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## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD205B/22	<b>Course title:</b> Conditioning in athletics
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 1 <b>hours per semester:</b> 13 / 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2., 4.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the course: The condition for passing is active participation in lectures and exercises, which will be continuously evaluated. Active participation and completion of tasks and activities in lectures and exercises is required for the evaluation of the subject. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: The student will gain knowledge about developing fitness and coordination skills using athletic equipment; can plan and organize a training process focused on the development of movement skills. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> Has basic relevant knowledge about the development of movement abilities and athletic skills. <b>Skills:</b> Can effectively plan, manage and organize a process focused on the development of fitness skills using means of an athletic nature. <b>Competences:</b> The student can draw up a physical training plan for selected groups of pupils, students and adults. <b>Verification of the level of acquired knowledge, skills and competences:</b> Written examination of theoretical knowledge and evaluation of the seminar work of physical training.	
<b>Course contents:</b> Course contents: 1. Physical preparation and fitness of the athlete 2. Focus, content and forms of fitness athletics	

3. Current tendency in fitness athletics; peculiarities of fitness training of women in athletics
4. Development of endurance skills
5. Development of strength skills
6. Development of speed skills
7. Development of rebound explosiveness
8. Development of flexibility
9. Development of coordination skills
10. Determining the fitness level; testing the athlete's fitness level
11. Principles of creating fitness training programs in sports
12. Use of diagnostic tools in fitness athletics

**Recommended or required literature:**

Recommended reading:

Sedláček, J. et al., 2007. Fitness athletic training and recreational athletics. Bratislava: UK. ISBN 978-80-223-2288-1.

Cooper, K. H. 1986. An aerobic program for active health. Nitra: Sport.

**Language of instruction:**

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
71.43	0.0	28.57	0.0	0.0	0.0

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

**Last modification:** 12.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD205A/22	<b>Course title:</b> Continuous teaching practice 1 (Physical education)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The student listens to the physical and sports education classes and takes notes according to the instructions and control of the head of practice teachers in the scope of 24 teaching hours. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The objective of the subject is to gain practical experience while observing the real physical education process in primary and secondary schools. Students should learn to observe, analyze and write down in hospital records and pedagