype activities.

Recommended or required literature:

1. DYLEVSKÝ, I.: Kineziológia. Triton , Praha 2009
2. DYLEVSKÝ, I.: Obecná kineziológia. Grada, Praha 2009
3. GÚTH, A. a kol.: Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GÚTH BRATISLAVA.
4. KOLÁŘ, P. Rehabilitace v klinické praxi. Galen, Praha 2010.
5. VÉLE, F.: Kineziológia. Triton, Praha 2006

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 96

A	B	C	D	E	FX
6.25	17.71	27.08	23.96	21.88	3.13

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1003W/22	Course title: Latin Language
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: During the semester: Individual or group work on exercises with active solution of model situations and practical mastery of the subject. Final assessment: The written form of the final exam covers the curriculum of the whole semester, in which students demonstrate the level of their knowledge. At the written final exam, the student can obtain max. 60 points. 100% active participation in the exercises is required for admission to the exam, any non-participation must be justified or replaced at another date of the exercises in parallel fields.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the minimum of Latin grammar, which is a prerequisite for mastering the basics of Latin medical terminology. • Skills: can use the acquired knowledge in practical professional activities, in the study of professional literature and in parallel professional subjects, to use medical terminology accurately and linguistically in oral and written form. • Competences: can demonstrate knowledge of medical terminology in Latin-Greek form with an inner understanding of its structure. 	
Course contents: <ol style="list-style-type: none"> 1. Historical and linguistic introduction to medical Latin, Latin and Greek in medical nomenclature, structure of multiword terms. 2. Latin pronunciation, basic grammatical terms, practice of correct reading of Latin medical terms. 3. Declension of nouns with a focus on the frequency of the genitive, the accusative and the ablative. 4. Adjectives, their declension and connection with nouns, use of degrees. 5. Adverbs, use of prepositions in medical terminology and their connection with nouns in accusative and ablative. 6. Numerals, their use and declension, expression of quantity. 7. Verbs in pharmaceutical terminology, recipe. 8. Latin and Greek prefixes and suffixes, terms with Latin and Greek basis. 9. Greek equivalents of basic anatomical terms and terminology used in the clinic. Advocacy of suffixes. 10. Compound words. Principles of composite formation. Simple diagnoses. 11. Latin sentences still valid today. Active work with terminological expressions. 	

12. Practical exercises and tasks, creating multiword terms and automation of common connections.
13. Systematization and verification of acquired knowledge.

Recommended or required literature:

1. Šimon, F. - Bujalková, M.: Latinský jazyk pre medikov. Košice, 2012. 169 s. ISBN 9788089546060.
2. Kábrt, J.: Latinský jazyk. Martin: Osveta, 2010. 156 s. ISBN 9788080633530.
3. Šimon, F.: Latinská lekárska terminológia. Martin: Osveta, 1990, 184 s. ISBN 8021702974.

Language of instruction:

Slovak language, Latin language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 134

A	B	C	D	E	FX
57.46	21.64	8.96	8.21	2.24	1.49

Name of lecturer(s): PhDr. Mária Macková

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1061W/22	Course title: Law and Legislation
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Conditions for passing the subject: During the semester: lectures Final rating: at the final verbal exam can student get maximum 60 points - he answers 3 questions in three topics – general health legislation, competences of a physiotherapist and a case study. Self-study 40 hours	
Learning outcomes of the course: Course objective: The importance of law and its function in society, its application in health care, the acquisition of basic concepts in the organization of the work of a health worker with a focus on a physiotherapist Theoretical knowledge: To teach students to understand the basics of law and competence of health professionals with a focus on physiotherapists. Practical skills: The student will gain comprehensive knowledge and skills in accessing case studies from clinical practice.	
Course contents: Basics of management, definition, procedures, characteristics. personal management. Marketing in healthcare, economic concepts, their use and meaning. History of health care. Healthcare - organization and health systems. Healthcare and health services in the social market economy. Forms and structure of medical facilities. Medical professions and their characteristics. Health systems in individual EU countries and in some countries around the world. Organization and methods of providing health services. Health care financing and methods of financing according to the type of care. Contributory and budgetary organizations. Health insurance, types and basic characteristics. International cooperation in healthcare. WHO.	

Recommended or required literature:

1. TÓTH, K. a kol.: Právo a zdravotníctvo, Herba, Bratislava, 2008
2. TÓTH, K., TÓTH, J., VLADÁROVÁ, M.: Vybrané kapitoly medzinárodného práva pre pracovníkov v zdravotníctve, Slovenská Zdravotnícka Univerzita, Bratislava, 2007
3. VLČEK, R., TÓTH, K.: Úvod do štátneho práva pre zdravotníckych a sociálnych pracovníkov, Slovenská Zdravotnícka Univerzita, Bratislava, 2006
4. VLČEK, R., TÓTH, K.: Základy teórie práva pre zdravotníckych a sociálnych pracovníkov, Slovenská Zdravotnícka Univerzita, Bratislava, 2006
5. WATT, H.: Cooperation, Complicity & Conscience – Problems in healthcare, science, law and public policy, The Linacre Centre, London, 2005

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 114

A	B	C	D	E	FX
98.25	0.88	0.0	0.88	0.0	0.0

Name of lecturer(s): doc. MUDr. Ivan Solovič, CSc.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1063W/22	Course title: Management Basics and Economics in Health care, Health Care System
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written test The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. At the final oral / written exam, the student can obtain max. 80 points. Total possible number of points obtained - 100. The final evaluation will be based on the total number of points obtained from the examinations and the final oral / written exam.	
Learning outcomes of the course: Knowledge: has knowledge of economic issues and leadership of the medical team at the outpatient department, department and the entire facility in terms of health care economics, knows the issues and use of marketing and informatics in health care economics, has knowledge of basic rights and competencies of health professionals with a focus on physiotherapists . • Skills: has skills in accessing case studies from clinical practice. • Competences: can use knowledge of general economic laws in the practical activities of the health care provider, ensure economic efficiency while maintaining the quality of health care.	
Course contents: Law and legislation Basic legal concepts. 2. Fundamental human rights and freedoms. 3. Labor law of health professionals. 4. Labor law and criminal law liability for damage. 5. Legal aspects of health care. 6. Legal status of a health worker. 7. Health standards, patients' rights and medical documentation. 8. Protection and promotion of public health. 9. Safety and health protection at work. 10. Administrative procedure - legal aspects. 11. Case clinical studies. Basics of management: Basics of management, definition, procedures, characteristics. Economic efficiency. Personal management. Marketing in healthcare 2. History of healthcare. 3. Healthcare - organization and health systems. 4. Healthcare and health services in the social market economy. 5. Forms and structure of medical facilities. Health professions and their characteristics 6. Health care systems in individual EU countries and in some countries of the world. 7. Organization and methods of providing health services. 8. Health care financing and methods of financing according to the type of	

care. Contributory and budgetary organizations. 9. Health insurance, types and basic characteristics
10. International cooperation in health care. WHO.

Recommended or required literature:

1. TÓTH, K. a kol.: Právo a zdravotníctvo, Herba, Bratislava, 2008
2. TÓTH, K., TÓTH, J., VLADÁROVÁ, M.: Vybrané kapitoly medzinárodného práva pre pracovníkov v zdravotníctve, Slovenská Zdravotnícka Univerzita, Bratislava, 2007
3. VLČEK, R., TÓTH, K.: Úvod do štátneho práva pre zdravotníckych a sociálnych pracovníkov, Slovenská Zdravotnícka Univerzita, Bratislava, 2006
4. VLČEK, R., TÓTH, K.: Základy teórie práva pre zdravotníckych a sociálnych pracovníkov, Slovenská Zdravotnícka Univerzita, Bratislava, 2006
5. WATT, H.: Cooperation, Complicity & Conscience – Problems in healthcare, science, law and public policy, The Linacre Centre, London, 2005
6. JAKUŠOVÁ, V.: Základy zdravotníckeho manažmentu, Osveta Martin, 2010, ISBN 9788080633479
7. ŠAGÁT, T. a kol.: Organizácia zdravotníctva, Osveta Martin, 2010 s., ISBN 8080631433, 2005
8. Ozorovský V.,Vojteková I.: Zdravotnícky manažment a financovanie, 2016 Wolters Kluwer
9. Jakušová V.: manažment pre nelekárske študijné programy, Osveta 2016
10. Ondruš P., Ondrušová I.: Manažment a financovanie v zdravotníctve, Vydavateľstvo Matica slovenská 2017
11. DOMENIK, J.: Základéy manažmentu a ekonomiky v zdravotníctve, učebné texty, FZ KU, Ružomberok, 2019
12. Zákony, Nariadenia vlády, Odborné usmernenia MZ SR

Language of instruction:

Slovak language

Notes:

This course is taught during the winter semester and is evaluated during the exam period of the winter semester.

Course evaluation:

Assessed students in total: 133

A	B	C	D	E	FX
39.1	21.05	21.8	14.29	3.76	0.0

Name of lecturer(s): doc. MUDr. Jozef Domenik, PhD., MPH, MUDr. Mgr. Ján Hruška, PhD., MPH, MHA

Last modification: 21.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1004W/22	Course title: Methods of Kinesiotherapy 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 2 hours per semester: 12 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: demonstrates basic knowledge of the nature and principles of kinesiotherapy, knows the issues of the musculoskeletal system and can distinguish the application of basic elements of kinesiotherapy. • Skills: practically applies appropriate kinesiotherapy and demonstrates special methods in clinical exercises. • Competences: can design the basic elements of kinesiotherapy, can distinguish muscle imbalance and appropriately reeduce it, can apply basic kinesiotherapy methodologies and use appropriate exercise aids. 	
Course contents: Theoretical foundations of physiotherapy. Basic concepts in kinesiotherapy. Basic elements of kinesiotherapy - movement, types of movements. Positioning. Vascular gymnastics and vascular training. Respiratory gymnastics. Strength training - muscles with a tendency to weaken. Relaxation exercises - muscles with a tendency to shorten. Posture reeducation - muscle imbalance. Relaxation exercises. Exercise unit - individual and group exercise. Exercise aids.	

Recommended or required literature:

1. GÚTH, A. a kol. 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 2005, 468s. ISBN 80-88932-16-5.
2. LEVITOVÁ, A., HOŠKOVÁ, B. 2015. Zdravotně- kompenzační cvičení, Praha: Grada, 2015, 112s. ISBN 978-80-247-4836-8.
3. KOCIOVÁ, K. a kol. 2013. Základy fyzioterapie, Martin: Osveta, 2013, 238s. ISBN 978-80-8063-389-9.
4. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
5. KOLÁŘ, P., MÁČEK, M. et al. 2015. Základy klinické rehabilitace, Praha: Galén, 2015, 167s. ISBN 978-80-7492-219-0.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 134

A	B	C	D	E	FX
39.55	34.33	18.66	5.22	0.75	1.49

Name of lecturer(s): Mgr. Katarína Repová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1018W/22	Course title: Methods of Kinesiotherapy 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 2 hours per semester: 12 / 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1004W/22	
Requirements for passing the course: Determined courses: Methods of kinesiology 1 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: defines the essence and principles of selected methods of kinesiotherapy, masters selected methodologies of the musculoskeletal system and applies them with correction. • Skills: practically masters the elements of selected kinesiotherapy methodologies, acquires skills and accuracy in their implementation and can use them appropriately in clinical practice. • Competences: can create a rehabilitation program using appropriate methods in musculoskeletal disorders, can apply selected methods of kinesiotherapy and appropriately determine the use of compensatory aids. 	
Course contents: Construction of a rehabilitation program. Soft techniques. Corrective positioning. Stretching. Exercise according to the Muscle Test. Movement reeducation according to Sister Kenny. School back- reeducation of movement stereotypes. Kaltenborn method - mobilization of the axial organ. Automotive exercises - spine and peripheral joints. Method S. K. Vogelbach- exercise on fitlopte. Walking training with aids - the use of different types of crutches and walkers. Hydrokinesiotherapy - the possibility of using water in exercise.	

Recommended or required literature:

1. GÚTH, A. a kol. 2002. Škola chrbtice, alebo, Ako predísť bolesti, Bratislava: LIEČREH GÚTH, 2002, 144s. ISBN 80-88932-09-2.
2. GÚTH, A. a kol. 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 2005, 468s. ISBN 80-88932-16-5.
3. KOCIOVÁ, K. a kol. 2013. Základy fyzioterapie, Martin: Osveta, 2013, 238s. ISBN 978-80-8063-389-9.
4. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
5. PAVLŮ, D. 2003. Speciální fyzioterapeutické koncepty a metody 1- koncepty a metody spočívající převážně na neurofyziologické bázi, Brno: Akademické nakladatelství CERM, 2003, 239s. ISBN 80-7204-312-9.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 102

A	B	C	D	E	FX
24.51	32.35	28.43	9.8	2.94	1.96

Name of lecturer(s): Mgr. Katarína Repová, PhD.**Last modification:** 04.03.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1029W/22	Course title: Methods of Kinesiotherapy 3
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1018W/22	
Requirements for passing the course: Determined courses: Methods of kinesiology 2 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows neuromuscular techniques, methods based on developmental kinesiology and methods used in the treatment of musculoskeletal disorders. • Skills: practically masters the application of neuromuscular techniques for individual parts of the locomotor system and appropriately uses selected methodologies in impaired locomotor function. • Competences: can analyze impaired motor function and apply subsequent treatment, can apply methods to reeduce the musculoskeletal system. 	
Course contents: Neuromuscular techniques - characteristics of PIR, AGR, RI. Postisometric relaxation and autotherapy - head, neck, torso, upper limb, pelvis, lower limb. Approaches based on ontogenetic development - Vojta's reflexive principle and DNS. Deep stabilization system and Pilates method. Functional disorders of the locomotor system and methods focused on physical education and proper posture - the method of B. Mesendiecková, F. M. Alexandra, M. Feldenkreis. Sensorimotor stimulation method - Freeman method, proprioceptive training, Janda and Vávrová method. R. Brunkow method and ACT-characteristics and methodical procedure of the exercise. Ľudmila Mojžišová's method - treatment of functional female sterility.	

Recommended or required literature:

1. BLAHUŠOVÁ, E. 2010. Pilates pro rehabilitaci: zdravé cvičení bez bolesti, Praha: Grada Publishing, 2010, 187s. ISBN 978-80-247-3307-4.
2. GÚTH, A. a kol. 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 2005, 468s. ISBN 80-88932-16-5.
3. LEWIT, K. 2003. Manipulační léčba v myoskeletální medicíně, Praha: Sdělovací technika, 2003, 411s. ISBN 80-86645-04-5.
4. PAVLŮ, D. 2003. Speciální fyzioterapeutické koncepty a metody 1- koncepty a metody spočívající převážně na neurofyziologické bázi, Brno: Akademické nakladatelství CERM, 2003, 239s. ISBN 80-7204-312-9.
5. VOJTA, V., PETERS, A. 2010. Vojtův princip, Praha: Grada Publishing, 2010, 180s. ISBN 978-80-247-2710-3.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 128

A	B	C	D	E	FX
26.56	23.44	30.47	13.28	5.47	0.78

Name of lecturer(s): Mgr. Katarína Repová, PhD.**Last modification:** 20.02.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1043W/22	Course title: Methods of Kinesiotherapy 4
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1029W/22	
Requirements for passing the course: Determined courses: Methods of kinesiology 3 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the nature and principles of R. McKenzie's method, Brügger's concept, Bobath's method, Basal stimulation and has knowledge of manual therapy of peripheral joints. • Skills: practically masters the McKenzie method with a distinction of individual syndromes, analyzes the principle of motor lifestyle according to Brügger on the principle of three-gears, applies rehabilitation nursing and reeducation of movement in the treatment of hemiparetics according to Bobath, masters elements of basal stimulation and manual therapy of peripheral joints. • Competences: can apply the principle of proper motor lifestyle, can design treatment for vertebrogenic diseases, can use movement reeducation and rehabilitation nursing in the treatment of hemiparetics, can use manual therapy to block peripheral joints. 	
Course contents: R. McKenzie's method. Brügger's concept - the principle of good physical life. Bobath concept in rehabilitation of hemiparetics - rehabilitation nursing, physical reeducation, daily activities, treatment for independence. Elements of Basal Stimulation. Peripheral joint mobilization techniques - characteristics of a functional disorder in the joint, its diagnosis and handling treatment. Manual therapy in the peripheral joints of the upper limb - shoulder joint, elbow joint, wrist joint, hand, fingers, thumb. Manual therapy in the peripheral joints of the lower limb - hip joint, knee joint, ankle joint, foot, toes, thumb.	

Recommended or required literature:

1. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
2. LEWIT, K. 2003. Manipulační léčba v myoskeletální medicíně, Praha: Sdělovací technika, 2003, 411s. ISBN 80-86645-04-5.
3. McKENZIE, R. 2005. Léčíme si záda sami. 1. autorizované vyd. prekladu knihy R. A. McKenzie anglického originálu Treat Your Own Back vydaného nakladatelstvom Spinal Publications Ne Zealand Ltd. Praha: Rehabilitace a neurologie, 2005. 82s. ISBN 80-239-4861-X.
4. RYCHLÍKOVÁ, E. 2008. Manuální medicína: průvodce diagnostikou a léčbou vertebrogenních poruch. Praha: Maxdorf, 2008, 499s. ISBN 978-80-7345-169-1.
5. ROCK, C- M., PETAK- KRUEGER, S. 2000. Agisticko- excentrické kontrakční postupy k ovlivnění funkčních poruch pohybového systému: techniky dle dr. Brüggera, Zürich : Dr. Brügger-Verlag, 2000, 144s. ISBN 3-905407-01-9.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 96

A	B	C	D	E	FX
26.04	33.33	23.96	10.42	4.17	2.08

Name of lecturer(s): Mgr. Katarína Repová, PhD.**Last modification:** 20.02.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1058W/22	Course title: Methods of Kinesiotherapy 5
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites: KFYZIO/54F1043W/22	
Requirements for passing the course: Determined courses: Methods of kinesiology 5 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: masters the nature and principle of Proprioceptive Neuromuscular Facilitation and has knowledge of manual treatment of the axial organ. • Skills: practically masters the method of Proprioceptive Neuromuscular Facilitation with the use of movement diagonals and their variants for individual parts, applies manual therapy in terms of mobilization, manipulation and traction of intervertebral joints of the spine and costovertebral joints. • Competences: can use movement reeducation to facilitate movement, can apply manual therapy to block movement segments of the axial organ. 	
Course contents: Proprioceptive Neuromuscular Facilitation (PNF) method - movement diagonals for HK, DK, scapula and pelvis. General characteristics of functional disorders of the spinal joints and manipulative treatment. Manual therapy of functional disorders in the SI joint. Manual therapy of functional disorders in the intervertebral joints of the lumbar spine. Manual therapy of functional disorders in the intervertebral joints of the thoracic spine. Manual therapy of functional disorders in costovertebral joints. Manual therapy of functional disorders in the intervertebral joints of the cervical spine and atlantoccipital joint.	

Recommended or required literature:

1. HOLUBÁŘOVÁ, J., PAVLŮ, D. 2017. Proprioceptivní neuromuskulární facilitace- 1. část, Praha: Nakladatelství Karolinum, 2017, 115s. ISBN 978-80-246-3607-8.
2. HOLUBÁŘOVÁ, J., PAVLŮ, D. 2017. Proprioceptivní neuromuskulární facilitace- 2. část, Praha: Nakladatelství Karolinum, 2017, 114s. ISBN 978-80-246-3606-1.
3. LEWIT, K. 2003. Manipulační léčba v myoskeletální medicíně, Praha: Sdělovací technika, 2003, 411s. ISBN 80-86645-04-5.
4. PAVLŮ, D. 2003. Speciální fyzioterapeutické koncepty a metody 1- koncepty a metody spočívající převážně na neurofyziologické bázi, Brno: Akademické nakladatelství CERM, 2003, 239s. ISBN 80-7204-312-9.
5. RYCHLÍKOVÁ, E. 2008. Manuální medicína: průvodce diagnostikou a léčbou vertebrogenních poruch. Praha: Maxdorf, 2008, 499s. ISBN 978-80-7345-169-1.

Language of instruction:

Slovak language

Notes:

The subject is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 115

A	B	C	D	E	FX
25.22	22.61	31.3	15.65	5.22	0.0

Name of lecturer(s): Mgr. Katarína Repová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1045W/22	Course title: Neurology
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 3 hours per semester: 36 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Neurology: In the final exam, the student can get max. 13 points. The final evaluation will be based on the points obtained from the examination during the semester and from the final test. Final evaluation: the final evaluation will be based on the total number of points obtained from the examinations and the oral exam.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of neurological pro-predeutics and examination methods used in neurology, knows the objective symptoms and assess the patient's subjective difficulties, knows the basic examination procedures in neurology and psychiatry, masters the history of objective examination of the patient; can identify an acute condition in psychiatry. • Skills: can apply the basics of reflexology in neurology, can examine sensitivity, motor skills in the patient, examine cerebral, extrapyramidal, symbolic functions, exclude meningeal syndrome, examine the peripheral nervous system and vertebrogenic disorders; uses theoretical knowledge of psychoiatry in the practical activities of physiotherapeutic practice. • Competences: knows the basic examination procedures in neurology, performs an objective examination of the patient, can recommend paraclinical examinations, establish a diagnosis and treatment and rehabilitation plan; can manage basic psychopathological symptoms, distinguish the main groups of mental disorders - the difference between neurotic, psychotic state, withdrawal symptoms in addictions, manifestations of organicity. 	
Course contents: <ul style="list-style-type: none"> • Neurology (2 hours per week) Introduction to neurology, short history, terminology in neurology, neurology and rehabilitation, neurology and physiotherapy, neuron, glial cells, synapses, cell membrane). 2. Sensitivity and its disorders, receptors, reflexes, momentum, mobility, motility, motor functions, central and peripheral motoneuron, pyramidal pathway, cerebellum. 3. Central nervous system, brain, meninges, cerebrospinal fluid, blood-brain barrier, lumbar puncture, CNS cavities, cerebral lobes,	

phatic functions. 4. Cranial nerves I.-XII. Vascular system of the nervous system, strokes. 5. Injuries of the nervous system, disorders of consciousness, Pain, pain tests, painful conditions in neurology, psychogenic pain, dementia. 6. Peripheral neuron disorders, neurapraxia, axonothesis, neurothesia, clinical manifestations of peripheral nerve lesions. Extrapyramidal system disorders, Parkinson's disease. 7. Cerebral palsy, multiple sclerosis. 8. Tumors of the nervous system. 9. Seizure disorders. 10. Degenerative diseases of the nervous system. Autonomic nervous system. 11. Neuroinfections. 12. Examination methods in neurology.

Stroke, atherosclerosis, rehabilitation of patients with CMP. 2. Nervous system injuries, use of physiotherapy in patients with NS injuries. 3. Disorders of consciousness, pain, pain examination, painful conditions in neurology, psychogenic pain. 4. Peripheral neuron disorders, neurapraxia, axonothermia, neurothosis. 5. Clinical manifestations of peripheral nerve lesions and their rehabilitation, the importance of physiotherapy in patients with PN lesions. 6. Degenerative diseases NS, Parkinson's disease, dementia, the importance of rehabilitation in these patients. 7. Demyelinating diseases of the CNS - the importance of rehabilitation in these patients. 8. Cerebral palsy - the importance of rehabilitation in these patients. 9. Tumors of the nervous system. 10. Seizure disorders. Autonomic nervous system and its disorders. Neuroinfections. 11. Basics of neurosurgery. 12. Neurosurgery in rehabilitation.

Psychiatry (1 hour per week)

Introduction to the issue. Mental health. Psychiatric disorder. Causes of mental disorders. Prevention of mental health disorders. Psychopathology. Affective mental disorders. Schizophrenia, delusional disorders. Psychogenic mental disorders, personality disorders. Addictions to psychoactive substances. Gerontopsychiatry. Organic mental disorders. Emergency psychiatry, problems of suicidality. Child and adolescent psychiatry. Therapy of mental disorders. Some legal and ethical issues in psychiatry. Nursing practice and work with a psychiatric patient.

Recommended or required literature:

1. Madarász, Š., Andráši. I., Šanta. M., Neurology for Health Professions, Tribun EU s.r.o., Brno, First Edition, ISBN 978-80-263-1425-7
2. HAGOVSKÁ, M. Overview of neurology and neurorehabilitation for physiotherapists. University teaching tests. Košice, 2014
3. MUMENTHALER, M., Basetti, C., DAETWYLER, C.: Neurological differential diagnostics. Translation of the 5th, revised and supplemented edition. City, 2008, p. 376 4. Lectures
4. RABOCH, J., Pavlovský P. a kol.: Psychiatrie, Karolinum, Praha, 2012
5. KOLIBÁŠ, E. a kol.: Všeobecná psychiatria. Bratislava: UK, 2007.
6. KRÍŽOVÁ, M., HLAUČO, S.: Psychiatria. Ružomberok : FZ KU, 2005.
7. ONDRŠIOVÁ, M.: Psychiatria.Martin: Osveta, 2005

Language of instruction:

Slovak language

Notes:

Notes

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 117

A	B	C	D	E	FX
2.56	6.84	22.22	20.51	47.01	0.85

Name of lecturer(s): MUDr. Peter Filipp
Last modification: 21.02.2022
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1010W/22	Course title: Nursing
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 12 / 12 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) practical tests in demonstrations on the discussed topics The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: Knowledge: knows the basics of nursing with a focus on rehabilitation and basic nursing care; • Skills: controls the measurement of physiological values and their recording. Gains skills in the practical application of ECG devices and in the use of modern devices associated with nursing and rehabilitation interventions. • Competences: The student masters preventive measures to prevent complications in immobile patients.	
Course contents: Nursing Nursing as a scientific discipline. Nursing departments, historical view of nursing. National Health Promotion Program. Characteristics of the need for respiration, nutrition, urinary and faecal excretion, hygiene. Characteristics of the need for self-sufficiency and self-care, sleep and rest, pain, physical activity. Satisfying needs by the method of the nursing process. Nursing process management, quality and audit of nursing care. Care for emptying and hygiene of the sick. Pressure ulcer prevention. Eating sick, feeding immobile sick. Working with central oxygen distribution. Measurement of physiological functions and records. Ethical aspects in nursing.	
Recommended or required literature: KOZIEROVÁ, B., ERBOVÁ, G., OLIVIEROVÁ, R. 2004.: Ošetrovateľstvo 1, 2. 2. slov. vyd. Martin : Osveta, 2004. 1474 s. ISBN 80-217-0528-0. 2. KRIŠKOVÁ, A. et al. 2006.: Ošetrovateľské techniky. 2. vyd. Martin : Osveta, 2006. 780 s. ISBN 80-8063-202-2. 3. MUSILOVÁ, M. a kol. 1993. :Vybrané kapitoly z ošetrovateľstva. Martin : Osveta, 193, 226 s. ISBN 80-217-0573-6.	

Language of instruction: Slovak					
Notes:					
Course evaluation: Assessed students in total: 134					
A	B	C	D	E	FX
29.1	25.37	23.88	12.69	8.21	0.75
Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD.					
Last modification: 02.09.2024					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1064W/22	Course title: Occupational Therapy
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 12 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the position of occupational therapy in the overall treatment program. He has an overview of occupational therapy procedures for selected diagnoses and skill in basic methods of occupational therapy • Skills: can apply adequate occupational therapy activity. Implements training in routine activities with the patient. Applies ergodiagnostic tests, creates an occupational therapy program, creates a suitable program for retraining and resocialization of the patient • Competences: can design barrier-free living conditions for the patient, can evaluate the safety standards of aids and the safety of sheltered workshops. 	
Course contents: <ol style="list-style-type: none"> 1. Basic concepts and history of occupational therapy. 2. Objectives, tasks, methods and classification of occupational therapy. 3. Therapeutic education for independence. Practical mastery of the compensating aid. Practical training of common daily activities. 4. Treatment by employment and elements of therapy by work activities in medical rehabilitation. 5. Work with paper, textiles and natural materials. 6. Methodical procedures of occupational therapy for individual diseases (neurology) 7. Methodical procedures of occupational therapy for individual diseases (traumatology) 8. Methodical procedures of occupational therapy for individual diseases (orthopedics, surgery) 9. Methodical procedures of occupational therapy for individual diseases (pediatrics) 10. Basic examination and elaboration of a therapeutic occupational therapy program. 11. Ergodiagnosics - tests usable in physiotherapy: Barthel's index, ADL, ASIA test, Brunnstrom test, self-service test, communication skills. 12. Scales for patient evaluation (Kurtski scale for multiple sclerosis) 	

Recommended or required literature:

JELENÍKOVÁ, J., KRIVOŠÍKOVÁ, M., ŠAJTAROVÁ, L. : Ergoterapie, Portál, Praha 2009. ISBN 978-80-7367-83-7.

GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GUTH, Bratislava.

KOLÁŘ, P. : Rehabilitace v klinické praxi, Galen, Praha, 2010.

WHO. Mezinárodní klasifikace funkčních schopností disability a zdraví. Grada Publishing a.s., Praha, 2001. ISBN 978-80-247-1587-2.

ŠVESTKOVÁ, O., PFEIFFER, J. 2009. Mezinárodní klasifikace funkčních schopností disability a zdraví. Výukový materiál. 1. LF UK a VFN v Prahe, Praha, 2009.

Language of instruction:

Slovak language

Notes:**Course evaluation:**

Assessed students in total: 116

A	B	C	D	E	FX
31.03	20.69	29.31	14.66	4.31	0.0

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD.

Last modification: 02.09.2024

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1048W/22	Course title: Orthopedics and Prosthetics
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1035W/22	
Requirements for passing the course: Terms of accomplishing the course: During the semester: presence on all lectures Final examination: written exam Hodnotenie predmetu: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% FX – 59%- 0%	
Learning outcomes of the course: Educational results: Aim of the course: To introduce students to basics of general and special surgery. To acquaint students with basics of orthopaedics and prosthesis, with focus on musculoskeletal system. Theoretic knowledge: Student has knowledge of orthopaedics and prosthesis. Practical abilities: Student is able to apply knowledge of all the newest diagnostic and therapeutic procedures in orthopaedics and prosthesis.	
Course contents: Base course structure: 1. Orthopaedics – term and conception of this discipline, history. 2. Birth defects and system illnesses. 3. Aseptic bone necrosis. 4. Chest and spine defects and deformities. 5. Chest and spine prosthesis. 6. Lower limb static defects. 7. Orthopedic surgery – overview.	

8. Amputations, exarticulatio, transplantations, replantations.
9. Cardiosurgery, Vascular surgery.
10. Prosthesis.
11. Plastic and correction surgery, hand surgery and prosthesis.
12. Neurosurgery.

Recommended or required literature:

1. BOBER, J. a kol.: Chirurgia I. II., Košice, 2007, 110+203 s., ISBN 8096949953
2. DUNGL, P. a kol.: Ortopedie. Praha : Grada, 2005, 1280 s., ISBN 8024705508
3. HROMÁDKOVÁ, J.: Fyzioterapie. H+H Vyšehradská, 2002, 428 s.
4. MALY, M. a kol.: Poranenie miechy a rehabilitácia. Bonus Real, 1999, 577 s., ISBN 8096820567
5. VOJTAŠŠÁK, J.: Ortopédia a traumatológia. Slovak Akademie Pres, 2006, 577 s. ISBN 8089104959
6. ZEMAN, M, a kol.: Chirurgická propedeutika, Praha, Grada, 2006, ISBN 8074697052

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 93

A	B	C	D	E	FX
45.16	23.66	18.28	6.45	6.45	0.0

Name of lecturer(s): MUDr. Viliam Kubas, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1044W/22	Course title: Paediatrics
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Qualifying subjects: without continuity. Requirements for passing the subject: during semester: attendance on lectures. Final evaluation: written exam. Evaluation of the subject: A – 100% to 93%, B – 92% to 85%, C – 84% to 77%, D – 76% to 69%, E – 68% to 60%, FX – 59% to 0%.	
Learning outcomes of the course: Main objective: characterize pediatrics as a medical field, its concept and relations with other medical fields. Theoretical knowledge: student has the knowledge about prevention, diagnostics and therapies of different diseases and health conditions in pediatrics. Practical skills: student can comprehend and illustrate the role of parents and the function of family unit for healthy child development in society in clinical practice.	
Course contents: 1. Definition of the medical field, historic evolution, interdisciplinary status, physiology of a child. 2. Physiology and pathology of a newborn. 3. Development of a healthy child. 4. Nutrition. 5. Diseases of individual systems in childhood and therapy. 6. Respiratory diseases, gastrointestinal diseases. 7. Hematological diseases, cardiovascular diseases. 8. Immunoalterative (immunological) diseases, endocrine and metabolic disorders. 9. Uropoetic and kidney diseases, congenital defects, acute (sudden) events, infectious diseases. 10. Physiology and pathology of newborn age, low birth weight newborn.	

11. At-risk child.
12. Skin diseases in infants. Disease prevention in childhood.

Recommended or required literature:

1. BUCHANEC, J. a kol.: Vademékum pediatria, Osveta, Martin, 2001
2. HRODEK, O., VARINEC, J. et al.: Pediatrie, Copyright, Galen. 2002
3. KRIŽAN, S.: Pediatria, Trnavská univerzita, SAP s.r.o. 2001
4. ŠAŠINKA, M., ŠAGÁT, T. a kol.: Pediatria I., II., SATUS s.r.o. Košice, 1998

Language of instruction:

Slovak language

Notes:

Subject is being taught only in summer semester and is being evaluated only in corresponding examination period of summer semester of the current academic year.

Course evaluation:

Assessed students in total: 94

A	B	C	D	E	FX
52.13	11.7	13.83	10.64	10.64	1.06

Name of lecturer(s): doc. MUDr. Viliam Žilínek, CSc.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1022W/22	Course title: Pathology and Pathological Physiology
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 0 hours per semester: 24 / 0 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1001W/22	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: Pathology is a scientific discipline dealing with changes in the human body during illness. It explains the origin and manifestations of individual diseases. Know the basic terminology in the field. Gain knowledge of general pathology about the pathomechanism of fever, inflammation, hypoxia, shock, stress, etc. About the change in the structure and function of individual organs during the disease. . • Skills: The student defines the nature of the disease and health, has knowledge of the etiology, pathogenesis and disease prevention, differences between hereditary, congenital and acquired disease, has knowledge of the pathology of inflammation, cell pathology, malignant cell transformation, thermoregulatory disorders, water and electrolyte management , about shock, collapse, stress, etc. He has knowledge of the pathogenesis of diseases of various organ systems. • Competences: In practice, he / she can apply theoretical knowledge about basic pathomorphological and functional changes of individual organs in disease processes to clinical practice and use it in assessing the patient's condition. 	
Course contents: Characteristics of the field, definition of the disease, health. Etiology, pathogenesis and disease prevention. The importance of heredity in the pathogenesis of diseases, stress. Inflammation (types and forms, inflammatory mediators), malignant cell transformation, pain. Fever, disorders of aqueous and electrolyte metabolism and the internal environment. Pathophysiology of shock, collapse states, syncope. Pathogenesis of atherosclerosis and heart disease. Pathophysiology of the vascular system, pathogenesis of hypertension. Pathophysiology of the respiratory system diseases of the respiratory system. Pathogenesis and diseases of the uropoietic system. Pathogenesis pathophysiology of endocrine diseases and diabetes mellitus. Pathogenesis of GIT disease and GIT disease. Pathogenesis of the blood and hematopoietic system. Pathogenesis of the musculoskeletal system.	

Recommended or required literature:

1. LACKO A., KALIŠ A. et al. Vybrané kapitoly z patológie pre nelekárske zdravotnícke odbory. Ruržomberok: KU vyd. Verbum, 2017.
2. PLANK, L., HANÁČEK, J., LAUKO, L. et al.: Patologická anatomia a patologická fyziológia pre nelekárske odbory. Martin: vyd. Osveta, 2007.
3. ROKYTA R. et al.: Fyziologie a patologická fyziologie pro klinickou praxi. Praha: Grada, 2015.

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 101

A	B	C	D	E	FX
32.67	4.95	28.71	14.85	17.82	0.99

Name of lecturer(s): prof. MUDr. Anton Lacko, CSc., MUDr. Adrian Kališ, PhD.

Last modification: 25.08.2025

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1011W/22	Course title: Pedagogy, Psychology and Sociology 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 3 / 1 hours per semester: 36 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral and written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of professional behavior and social communication. He understands personality as a bio-psycho-social being. He has knowledge of the characteristics, goals and principles of education with an emphasis on its specific aspects in the field of physiotherapy. • Skills: can apply knowledge and skills in everyday social and professional communication. In clinical practice, he uses communication knowledge, applies communication skills and experience, and applies and improves professional behavior in social interaction with the patient. He can apply practical skills that will help him analyze current ethical issues affecting the field of physiotherapist's work. • Competences: can make independent decisions in the performance so that it adheres to established and beneficial ethical principles - principles. He applies sociological knowledge in socio-technical solutions in the field of his practice in clinical practice. He understands personality as a bio-psycho-social being and can analyze psychological cognitive processes in individuals and transform them into a physiotherapeutic process. Implements effective education for healthy and sick people, while correctly applying the principles, principles and appropriate strategies of education 	
Course contents: <ul style="list-style-type: none"> • Sociology: The position of sociology in the system of sciences, subject, character and division of sociology. 2. Development of sociology and main sociological theories. 3. Social interaction and its types. 4. Social relationship and social networks. 5. Company. Typology of companies. Perception of society by various authors. 6. Culture and its components. Cultural ethnocentrism and cultural relativism. 7. Standards in society. Standards makers. Sanctions. Social control. 8. Elements of social structure - soc. status, soc. role and social institution. 9. Socialization. Sociological theories of socialization. 10. Social conformity, nonconformity and deviation. 11. Social institutions: marriage, 	

family, religion. 12. Health and disease from the point of view of sociology. and ethics. Ethics and communication with the patient

Psychology

Introduction to the study of the subject. 2. Subject, goals and tasks of psychology. Branches of psychology. 3. Psychological research methods. 4. Consciousness, unconsciousness. Biological and social determination of the human psyche. 5. Man as a bio-psycho-social being. 6. Cognition of personality. Mental processes. 7. Developmental psychology. 8. Medical psychology - subject, classification, goals and its tasks. 9. The impact of the disease on the human psyche. 10. Iatropathogenesis, sorrowigenia. Psychology of fear and anxiety. 11. Challenging life situations. Stress and stress management. 12. Mechanisms of mental adaptation. The importance of psychology in the healing process ..

Pedagogy

Subject and goals of pedagogy, pedagogical disciplines. 2. Characteristics, goals and principles of education. 3. Ethical and legal aspects of education. 4. Education and the process of change. 5. The importance of education in the profession of physiotherapist. 6. Determinants of education, barriers of education. 7. Motivation in education. 8. Methods, forms and means of education, use of the Internet in education. 9. Education and its focus in various forms of health care. 10. Education and its specifics in individual developmental periods of man, health education as a part of education. 11. Education in socio-cultural context. 12. Methodical aspects of preparation of educational materials.

Psychology exercises:

Self-awareness. Biological and social determination of the human psyche. 2. Activation-motivational personality traits. 3. Cognition of personality. 4. Characteristics of individual development periods. 5. Autoplastic picture of the disease. 6. The process of adaptation of the patient to the disease. 7. Man's relationship and attitude to the disease. Premorbid personality. 8. Iatropathogenesis, sorrowigenia. 9. Psychological problems of the seriously ill and dying. 10. Conflicts. Frustration. Deprivation. Stress and stress management. 11. Burnout syndrome. 12. The importance of psychology in the treatment process

Recommended or required literature:

1. ALMAŠIOVÁ, A. : Sociológia. Verbum, 2012.
2. BÁRTLOVÁ, S. : Sociologie medicíny a zdravotnictví. GRADA, 2005.
3. JANDOUREK, J. : Průvodce sociologií. Grada, 2008.
4. KELLER, J. : Dějiny klasické sociologie. Sociologické nakladatelství, 2007.
5. BAUMAN, Z. : Myslet sociologicky. Sociologické nakladatelství, 2010.
6. HERETIK, A.: Klinická psychológia. Nové Zámky : Psychoprof , 2007
7. JAKABČIC, I.: Základy vývinovej psychológie. Bratislava : Iris , 2002
8. KOPECKÁ, I. : Psychologie. 2. díl. Praha : Grada , 2012
9. VEREŠOVÁ, M. a kol.: Psychológia. Martin : Osveta , 2007
10. VYMĚTAL, J.: Lékařská psychologie. Praha : Portál , 2003
11. ZACHAROVÁ, E.: Základy psychologie pro zdravotnické obory . Praha: Grada Publishing, 2011
12. BAŠKOVÁ, M.: Výchova k zdraví. Martin: Osveta, 2009.
13. BENEŠOVÁ, D.: Gerontagogika: vybrané kapitoly. Praha: Univerzita J. A. Komenského, 2014.
14. DOENGES, M.E., MOORHOUSE, M.F.: Kapesní průvodce zdravotní sestry. Praha: Grada Publishing, 2001.
15. JUŘENÍKOVÁ, P.: Zásady edukace v ošetrovatelské praxi. Praha: Grada Publishing, 2010.
16. KOZIEROVÁ, B. a kol.: Ošetrovatel'stvo 1, 2. Martin: Osveta, 1995.
17. KRÁL, M., KRÁL, D.: Komunikace na počítači pro seniory. Praha: Grada Publishing, 2016.
17. MAGERČIAKOVÁ, M. 2022. Edukácia v profesii zdravotníckeho pracovníka. Ružomberok: Verbum, 2022, 187 s. ISBN 978-80-561-0949-6.
18. MAGERČIAKOVÁ, M.: Edukácia v ošetrovatel'stve 1. Ružomberok: Katolícka univerzita, Fakulta zdravotníctva, 2008.
19. MAGUROVÁ, D., MAJERNÍKOVÁ, L.: Edukácia a edukačný proces v ošetrovatel'stve. Martin: Osveta, 2009.
20. MACHOVÁ, J., KUBÁTOVÁ, D. a kol.: Výchova ke zdraví. Praha: Grada Publishing, 2009.
21. NEMCOVÁ, J., HLINKOVÁ, E. a kol.: Moderná edukácia v ošetrovatel'stve. Martin: Osveta, 2010.
22. PRŮCHA, J.: Alternativní školy a inovace ve vzdělávání. Praha: Portál, 2004.
23. PRŮCHA, J.: Moderní pedagogika. Praha: Portál, 2005.
24. ŠKRLA, P., ŠKRLOVÁ, M.: Kreativní ošetrovatelský manažment. Praha: Advent- Orion, 2003.
25. ŠPATENKOVÁ, N., SMÉKALOVÁ, L.: Edukace seniorů: geragogika a gerontodidaktika. Praha: Grada Publishing, 2015.
26. ZÁVODNÁ, V.: Pedagogika v ošetrovatel'stve. Martin: Osveta, 2005

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 127

A	B	C	D	E	FX
28.35	29.92	33.07	7.09	0.79	0.79

Name of lecturer(s): doc. PhDr. Zuzana Hudáková, PhD., PhDr. Mgr. Mariana Magerčíaková, PhD., MPH, MBA

Last modification: 06.09.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1021W/22	Course title: Pharmacology
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 0 hours per semester: 24 / 0 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written test The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. To successfully complete the final written examination, the student must obtain at least 60% of the total number of points. The overall evaluation of the student will consist of the evaluation of continuous control tests, evaluation of activity in exercises, evaluation of the final test. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: has knowledge of the roles of pharmacology, mechanism of action of drugs, pharmacokinetics and pharmacodynamics of drugs, their absorption, transport, biotransformations, excretion, their interrelationships and interactions, NUL, types of treatment, placebo therapy, research of new drugs, drug forms. He has knowledge of the pathophysiology of pain, treatment options and influencing pain in an alternative way. • Skills: can use knowledge of storage, ordering, distribution of drugs, labeling of drugs, routes, methods of drug administration, dosing of drugs, principles of handling and administration of drugs and mathematics in pharmacology. Masters the methods of influencing pain. • Competences: controls the systematization of pharmacotherapeutic groups as well as their profile. Masters the correct terminology of pain, works according to the principles of pain treatment. He can evaluate pain according to VAS, he can use kinesiotherapeutic procedures to relieve and eliminate pain. 	
Course contents: Pharmacology Introduction to the subject, history, definition and tasks of pharmacology, mechanism of action, drug interactions, pharmacokinetics, pharmacodynamics, agonism, antagonism, placebo therapy 2. NUL, types of treatment, new drugs, drug forms, resorption, transport, biotransformation, excretion 3. Basic terminology in pharmacology, routes of drug administration, drug dosing, principles and methods of drug administration, mathematics in pharmacology 4. Pharmacology of the nervous system 5. Pharmacology of the circulatory system 6. Pharmacology of the respiratory system 7.	

Pharmacology of the digestive system 8. Pharmacology of the endocrine system 9. Pharmacology of blood and hematopoietic organs 10. Pharmacology of enzymes and vitamins 11. Pharmacology of antibiotics and chemotherapeutics, antihistamines, antiseptics and disinfectants 12. Pharmacology of chemotherapy, principles of administration

Pathophysiology and pain therapy

1. Definition of pain. 2. Pathophysiology of pain. 3. Types of pain, pain diagnosis. 4. Pharmacotherapy of chronic pain. 5. Side effects of analgesics, opiates. 6. Malignant pain. 7. Benign pain. 8. Non-pharmacological therapy, acupuncture, homeopathy. 9. Acute pain, postoperative pain. 10. Care for chronic patients, palliative care. 11. Specifics of pain treatment in children. 12. Management of pain treatment in childhood.

Recommended or required literature:

1. Gadušová, M.: Vybrané kapitoly z farmakológie. Ružomberok, Verbum 2017
2. SLÍVA, J.: Farmakologie. Praha, Triton 2011
3. LULLMANN, H.: Barevný atlas farmakológie. Praha, Grada 2020
4. ROKYTA, R. a kol. : Bolest a jak s ní zacházet . Praha : Grada , 2009
5. JANÁČKOVÁ, L.: Bolest a její zvládání. Praha : Portál , 2007
6. KOLEKTIV AUTORŮ. : Vše o léčbě bolesti. Praha : Grada , 2006
7. MILOSCHEWSKY, D.: Analgetika: minimum pro praxi. Praha : Triton , 1999

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 114

A	B	C	D	E	FX
49.12	37.72	9.65	2.63	0.88	0.0

Name of lecturer(s): prof. MUDr. Anna Lesňáková, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1008W/22	Course title: Physiology
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows professional terminology, defines the basic physiological principles of homeostasis of the internal environment of the organism. It describes the physiological activity of organ systems, illustrates the nature of individual physiological processes. • Skills: can apply differences between non-specific and specific immunity, between enzyme and hormone, between autonomic and somatic nervous system, etc. Can interpret physiological changes at work and exercise. • Competences: can apply theoretical knowledge to clinical practice. He orients himself in organizing his theoretical knowledge into individual clinical disciplines, such as examination of blood elements, blood transfusion, active and passive immunization, blood pressure measurement, evaluation of heart activity according to heart sounds and ECG curves, functional examination of the lungs using spirometric examination. enzymes, hormones, examination of urine and kidney function, principles of proper nutrition, the effect of stress on the body, etc. 	
Course contents: <ol style="list-style-type: none"> 1. Characteristics of the subject, cell physiology, internal environment. 2. Physiology of blood. 3. Physiology of the cardiovascular and lymphatic system. 4. Physiology of respiration. 5. Physiology of the digestive system and nutrition. 6. Physiology of the excretory system. 7. Physiology of the endocrine system. 8. Physiology of the autonomic and somatic nervous system. 9. Physiology of thermoregulation, muscles and skin. 10. Physiology of the immune system and reproduction. 11. Physiology of nutrition and sensory organs. 	

12. Physiology of work and physical exercises.

Recommended or required literature:

1. ČALKOVSKÁ A. et al.: Fyziológia človeka pre nelekárske študijné programy. Martin: vyd. Osveta, 2010.
2. LACKO A. et al.: Vybrané kapitoly z fyziológie pre nelekárske odbory (prednášky). Ružomberok: KU vyd. : Verbum, 2017.
3. ROKYTA R. et al.: Fyziologie a patologická fyziologie pro klinickou praxi. Praha: Grada, 2015.

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 134

A	B	C	D	E	FX
58.21	5.22	14.93	13.43	7.46	0.75

Name of lecturer(s): prof. MUDr. Anton Lacko, CSc., prof. MUDr. Peter Kalanin, PhD., MPH, MBA, MUDr. Gabriela Hubená, PhD.

Last modification: 25.08.2025

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok					
Faculty: Faculty of Health Sciences					
Course code: KFYZIO/54F13S/22		Course title: Physioterapeutic Diagnostics			
Type and range of planned learning activities and teaching methods: Form of instruction: Recommended study range: hours weekly: hours per semester: Teaching method: on-site					
Credits: 5		Working load: 125 hours			
Recommended semester/trimester: 5., 6..					
Level of study: I.					
Prerequisites:					
Requirements for passing the course:					
Learning outcomes of the course:					
Course contents:					
Recommended or required literature:					
Language of instruction:					
Notes:					
Course evaluation: Assessed students in total: 75					
A	B	C	D	E	FX
49.33	16.0	17.33	8.0	8.0	1.33
Name of lecturer(s):					
Last modification:					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1032W/22	Course title: Physiotherapeutic Procedures in Clinical Disciplines 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 12 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the procedures of physiotherapy and their specifics in the medical fields of surgery, traumatology, orthopedics, internal medicine and rheumatology. He has detailed knowledge of injuries, diseases in the medical fields of surgery, traumatology and orthopedics, internal medicine and rheumatology. • Skills: can demonstrate practical skills in techniques, methods and methodologies of kinesiotherapy used in the medical fields of surgery, traumatology, orthopedics, internal medicine and rheumatology. Based on physiotherapeutic diagnostics, he can determine the rehabilitation plan and also evaluate its effectiveness. • Competences: can apply physiotherapeutic diagnostics in the medical fields of surgery, traumatology, orthopedics, internal medicine and rheumatology. Can implement physiotherapeutic procedures and apply kinesiotherapy in the above medical fields. 	
Course contents: Characteristics of physiotherapy in the relevant medical field. Anatomical-physiological, pathological and clinical aspects of selected most common diseases. Aims and tasks of physiotherapy, physiotherapeutic diagnostics, design of a complex physiotherapeutic program, selection of kinesiotherapy method, documentation, evaluation and practical implementation, in the fields of surgery, traumatology, orthopedics, internal medicine and rheumatology. I. Surgery, traumatology and orthopedics: 1. Physiotherapy in abdominal and gastrointestinal surgery and in thoracic surgery. 2. Physiotherapy in traumatology in bone and joint injuries. 3. Physiotherapy in traumatology after complicated injuries. 4. Physiotherapy in amputees. 5. Physiotherapy for poor posture. 6. Physiotherapy at TEP BK and TEP KK. 7 Arthroscopy .. II. Internal medicine: 8. Physiotherapy for cardiovascular diseases. 8. Physiotherapy in peripheral vascular diseases. 9. Physiotherapy for selected respiratory diseases.	

III. Rheumatology: 10. Physiotherapy in inflammatory rheumatic diseases. 11. Physiotherapy in degenerative joint diseases. 12. Physiotherapy for painful shoulder syndrome.

Recommended or required literature:

1. HALADOVÁ, E: Brno : Léčebná tělesná výchova. Národní centrum ošetrovatelství a nelékařských zdravotnických oborů , 2004. 134 s. ISBN: 8070133848
2. KOLÁŘ, P. et al.: Rehabilitace v klinické praxi. Praha: Galén, 2009. 713 s.
3. ŠKREČKOVÁ, G. a kol.: Fyzioterapeutické štandardy chirurgia, traumatológia. Horná Končatina. Vydavateľstvo Prešovskej univerzity, Prešov, 2020.
4. HROMÁDKOVÁ, J. a kol.: Fyzioterapie, Jinočany H&H, Praha, 1999.

Language of instruction:

Slovak

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 127

A	B	C	D	E	FX
78.74	17.32	1.57	1.57	0.0	0.79

Name of lecturer(s): Mgr. Marina Potašová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1057W/22	Course title: Physiotherapeutic Procedures in Clinical Disciplines 3
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites: KFYZIO/54F1047W/22	
Requirements for passing the course: Prerequisites: Physiotherapeutic procedures in clinical fields 2 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: defines the etiology and etiopathogenesis of diseases in the medical fields of gynecology and obstetrics and pediatrics. He knows the clinical signs of the disease in pediatric patients. He has basic information and knowledge about psychoprophylaxia during pregnancy and care for the mother at six weeks. I know physiotherapeutic procedures in conservative and surgical treatment of the uterus and in functional sterility. • Skills: can select appropriate kinesiotherapy methods and design a rehabilitation program for pediatric patients and in gynecology and obstetrics. He plans a rehabilitation goal, knows how to assess and evaluate rehabilitation treatment. • Competences: can implement kinesiotherapeutic procedures and methodologies for selected diagnoses in gynecology and obstetrics and in pediatric patients. Can design physical therapy and apply patient and parent education. 	
Course contents: Selection of kinesiotherapeutic methods, documentation, evaluation and practical implementation in the field: kinesiotherapy for functional reproductive disorders, functional sterility, conservative therapy of diseases of the female reproductive organs, surgical treatment of female reproductive organs. Physical education during pregnancy, fitness preparation for childbirth, instruction on exercise in the sixth week. Physical education of newborns and infants, regeneration of the organism and reeducation of motor abilities after childbirth. Specifics of rehabilitation in pediatrics, - physiotherapy of children with poor posture and muscle imbalance, physiotherapy for developmental errors and deformities of the musculoskeletal system, physiotherapy for scoliosis.	

Recommended or required literature:

1. KOPÁČIKOVÁ et.al.: Problematika zdravia žien so zameraním na klimaktérium. SAP, Bratislava, 2018
2. KOLAROVÁ, M: Poruchy postúry u detí v predškolskom veku a možnosť nápravy zdravotným cvičením. Dizertačná práca. Katolícka univerzita v Ružomberku, 2019.
3. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GUTH, Bratislava.
4. KOLÁŘ, P. Rehabilitace v klinické praxi, Galen, Praha, 2010.
5. HALADOVÁ, E: Brno : Léčebná tělesná výchova. Národní centrum ošetrovatelství a nelékařských zdravotnických oborů , 2004. 134 s. ISBN: 8070133848

Language of instruction:

Slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 115

A	B	C	D	E	FX
74.78	19.13	5.22	0.87	0.0	0.0

Name of lecturer(s): Mgr. Marina Potašová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1002W/22	Course title: Physiotherapeutic Diagnostics 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 2 hours per semester: 12 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: demonstrates theoretical knowledge of orientation on the human body, uses clinical examination procedures in FBLR, masters the examination of muscle imbalance, movement stereotypes and measurement of lengths, circumferences of the limbs and spinal motility. • Skills: masters practical skills in clinical and anthropometric examination in FBLR, assesses muscle imbalance and pathology of movement stereotypes. • Competences: can orientate on the human body, can use selected physiotherapeutic procedures in clinical examinations, can use palpation techniques and analyze muscle imbalance and movement stereotypes. 	
Course contents: Specific diagnostics in rehabilitation, functional approach to diagnostics. Orientation on the human body: anatomical position of man, anthropometric points, names of movements in the joints of the limbs and spine. Clinical examination in FBLR: Anamnesis, subjective examination, objective general and local examination (inspection, palpation). Examination of the quality and quantity of consciousness, examination of speech, patient position, constitution and nutrition. Examination of posture and gait. Anthropometry: measuring the lengths and circumferences of the limbs, chest, thigh. Caliper. Dynamometry. Measurement of spinal motility: Čepoj, Schober, Stibor, Thomayer, Fleche-Forestier, Otto indices. Examination of muscle imbalance. Examination of movement stereotypes.	

Recommended or required literature:

1. GÚTH, A. a kol., 1998. Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 1998, 400s. ISBN 80-88932-13-0.
2. GÚTH, A. a kol. 2005. Liečebné metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 2005, 468s. ISBN 80-88932-16-5.
3. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
4. KOLÁŘ, P., MÁČEK, M. et al. 2015. Základy klinické rehabilitace, Praha: Galén, 2015, 167s. ISBN 978-80-7492-219-0.
5. REICHERT, B. 2021. Palpační techniky: povrchová anatomie pro fyzioterapeuty, Praha: Grada Publishing, 2021, 408 s. ISBN 978-80-271-0670-7.

Language of instruction:**Notes:**

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 134

A	B	C	D	E	FX
32.09	32.09	22.39	7.46	4.48	1.49

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD., Mgr. Katarína Ondrejková

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1016W/22	Course title: Physiotherapeutic Diagnostics 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 2 hours per semester: 12 / 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1002W/22	
Requirements for passing the course: Determined courses: Physiotherapeutic diagnosis 1 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the anatomy and function of individual muscles according to the Muscle Test, can define hypermobility. • Skills: masters the application of the Muscle Test according to the examination of individual weakened and shortened muscles, can apply individual tests of hypermobility. • Competences: can examine shortened and weakened muscles according to the Muscle Test and manages the hypermobility test. 	
Course contents: General characteristics of the Muscle Test. Muscle test of mimic muscles. Lower limb muscle test - hip joint, knee joint, forelegs, foot, toes and thumb. Muscle test - upper limb - shoulder joint, elbow joint, forearm, hand, fingers and thumb. Muscle test - neck, torso, pelvis. Examination of the most commonly shortened muscles. Hypermobility examination.	
Recommended or required literature: <ol style="list-style-type: none"> 1. BINOVSÝ, J. 2013. Funkčná anatómia pohybového systému. Bratislava: Univerzita Komenského, 2013, 274 s. ISBN 978-80-223-3302-3. 2. GÚTH, A. a kol., 1998. Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 1998, 400s. ISBN 80-88932-13-0. 3. JANDA, V. 2004. Svalové funkční testy, Praha: Grada Publishing, 2004, 320 s. ISBN 978-80-247-0722-8. 4. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713 s. ISBN 978-80-7262-657-1. 5. TICHÝ, M. 2017. Funkční diagnostika pohybového aparátu. Praha: Triton, 2017, 94 s. ISBN 978-80-7553-307-4. 	

Language of instruction: slovak language					
Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.					
Course evaluation: Assessed students in total: 102					
A	B	C	D	E	FX
24.51	23.53	21.57	15.69	12.75	1.96
Name of lecturer(s): Mgr. Katarína Ondrejková, Mgr. Ivana Aštaryová, PhD.					
Last modification: 04.03.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1028W/22	Course title: Physiotherapeutic Diagnostics 3
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites: KFYZIO/54F1016W/22	
Requirements for passing the course: Determined courses: Physiotherapeutic diagnosis 2 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the range of motion of individual joints and can create an SFTR record, masters the theoretical knowledge of postural activity and reactivity, masters the examination procedure in case of musculoskeletal disorders. • Skills: masters the practical use of the goniometer in the examination of range of motion in individual joints, applies the examination of positional reactions and primitive reflexes, masters the examination of the deep stabilization system and can determine the musculoskeletal system, imaging imaging methods of the musculoskeletal system. • Competences: can analyze the range of motion of individual joints, can examine impaired function from a developmental point of view, can gain an overview of muscle breakdown and muscle loops, can analyze imaging tests. 	
Course contents: Goniometry (planes of the human body, SFTR method, SFTR method. Goniometry of the upper limbs - shoulder joint, elbow joint, wrist joint, fingers and thumb. Goniometry of the lower limbs - hip joint, knee joint, ankle joint, fingers and post. , reactivity and primitive reflexes Examination of deep stabilization system Examination of functional disorders of the musculoskeletal system Examination of muscle chain and muscle loops Examination of the temporomandibular joint (TMK) Auxiliary examination methods in physiotherapy: EMG, EEG, UZ, RTG, CT, MR.	

Recommended or required literature:

1. GROSS, J.- M., FETTO, J., ROSEN, E. 2005. Vyšetření pohybového aparátu. Praha: Triton, 2005, 599 s. ISBN 80-7254-720-8.
2. GÚTH, A. a kol., 1998. Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 1998, 400s. ISBN 80-88932-13-0.
3. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
4. LEWIT, K. 2003. Manipulační léčba v myoskeletální medicíně, Praha: Sdělovací technika, 2003, 411s. ISBN 80-86645-04-5.
5. TICHÝ, M. 2017. Funkční diagnostika pohybového aparátu. Praha: Triton, 2017, 94 s. ISBN 978-80-7553-307-4.

Language of instruction:

slovak language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 131

A	B	C	D	E	FX
22.9	31.3	22.9	15.27	5.34	2.29

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD., Mgr. Lenka Ondrušková

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1042W/22	Course title: Physiotherapeutic Diagnostics 4
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1028W/22	
Requirements for passing the course: Determined courses: Physiotherapeutic diagnosis 3 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: demonstrates the theoretical knowledge of the examination according to the method of R. McKenzie, Brügger, Brunnström, analyzes the algorithm of examination of individual joints of the upper and lower limbs. • Skills: masters the examination according to R. McKenzie, Brügger, evaluates the motor deficit according to Brunnström, analyzes the kinesiological analysis of individual peripheral joints. • Competences: can design treatment by examining the methods, can determine the specific kinesiological analysis of individual peripheral joints. 	
Course contents: Examination according to the author of the therapeutic method R. McKenzie. Examination according to the author of the therapeutic concept of Brügger. Examination according to the author of the therapeutic concept - Brunnström, tests of the quality of movement patterns and balance. Kinesiological analysis and examination algorithm of the upper limb - shoulder joint, elbow joint, wrist joint, hand, fingers and thumb. Kinesiological analysis and algorithm of lower limb examination - hip joint, knee joint, ankle joint, foot, toes and thumb.	

Recommended or required literature:

1. GÚTH, A. a kol., 1998. Vyšetrovacie metodiky v rehabilitácii pre fyzioterapeutov, Bratislava: LIEČREH GÚTH, 1998, 400s. ISBN 80-88932-13-0.
2. KOLÁŘ, P. 2009. Rehabilitace v klinické praxi, Praha: Galen, 2009, 713s. ISBN 978-80-7262-657-1.
3. LEWIT, K. 2003. Manipulační léčba v myoskeletální medicíně, Praha: Sdělovací technika, 2003, 411s. ISBN 80-86645-04-5.
4. PODĚBRADSKÁ, R. 2018. Komplexní kineziologický rozbor: funkční poruchy pohybového systému. Praha: Grada Publishing, 2018, 176 s. ISBN 978-80-271-0874-9.
5. RYCHLÍKOVÁ, E. 2008. Manuální medicína: průvodce diagnostikou a léčbou vertebrogenních poruch. Praha: Maxdorf, 2008, 499s. ISBN 978-80-7345-169-1.

Language of instruction:

slovak language

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 99

A	B	C	D	E	FX
37.37	17.17	15.15	11.11	15.15	4.04

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD., Mgr. Lenka Ondrušková

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1056W/22	Course title: Physiotherapeutic Diagnostics 5
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 24 / 24 Teaching method: on-site	
Credits: 4	Working load: 100 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites: KFYZIO/54F1042W/22	
Requirements for passing the course: Prerequisites: Physiotherapeutic diagnosis 4 final evaluation: oral exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: defines examination methods used in physiotherapy about current examination methods used in physiotherapy. He has knowledge of examination procedures used in physiotherapy for functional disorders of the axial system. Can compile algorithms for patient examination in individual clinical disciplines. He knows differential diagnosis. • Skills: can identify structural disorders, functional disorders and mixed disorders, describe and analyze them. Based on algorithms, he can design a physiotherapeutic treatment procedure, choose methods and means of kinesiotherapy. • Competences: can link imaging and differential diagnosis with the patient's musculoskeletal problem and determine the course of treatment. He can independently examine the patient's musculoskeletal system. Demonstrates observational skills and applies manual skills in the examination. 	
Course contents: Basic neurological examination: anamnesis, examination of muscle tone, reflexes, sensitivity, momentum, posture, gait, extinction. Special tests in neurology (ASIA test, Kurtzki scale, opposition neck). Examination of a patient with NCMP, peripheral paresis, multiple sclerosis, Parkinson's disease. Kinesiological analysis and algorithm of examination of the pelvis, SI joint and analysis of their functional disorders. Kinesiological analysis and algorithm of lumbar spine examination and analysis of functional disorders in intervertebral joints. Kinesiological analysis and algorithm of thoracic spine examination and analysis of functional disorders in intervertebral joints. Kinesiological analysis and algorithm of cervical spine examination and analysis of functional disorders in intervertebral joints. Examination of the patient after surgery in individual movement segments of the axial organ. Examination of the patient after chest surgery and application of special	

tests. Examination of the patient in internal medicine and application of special tests. Examination of the patient after upper and lower limb surgery.

Recommended or required literature:

Language of instruction:

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 115

A	B	C	D	E	FX
33.91	29.57	22.61	8.7	5.22	0.0

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok					
Faculty: Faculty of Health Sciences					
Course code: KFYZIO/54F14S/22		Course title: Physiotherapeutic Methods in Clinical Specializations			
Type and range of planned learning activities and teaching methods: Form of instruction: Recommended study range: hours weekly: hours per semester: Teaching method: on-site					
Credits: 5		Working load: 125 hours			
Recommended semester/trimester: 5., 6..					
Level of study: I.					
Prerequisites:					
Requirements for passing the course:					
Learning outcomes of the course:					
Course contents:					
Recommended or required literature:					
Language of instruction:					
Notes:					
Course evaluation: Assessed students in total: 75					
A	B	C	D	E	FX
48.0	12.0	24.0	6.67	8.0	1.33
Name of lecturer(s):					
Last modification:					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1047W/22	Course title: Physiotherapy procedures in clinical disciplines 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites: KFYZIO/54F1032W/22	
Requirements for passing the course: final evaluation: practical exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the etiology and etiopathogenesis of diseases in neurology, neurosurgery and geriatrics. He has a broad overview of clinical symptoms in neurology, neurosurgery and geriatrics. He has basic knowledge about the effects of the disease in selected clinical disciplines on the physical and mental health of the patient. • Skills: can set a rehabilitation program and plan a rehabilitation goal. Can combine kinesiotherapy methodologies, procedures and physical therapy. Analyzes treatment success. • Competences: can design physiotherapy and kinesiotherapy according to the stage of the disease in neurological, neurosurgical and geriatric patients. Can implement physiotherapy procedures and combine treatment methodologies in order to reduce the motor skills of patients. Can control the success of selected procedures, decide on a change of procedure. Demonstrates the impact of treatment (case report, survey). 	
Course contents: physiotherapy for vertebrogenic algic syndromes, physiotherapy for peripheral paresis, physiotherapy for cerebrovascular diseases (NCMP, subdural hemorrhage), physiotherapy for spinal cord diseases, specifics of physiotherapy in neurosurgery, physiotherapy after stabilization, extirpatio sequestorum microscopica, physiotherapy for cerebellar syndromes, - physiotherapy for degenerative and demyelinating CNS (Parkinson's disease, multiple sclerosis), specifics of rehabilitation in geriatrics, physiotherapy for immobilization syndrome, - physiotherapy for ststeos	

Recommended or required literature:

1. GÚTH, A. a kol.: Liečebné metodiky v rehabilitácii pre fyzioterapeutov, LIEČREH GUTH, Bratislava.
2. HROMÁDKOVÁ, J. a kol.: Fyzioterapie, Jinočany H&H, Praha, 1999.
3. KOLÁŘ, P. Rehabilitace v klinické praxi, Galen, Praha, 2010.
4. KOŽUCHOVÁ, M. et al.: Manažment domácej ošetrovateľskej starostlivosti II. Osveta, Martin. 2022
5. KOPÁČIKOVÁ et.al.: Problematika zdravia žien so zameraním na klimaktérium. SAP, Bratislava, 2018
6. KÁCIOVÁ, K.: Fyzioterapia v geriatrii, Osveta, Martin, 2003.

Language of instruction:**Notes:**

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 95

A	B	C	D	E	FX
65.26	14.74	9.47	8.42	0.0	2.11

Name of lecturer(s): Mgr. Marina Potašová, PhD., doc. PhDr. Zuzana Hudáková, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1065W/22	Course title: Postural Correction
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 5.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: Knowledge: has knowledge of the deep stabilization system, the nature, effects and the latest trends in posture correction methods and techniques, has knowledge of respiratory diseases and methods of physiotherapy for respiratory diseases • Skills: can use the knowledge of a deep stabilization system and master the latest methods and techniques for posture correction, can use them in clinical practice; can use modern methods of physiotherapy in respiratory diseases • Competences: masters the latest methods and techniques for posture correction, can use them in clinical practice, uses modern methods of physiotherapy for respiratory diseases in clinical practice	
Course contents: Brief syllabus: Postural correction Axis organ stabilization system. 2. Spiral dynamics. 3. Muscle balance in the braids of the upper and lower limbs. 4. Muscular torso balance. 5. Muscle balance in muscle chains. 6. Reciprocal relationships in muscles and joints. 7. Reciprocal relations in braids. 8. Reciprocal relationships throughout the body. 9. Disorders of muscle balance and reciprocal inhibition. 10. Pathological compensations. 11. Clinical applications. 12. Therapeutic influence of deep stabilization system. Exercises: Postural stability, correction standing, sitting, lying down, patient manipulation. 2. Spiral involvement of muscles in prototype activities. 3. Examination and treatment options for shortened and weakened muscles of the upper and lower limbs. 4. Examination and treatment options for shortened and weakened torso muscles. 5. Involvement of muscle loops in movement, exercise in open and closed chain. 6. Utilization of reciprocal inhibition in relation to movements in individual joints. 7. Utilization of reciprocal inhibition in upper and lower limb braids. 8. Use of reciprocal inhibition in the axial organ. 9. Detection of agonist and antagonist dysfunction in terms of muscle imbalance and reciprocal inhibition. 10. Detection of pathological compensation through movement	

stereotypes. 11. Application of means of compensation of muscle imbalance in clinical practice. 12. Conscious activation of the deep stabilization system through kinesiotherapy methods.

Respiratory physiotherapy

Respiratory physiotherapy - physiological nature and indication approaches. 2. Problems of the upper respiratory tract. 3. Respiratory hygiene techniques. 4. Autogenous drainage. 5. Neurophysiological stimulation of respiration. 6. Wind trainers. 7. Inhalation therapy. 8. Inhalation devices, their principle. 9. Climate therapy. 10. Speleotherapy. 11. Use of breathing apparatus. 12. Physical activity and inactivity and their impact on health.

Recommended or required literature:

1. KOLÁŘ, P. : Rehabilitace v klinické praxi, Galen, Praha, 2010.
2. SMIŠEK, R. : VI. datové DVD Svalové řetězce (anatomie, aktivace cvičením, uplatnění při chůzi)
3. SMIŠEK, R. : VIII. datové DVD Skolióza příčiny, léčba, prevence vzniku ISBN 978-80-87568-06-4
4. MÁČEK, M., SMOLÍKOVÁ, L.: Pohybová léčba u plicních chorob, Praha: Victoria publishing a.s. 1995
5. MÁČEK, M., SMOLÍKOVÁ, L.: Fyzioterapie a pohybová léčba u chronické obstrukční plicní nemoci, Praha: Vltavín, 2002

Language of instruction:

Slovak

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 115

A	B	C	D	E	FX
37.39	31.3	20.0	7.83	2.61	0.87

Name of lecturer(s): Mgr. Ivana Aštaryová, PhD.

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1037W/22	Course title: Preventive Medicine and Hygiene
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Determined courses: without succession During semester: There will be at least one written test during semester where students can get a maximum of 20 points. At the final exam (written/oral) student can get a maximum of 80 points. Students can obtain together 100 points. During the lectures student will analyse assigned topics. Final evaluation: Final marking will be on the basis of the points obtained from the tests during semester and in the exam period. Course evaluation: A – 100 %-93 % B – 92 %-85 % C – 84 %-77 % D – 76 %-69 % E – 68 %-60 % FX – 59 %- 0 %	
Learning outcomes of the course: The aim of the course: Through the acquired knowledge and skills to create a comprehensive and conceptual view of prevention, preventive medicine and hygiene in the public health complex, individual sections of public health - their characteristics, content and methods of work, be able to act conceptually and preventively and think about preventive medicine, hygiene and public health in terms of preventive health care and the overall goal. Theoretical knowledge: To know the general and specific principles of health prevention, the scope and objectives of hygiene and public health, be able to act preventively and think about the management of the health team, department and the whole facility in terms of health care, prevention and hygiene, providing education and training of health care workers, use of prevention in individual areas of health care. Practical knowledge: To be able to use knowledge from individual areas of preventive medicine and hygiene departments, to be able to ensure the quality of preventive health services in the field of environment, nutrition,	

hygiene of children and adolescents and preventive occupational medicine, their evaluation, including the importance of health for individuals and society.

Course contents:

The structure of the course:

1. Preventive medicine, hygiene - public health, characteristics, position, development
2. Characteristics of individual branches of public health - hygiene
3. Determinants of health and factors influencing health
4. General epidemiology and prevention of communicable diseases
5. Epidemiology of non-infectious diseases of civilization
6. Environmental hygiene - air, soil, water, noise, housing and settlements
7. Hygiene of medical facilities
8. Preventive occupational medicine man and work environment
9. Nutritional hygiene - rational nutrition, food evaluation, eating together, food production.
10. Hygiene of children and youth
11. Protection against ionizing radiation
12. National health promotion program, the state of public health in Slovakia

Recommended or required literature:

1. Rovný I.: Verejné zdravotníctvo, 125 p., Herba 2009
2. Šulcová, M., Čížnár, I., Fabiánová, E.: Verejné zdravotníctvo, Bratislava, Veda 2012
3. Legáth L. et al.: Pracovné lekárstvo, Osveta 2020
4. Domenik, J.: Preventívne lekárstvo a hygiena, Learning material, Faculty of Health care, CU, 2019
5. Bakoss et al.: Epidemiológia. Bratislava 2011, Univerzita Komenského, 520 p.
6. Šagát, T. et al.: Organizácia zdravotníctva, Osveta Martin, 2010

Language of instruction:

Slovak language

Notes:

This course is taught during the winter semester and is evaluated during the exam period of the winter semester.

Course evaluation:

Assessed students in total: 133

A	B	C	D	E	FX
45.11	15.04	18.8	14.29	6.77	0.0

Name of lecturer(s): doc. MUDr. Jozef Domenik, PhD., MPH

Last modification: 04.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok					
Faculty: Faculty of Health Sciences					
Course code: KFYZIO/54F11S/22		Course title: Professional Training			
Type and range of planned learning activities and teaching methods: Form of instruction: Recommended study range: hours weekly: hours per semester: Teaching method: on-site					
Credits: 5		Working load: 125 hours			
Recommended semester/trimester: 5., 6..					
Level of study: I.					
Prerequisites:					
Requirements for passing the course:					
Learning outcomes of the course:					
Course contents:					
Recommended or required literature:					
Language of instruction:					
Notes:					
Course evaluation: Assessed students in total: 76					
A	B	C	D	E	FX
43.42	26.32	22.37	6.58	1.32	0.0
Name of lecturer(s):					
Last modification:					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1009W/22	Course title: Reconditioning and Relaxation Exercises 1
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 3	Working load: 75 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: practis exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the goals and tasks of reconditioning-relaxation physical activities in the field of physiotherapy. • Skills: can apply the basics of physical education and sports in kinesiotherapy. Realizes professionalism in setting up exercise units aimed at improving fitness, mental relaxation and positive emotions when moving • Competences: can explain the nature, goals and tasks of reconditioning-relaxation exercises and other physical activities in relation to kinesiotherapy. 	
Course contents: Exercises: <ol style="list-style-type: none"> 1. Exercise unit, its characteristics, forms, tasks. 2. Construction of an exercise unit focused on reconditioning. 3. Construction of an exercise unit focused on relaxation. 4. Basic terminology used in physical education. 5. Stretching exercises before and after exercise. 6. Use of elements of basic gymnastics in reconditioning-relaxation exercise units. 7. Exercise in pairs with your own weight. 8. Strength exercises in pairs. 9. Use of tools and implements. 10. Swimming. 11. Ball games. 12. Selected sports games. 	

Recommended or required literature:

1. SEARLEOVÁ, S. – MEEUSOVÁ, C. 2003 : Pilates
2. UNGAROVÁ, A. 2003: Pilatesove cvičenia
3. NOVOTNÁ, N. : Gymnastika (Vybrané kapitoly). B. Bystrica : PF UMB, 2003. 121 s.
4. ŠEBEJ, F. 2001.: Strečing. Bratislava: TIMY, spol.s. r. o., 2001, ISBN 80 – 8065 -020 -9
5. VYSUŠILOVÁ. H. 2005. : Pilates – balanční cvičení. Praha: ARSCI, 2005, ISBN 80 -86078 -49 -3. 133 s.
6. PELIKÁN, H. 2001. : Terminológia gymnastiky. Bratislava : UKFTVŠ, 2001.

Language of instruction:

Slovak language or English language

Notes:

The course is taught only in the winter semester and is evaluated only in the relevant examination period of the winter semester of the academic year.

Course evaluation:

Assessed students in total: 134

A	B	C	D	E	FX
79.85	14.93	1.49	1.49	0.75	1.49

Name of lecturer(s): Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.

Last modification: 20.02.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1019W/22	Course title: Reconditioning and Relaxation Exercises 2
Type and range of planned learning activities and teaching methods: Form of instruction: Seminar Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites: KFYZIO/54F1009W/22	
Requirements for passing the course: Prerequisites: Reconditioning-relaxation exercise 1 Conditions for completing the course: During the semester: active participation in exercises, practical demonstrations, methodical approach to exercises. Final evaluation: participation in exercises during the semester, practical mastery of fitness exercises Course evaluation: A - 100% -93% B - 92% -85% C - 84% -77% D - 76% -69% E - 68% -60% FX - 59% - 0%	
Learning outcomes of the course: Course objective: Explain the nature, goals and tasks of reconditioning-relaxation physical activities in the field of physiotherapy. Learn to name and graphically represent movement elements and exercise shapes. Theoretical knowledge: The student explains the nature, goals and tasks of reconditioning-relaxation exercises and other physical activities in relation to kinesiotherapy. Practical skills: The student demonstrates skills in the basics of physical education and sports and applies them in kinesiotherapy. Demonstrates the use of physical activities in kinesiotherapy from gymnastics, rhythmic exercises and fitness training.	
Course contents: Exercises: 1. Mutual relations: TV and sports, reconditioning-relaxation exercises, kinesiotherapy. 2. Selected chapters from the theory of physical culture. 3. Roles and goals of basic gymnastics in the system of physical culture.	

<p>4. Distribution and characteristics of individual exercise elements without equipment.</p> <p>5. Division and characteristics of individual exercise elements with equipment.</p> <p>6. Terminology and nomenclature of individual exercises, in pairs, without tools and with tools.</p> <p>7. Skiing and its use in kinesiotherapy.</p> <p>8. Use of swimming in kinesiotherapy.</p> <p>9. Athletics and its use in kinesiotherapy.</p> <p>10. Use of tourism in kinesiotherapy.</p> <p>11. Use of sports games in kinesiotherapy.</p> <p>12. Movement games and competitions.</p>												
<p>Recommended or required literature:</p> <p>1. BURSOVÁ, M. 2005.: Kompenzační cvičení. Praha: Grada Publishing, a.s., 2005</p> <p>2. JURSIK, D. et al. 1993.: Teória a didaktika plávania. Bratislava: FTVŠ UK, 1993.</p> <p>3. SÝKORA a kol.: Didaktika TV SPN BA, 1983</p> <p>4. ŠEBEJ, F. 2001. : Strečing. Bratislava: TIMY, spol. s. r. o., 2001, ISBN 80 – 8065 -020 -9</p> <p>5. VYSUŠILOVÁ. H. 2005. : Pilates – balanční cvičení. Praha: ARSCI, 2005, ISBN 80 -86078-49 -3. 133 s.</p>												
<p>Language of instruction: Slovak language or English language</p>												
<p>Notes: The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.</p>												
<p>Course evaluation: Assessed students in total: 101</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX</th> </tr> </thead> <tbody> <tr> <td>77.23</td> <td>11.88</td> <td>4.95</td> <td>3.96</td> <td>0.0</td> <td>1.98</td> </tr> </tbody> </table>	A	B	C	D	E	FX	77.23	11.88	4.95	3.96	0.0	1.98
A	B	C	D	E	FX							
77.23	11.88	4.95	3.96	0.0	1.98							
<p>Name of lecturer(s): Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.</p>												
<p>Last modification: 04.03.2022</p>												
<p>Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.</p>												

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1050W/22	Course title: Research in Health Care
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 1 hours per semester: 24 / 12 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. The teacher has the right to change the written exam to an oral exam, which he must inform the students about. Every student has the right to a re-examination in accordance with the study regulations of CU FH.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of research, research methods - quantitative and qualitative. Masters research stages, research theory in physiotherapeutic care, basic terminology in research, ethics in research, basics of qualitative and quantitative research, stages and phases of research, research methodology, principles of presentation of research results. • Skills: can apply ethical and legal aspects in research work, prepare the final thesis, compile a research on the topic of semester and final work, critically assess their own and acquired documents, can present the methodology of their own work, compile individual research methods of data collection (questionnaire, survey, interview, case study, observation, document analysis), prepare the obtained data for statistical evaluation, process the results of the final work, prepare a presentation and present the final work, research results. • Competences: can publish research results. 	
Course contents: <ul style="list-style-type: none"> • 1. Research theory, research process and its stages - conceptual phase of research - definition of research problem 2. Research process and its stages - conceptual phase of research - overview of sources, theoretical framework, hypotheses 3. Working with literature, research sources and databases 4. Research process and its stages - design and planning phase - empirical phase 5. Research process and its stages - analytical phase - dissemination phase 6. Methods of collecting empirical data - questionnaire, observation, experiment, Case Study / Case study 7. Measurement and measuring tools 8. Statistical methods - deductive statistics 9. Statistical research methods - inductive statistics 10. Qualitative research 11. Publication of results and their presentation 12. Final thesis - Rector's directive KU no. č. VP-KU-35 	

Recommended or required literature:

1. HANÁČEK, J, JAVORKA, K. Vedecká príprava. Martin: Osveta, 2010. 220 s.
2. HOVORKA, D. a kol. Ako písať a komunikovať. Martin: Osveta, 2011. 247 s.
3. KATUŠČÁK, D. Ako písať vysokoškolské a kvalifikačné práce. Nitra: Enigma, 2009. 162 s.
4. KEITH F. PUNCH. Základy kvantitatívneho šetrení. Praha: Portál, 2008. 152 s.
5. LAJČIAKOVÁ, P. Ako spracovať výskum. Ružomberok: Verbum, 2010. 180 s.
6. MEŠKO, D., KATUŠČÁK, D., FINDRA, J. a kol. Akademická príručka. Martin: Osveta, 2005. 496 s.
7. SILVERMAN, D. Ako robiť kvalitatívny výskum. Bratislava: Ikar, 2005. 327 s.
8. Smernica dekana FZ o ukončení štúdia 9. Smernica rektora KU č. č. VP-KU-35
9. STAROŇOVÁ, K. Vedecké písance. Martin: Osveta, 2011. 246 s.

Language of instruction:

Slovak

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 93

A	B	C	D	E	FX
4.3	48.39	27.96	18.28	0.0	1.08

Name of lecturer(s): prof. MUDr. Peter Kalanin, PhD., MPH, MBA, doc. PhDr. Jozef Babečka, PhD.

Last modification: 28.01.2023

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1034W/22	Course title: Science of Nutrition and Dietetics
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Qualifying subjects: without continuity. Requirements for passing the subject: during semester: attendance on lectures. Final evaluation: written exam. Evaluation of the subject: A – 100% to 93%, B – 92% to 85%, C – 84% to 77%, D – 76% to 69%, E – 68% to 60%, FX – 59% to 0%.	
Learning outcomes of the course: Get basic knowledge about proper healthy nutrition, learn energetical side (perspective) of nutrition, ratio of main nutrients, importance of diet therapy, alternative diets. Theoretical knowledge: student gains knowledge about energetical (caloric) side of nutrition, knows the importance of diet therapy and alternative diet types. Practical skills: student is able to apply gained knowledge about proper healthy nutrition in relations with diseases, student can analyze fundamental principles of balance in nutrition and diet.	
Course contents: 1. Nutrition science in historical context. Basic principles of nutrition evaluation and nutritional (eating) disorders. 2. Nutrition assessment. Nutrient metabolism. Metabolism of vitamins, minerals and water. 3. Regulation of metabolism. 4. Basic nutritional (eating) disorders and its treatment. 5. Examination methods in nutritional (eating) disorders. 6. Principles of rational (healthy) nutrition amongst various age groups. 7. Nutrition and psychical and physical activity. 8. Diet therapy and dietary system. 9. Medical nutrition in various diseases. 10. Enteral nutrition. Parenteral nutrition. Combined enteral and parenteral nutrition in selected diseases.	

11. Treatment of disorders (disturbance) in water and mineral metabolism.
12. Alternative means of nutrition.

Recommended or required literature:

Slovak language

Language of instruction:

Notes:

Subject is being taught only in winter semester and is being evaluated only in corresponding examination period of winter semester of the current academic year.

Course evaluation:

Assessed students in total: 126

A	B	C	D	E	FX
37.3	15.08	24.6	14.29	8.73	0.0

Name of lecturer(s): doc. MUDr. Viliam Žilínek, CSc.

Last modification: 03.03.2022

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:

doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1081W/22	Course title: Seminar to Final Thesis 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 0 / 1 hours per semester: 0 / 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 4.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: The condition for completing the course is the active participation of the student during the program of concentration in spirituality, participation in discussions, work in groups, participation in cultural, spiritual-formation and volunteer activities. Final evaluation: Elaboration of an essay on 1 standard A4 page and its presentation at a personal colloquium. Course evaluation: Graduated / did not graduate Graduated: 60-100% Not completed: less than 60%	
Learning outcomes of the course: Objective of the course - aims of the course unit: Achieving the ability to distinguish between good and evil and gaining motivation to do good in the life of an adult Christian. Learning outcomes: After completing the course, the student will acquire the following: <ul style="list-style-type: none"> • Knowledge: The student has knowledge of the distinction between sin and virtue in human behavior and actions. • Skills: The student is able to distinguish good and evil in human behavior and actions. • Competences: The student is able to experience the Christian faith more personally through a truer distinction between good and evil and through a more concrete motivation to do good in the life of an adult Christian. 	
Course contents: Good and evil, sin and virtue. Good as an answer to evil. Virtues in the life of a Christian. "Modern sins" and "modern virtues." Sacramental Reconciliation.	

Recommended or required literature:	
1. Encyklika Jána Pavla II. 1995. EVANGELIUM VITAE o hodnote a nenarušiteľnosti ľudského života. Trnava: Spolok sv. Vojtecha, 1995.	
2. Encyklika Jána Pavla II. 1994. VERITATIS SPLENDOR o základných otázkach cirkevnej náuky o mravnosti. Trnava: Spolok sv. Vojtecha, 1994.	
3. YOUCAT Katechizmus pre mládež. 2011. Bratislava: Karmelitánske nakladateľstvo, 2011.	
Language of instruction:	
Slovak	
Notes:	
One study group consists of a maximum of 100 students, so that the students can be divided into small groups with the number of 10 members for the purpose of effective communication.	
Course evaluation:	
Assessed students in total: 90	
ABSOL	NEABS
98.89	1.11
Name of lecturer(s): Ing. Mgr. Milan Toman, ThLic. Mgr. Tomáš Gerboc, PhD.	
Last modification: 06.09.2023	
Supervisor(s):	
Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.	

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1082W/22	Course title: Seminar to Final Thesis 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: a) active student participation in classes b) final evaluation: written exam - test (60 - 100%). The final evaluation of the course corresponds to the verbal evaluation: Passed / Not completed. Credits will be awarded to a student who has obtained from the subject for meeting the specified conditions at least 60 out of 100%.	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: The student knows the basic literary-historical character of the Bible and is able to reproduce the basic elements of the message of each book. • Skills: The student is able to read a biblical text with understanding and on that basis engage in religious discourse. • Competences: The student reconciles individual biblical ideas and is able to understand the basic thought vectors of Western culture. 	
Course contents: The Bible - its literary character, basic content lines. The text of the Bible in its genetic and communicative nature; hermeneutic starting points. Geographical and historical-cultural context of the Bible. The message of the Old Testament books, literary, historical-theological hermeneutic assumptions of reading their text with understanding. The person of Jesus Christ as the center of the New Testament books. New Testament message; literary and historical-theological hermeneutic assumptions of reading their text with understanding.	
Recommended or required literature: <ol style="list-style-type: none"> 1. BIBLIA: Starý a Nový zákon. 2016. Trnava: Spolok Sv. Vojtecha, 2016, 3359 pp. ISBN 978-80-8161-220-6. 2. HERIBAN, J. 2020. Sväté písmo: Nový zákon / úvod k jednotlivým spisom a poznámky. Trnava: Spolok Sv. Vojtecha, 2020, 776 pp. ISBN 978-80-8161-435-4. 3. LENOX, J. C. 2021. Sedem dní, ktoré rozdeľujú svet: vznik vesmíru podľa Genezis a modernej vedy. Bratislava: Postoj Media, 2021, 215 pp. ISBN 978-80-89994-34-2. 4. TRSTENSKÝ, F. 2020. Štyri evanjeliá, jeden Kristus. Kežmarok: GG Kežmarok, 2020, 103 pp ISBN 978-80-89701-45-2. 	

Language of instruction: Slovak language	
Notes: The subject is presented only in the winter semester and is evaluated in the relevant examination period of the winter semester of the academic year.	
Course evaluation: Assessed students in total: 127	
ABSOL	NEABS
99.21	0.79
Name of lecturer(s): RNDr. PaedDr. Mária Nováková, PhD., MBA	
Last modification: 02.09.2025	
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhD. Zuzana Hudáková, PhD.	

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1083W/22	Course title: Seminar to Final Thesis 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: a) active student participation in classes b) final evaluation: active participation in classes, written exam - test (60 - 100%). The final evaluation of the course corresponds to the verbal evaluation: Passed / Not completed. Credits will be awarded to a student who has obtained from the subject for meeting the specified conditions at least 60 out of 100%.	
Learning outcomes of the course: Learning outcomes: <ul style="list-style-type: none"> • Knowledge: The student will acquire basic knowledge about the religious phenomenon and will know the basic attributes of Christianity in the context of other religions. • Skills: The student is able to distinguish the specifics of Christian identity and apply in cultural, ecumenical and interfaith dialogue. • Competences: The student is able to independently reflect on the essential features and truths of Christianity and communicate them. 	
Course contents: Theology – basic characteristics, meaning and goals, branches of theology God in the Christian tradition – God as Creator, attributes of God, how we know God Jesus Christ as the Son of God, Jesus’ teachings, the meaning of Jesus for a Christian, Jesus in the Bible The Holy Spirit and the Holy Trinity The Church – the first communities, the role of the Church, symbols and signs of the Church, the Church today – forms, communities Sacraments as signs of God’s grace Prayer and liturgy Sin and goodness – what is sin, types and consequences of sin, goodness as the goal of life, forgiveness Afterlife and the hope of a Christian	

Recommended or required literature:

1. EGGER, P. 2020. Svetové náboženstvá z kresťanského pohľadu. Nitra: Gorazd, 2020, 143 s. ISBN 978-80-89481-54-5.
2. Pápež František. 2019. Christus vivit. Praha: Karmelitánské nakladatelství, 2019, 127 s. ISBN 978-80-7566-167-8.
3. HRABOVECKÝ, P. 2020. Základy fundamentálnej teológie a religionistiky. Ružomberok: Verbum, 2020, 151 s. ISBN 978-80-561-0760-7.
4. Katechizmus Katolíckej cirkvi. 2007. Trnava: Spolok sv. Vojtecha, 2007, 918 s. ISBN 978-80-7162-657-2.
5. RATZINGER, J. 2007. Úvod do kresťanstva. Trnava: Dobrá Kniha, 2007, 305 s. ISBN 978-80-7141-562-6.
6. SARKA, R. 2010. Teológia náboženstiev kontexte minulosti a súčasnosti. Ružomberok: Verbum 2010, 180 s. ISBN 978-80-8084-578-0.
7. WALDENFELS H. 1999. Fenomén kresťanství. Kresťanská univerzalita v pluralite náboženství. Praha: Vyšehrad, 1999, 144 s. ISBN 80-7021-329-9.

Language of instruction:

Slovak language

Notes:

The course is taught only in the summer semester and is evaluated only in the relevant examination period of the summer semester of the academic year.

Course evaluation:

Assessed students in total: 99

ABSOL	NEABS
98.99	1.01

Name of lecturer(s): RNDr. PaedDr. Mária Nováková, PhD., MBA

Last modification: 09.02.2026

Supervisor(s):

Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1080W/22	Course title: Seminar to Final Thesis 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 1 hours per semester: 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Active participation in exercises. The student takes control tests during the semester. The test will focus on the issues that were covered in the last exercises. To successfully pass the control test, it is necessary for the student to achieve a minimum of 6 points from a maximum of 10 points. The result of the control test will be announced to the student after the end of the exercises or one day before the start of next exercises. If the student gets less than 6 points, he/she is evaluated Fx. If a student obtains two times Fx from control tests during the semester, he/she will not be admitted to the final exam due to the theoretical failure of the subject. The results of control tests will be part of the final overall evaluation of the student. During the semester, each student prepares a semester work on a predetermined topic, which he is obliged to submit according to the instructions of the teacher. After the end of the semester and the fulfillment of all conditions given by the teacher, each student passes a final written examination, which is aimed to verify the theoretical knowledge acquired during the semester. To successfully complete the final written examination, the student must obtain at least 80% of points. The overall evaluation of the student will consist of the evaluation of control tests, evaluation of the semester work, evaluation of the final written examination and evaluation of the activity in the exercises. The teacher has the right to change the written examination to oral, which he must inform in advance. The student has the right to correction term in accordance with the study regulations of Faculty of Health, CU Ružomberok.	
Learning outcomes of the course: Objective of the course - aims of the course unit: to master the principles of writing a final thesis and work with literature in accordance with the directive of the Rector of KU no. 2/2017 on the requisites of final, rigorous and habilitation theses, their bibliographic registration, control of originality, storage and access. Control: <ul style="list-style-type: none"> • standards, ethical principles and techniques of citation and work with bibliographic references. • principles of formal arrangement of the final work, the way of its presentation and publication. • basics of creating and using questionnaires, case reports and other research and research methods. • preparation of the obtained data for analysis, including the creation of a coding book. • basics of using inductive and deductive statistics 	

- basics of using MS Excel, MS Word, MS PowerPoint, IBM SPSS Statistics.

Theoretical knowledge: theoretically master the basic theory of writing a thesis, basic differences between types of work, rules of literature, ethics and ethics of citation, paraphrasing, basic principles of formal and content of the thesis, preparation of research, research, preparation for the use of research / research methods , data preparation for their analysis, basics of statistical analysis of obtained data and their correct interpretation, methods of preparation for effective presentation and presentation of obtained data and conclusions.

Practical skills: write the final thesis in accordance with the directive of the Rector of KU no. 2/2017, prepare a presentation of the final thesis, present their work and publish the results of their work within the defense of the final thesis and in professional periodicals.

Course contents:

Course contents:

1. Directive of the Rector of KU no. 2/2017 on the requisites of final, rigorous and habilitation theses, their bibliographic registration, control of originality, preservation and access - updated edition.
2. Basics of creating self-designed questionnaires, including electronic form in Google forms, creation of a coding book, coding of the obtained data and their preparation for analysis, use of standardized questionnaires.
3. Basics of creating a Case Study / case study, its analysis and methods of interpretation.
4. Basics of observation and experiment, creation of documentation and possibilities of their processing and interpretation.
5. Basics of analysis of obtained data using deductive statistics using MS Excel and interpretation options.
6. Basics of analysis of obtained data using inductive statistics using IBM SPSS Statistics and the possibility of their interpretation.
7. Creation of tables and graphs using MS Word and MS Excel.
8. Creation of presentations of obtained data within MS PowerPoint.

Recommended or required literature:

1. Smernica rektora KU č. 2/2017 o náležitostiach záverečných, rigorózných a habilitačných prác, ich bibliografickej registrácii, kontrole originality, uchovávaní a sprístupňovaní
2. HANÁČEK, J. - JAVORKA, K. Vedecká príprava. Martin : Osveta, 2010. .
3. HOVORKA, D. et al. Ako písať a komunikovať. Martin : Osveta, 2011.
4. KATUŠČÁK, D. Ako písať vysokoškolské a kvalifikačné práce. Nitra : Enigma, 2009.
5. MALÍKOVÁ, K. et al. Príprava a písanie záverečnej práce. Ružomberok : FZ KU, 2008.
6. MEŠKO, D. - KATUŠČÁK, D. - FINDRA, J. et al. Akademická príručka. Martin : Osveta, 2005.
7. STAROŇOVÁ, K. Vedecké písanie. Martin : Osveta, 2011.
8. TUREK, I. Ako písať záverečnú prácu. Bratislava : Metodicko-pedagogické centrum, 2005.
9. VYDRA, A. Akademické písanie. Trnava : Filozofická fakulta Trnavskej univerzity, 2010.
10. ŽIAKOVÁ, K. et al. Ošetrovatel'stvo teória a vedecký výskum. Martin: Osveta, 2009.

Language of instruction:

Slovak

Notes:

One study group consists of a maximum of 100 students, so that the students can be divided into small groups with the number of 10 members for the purpose of effective communication.

Course evaluation: Assessed students in total: 134	
ABSOL	NEABS
97.76	2.24
Name of lecturer(s): ThLic. Mgr. Tomáš Gerboc, PhD., Ing. Mgr. Milan Toman	
Last modification: 06.09.2023	
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.	

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1009Y/22	Course title: Slovenský jazyk 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 12 / 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 1.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: a) active participation in seminars b) final assessment (0-35) The number of points obtained for the final assessment is 35. Credits will be awarded to the student who obtained at least 60% of 35 points from the subject for fulfilling the specified conditions.	
Learning outcomes of the course: Knowledge - acquires basic knowledge of the grammatical structure of Slovak, acquires knowledge of declension and conjugation patterns and relevant vocabulary with an emphasis on developing communication competence (reading and listening with comprehension, speaking and writing at the beginner A2 level). Skills - can understand a short speech with an interview and a short professional text and a simpler structure, can adequately express himself on general and professional topics, is able to communicate orally and in writing at an appropriate level. Competences - can adequately apply acquired knowledge and skills in communication and work and personal relationships.	
Course contents: Basics of Slovak grammar (Slovak alphabet, Slovak pronunciation, noun - gender, grammatical cases, adjectives, pronouns, numerals, verbs). Vocabulary (addressing patients, human body, history, vital signs, symptoms, examination).	
Recommended or required literature: DRATVA, T., BUZNOVÁ, A. 1994. Slovenčina pre cudzincov. Bratislava: Slovenské pedagogické nakladateľstvo, 1994, 375 s. ISBN 978-80-223-3826-4. IVORÍKOVÁ, H. 2015. Krížom krážom: slovenčina A1 + A2. Cvičebnica: Bratislava: Univerzita Komenského v Bratislave, 2015, 203 s. ISBN 978-80-223-4552-1. PEKAROVIČOVÁ, J. 2005. Slovenčina pre cudzincov: praktická fonetická príručka. Bratislava: STIMUL, 2005, 244 s. ISBN 80-89236-04-9. ŠIMURKA, J. 2013. Slovenčina do vrečka. Nitra: EnigmaPublishing, 2013, 148 s. ISBN 978-80-8133-022-3.	

Language of instruction: Slovak					
Notes: The subject is taught and tested only in the winter semester					
Course evaluation: Assessed students in total: 0					
A	B	C	D	E	FX
0.0	0.0	0.0	0.0	0.0	0.0
Name of lecturer(s):					
Last modification: 31.08.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1010Y/22	Course title: Slovenský jazyk 2
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 12 / 12 Teaching method: on-site	
Credits: 1	Working load: 25 hours
Recommended semester/trimester: 2.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: a) active participation in seminars b) final assessment (0-35) The number of points obtained for the final assessment is 35. Credits will be awarded to the student who obtained at least 60% of 35 points from the subject for fulfilling the specified conditions.	
Learning outcomes of the course: Knowledge – develops knowledge of the grammatical structure of Slovak, acquires knowledge of declension and conjugation patterns, expands the vocabulary with an emphasis on developing communication competence (reading and listening with comprehension, speaking and writing at beginner B1 level). Skills - can understand longer speech with an interview and a longer professional text and a more complex structure, can adequately express himself on general and professional topics. He is able to express his opinions and attitudes in writing. He is able to engage in spontaneous conversation with native speakers and discuss familiar topics in his field. Competences - can apply acquired knowledge and skills in communication and work and personal relationships.	
Course contents: Slovak grammar (grammatical cases, adjectives, prepositions, conjunctions, verbs). Vocabulary (health problems, symptoms and signs, in the hospital, reception of patients, daily program of the patient, referral to a specialist, symptoms, examination, medical history, useful international terms).	
Recommended or required literature: DRATVA, T. ,BUZNOVÁ, A. 1994. Slovenčina pre cudzincov. Bratislava: Slovenské pedagogické nakladateľstvo, 1994, 375 s. ISBN 978-80-223-3826-4. IVORÍKOVÁ, H. 2015. Krížom krážom: slovenčina A1 + A2. Cvičebnica: Bratislava: Univerzita Komenského v Bratislave, 2015, 203 s. ISBN 978-80-223-4552-1. PEKAROVIČOVÁ, J. 2005. Slovenčina pre cudzincov: praktická fonetická príručka. Bratislava: STIMUL, 2005, 244 s. ISBN 80-89236-04-9. ŠIMURKA, J. 2013. Slovenčina do vrečka. Nitra: EnigmaPublishing, 2013, 148 s. ISBN 978-80-8133-022-3.	

Language of instruction: Slovak					
Notes: The subject is taught and tested only in the summer semester					
Course evaluation: Assessed students in total: 0					
A	B	C	D	E	FX
0.0	0.0	0.0	0.0	0.0	0.0
Name of lecturer(s):					
Last modification: 31.08.2022					
Supervisor(s): Person responsible for the delivery, development and quality of the study programme: doc. PhDr. Zuzana Hudáková, PhD.					

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Health Sciences	
Course code: KFYZIO/54F1035W/22	Course title: Surgery and Traumatology
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture Recommended study range: hours weekly: 2 hours per semester: 24 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: final evaluation: written exam (0 - 100) The number of points obtained for the final evaluation is 100. It corresponds to the classification scale of the evaluation. Credits will be awarded to a student who has obtained at least 60 out of 100 points from the course for meeting the specified conditions. Self-study 40 hours	
Learning outcomes of the course: <ul style="list-style-type: none"> • Knowledge: knows the basics of general and special surgery, orthopedics as a medical field, its concept and relationship to other fields • Skills: can apply knowledge of surgery and trauma surgery in physiotherapy practice. Can design, plan and evaluate kinesiotherapy procedures for patients in the surgical and orthopedic departments. • Competences: can apply knowledge of the latest diagnostic and therapeutic procedures in orthopedics and prosthetics 	
Course contents: <p>1. Surgery - concept and concept of the department, advanced departments of surgery. 2. Wound - physiology of wound healing, principles of treatment, disinfection and sterilization, asepsis and antisepsis, infection in surgery, local and general anesthesia, basics of resuscitation. 3. Examination methods in surgery, anamnesis, medical record, objective examination. 4. Basics of traumatology: injuries of bones and joints, soft tissue and muscle injuries, types, treatment, shock, polytraumas, post-traumatic complications. 5. Thermal injuries, burns, method of treatment. 6. Surgical procedures: preoperative preparation, postoperative care, healing complications and their prevention. 7. Injuries to limbs, fractures of the pelvis. 8. Peripheral nerve injuries. 9. Spinal injuries. Head injuries. Neck surgery. 10. General oncosurgery. 11. Chest injuries and operations, breast tumors. 12. Gastroenterosurgery.</p> <p>1. Orthopedics - Concept of the department, history. 2. Congenital malformations and systemic diseases. 3. Aseptic bone necrosis. 4. Errors and deformities of the chest and spine. 5. Prosthetics in diseases of the spine and chest. 6. Static errors of the lower limbs. 7. Orthopedic operations - overview. 8. Amputations, exarticulations, transplants, replantations. 9. Cardiac surgery. Vascular surgery. 10. Prosthetics. 11. Plastic and corrective surgery, hand surgery and prosthetics. 12. Neurosurgery.</p>	

Recommended or required literature:

1. BOBER, J. a kol.: Chirurgia I. II., Košice, 2007, 110+203 s., ISBN 8096949953.
2. DUNGL, P. a kol.: Ortopedie. Praha : Grada, 2005, 1280 s., ISBN 8024705508
3. HROMÁDKOVÁ, J.: Fyzioterapie. H+H Vyšehradská, 2002, 428 s.
4. MALY, M. a kol.: Poranenie miechy a rehabilitácia. Bonus Real, 1999, 577 s., ISBN 8096820567
5. VOJTAŠŠÁK, J.: Ortopédia a traumatológia. Slovak Akadémie Pres, 2006, 577 s. ISBN 8089104959
6. ZEMAN, M, a kol.: Chirurgická propedeutika, Praha, Grada, 2006, ISBN 8074697052

Language of instruction:

Slovak

Notes:**Course evaluation:**

Assessed students in total: 126

A	B	C	D	E	FX
48.41	22.22	18.25	5.56	4.76	0.79

Name of lecturer(s): MUDr. Viliam Kubas, PhD.**Last modification:** 04.03.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:
doc. PhDr. Zuzana Hudáková, PhD.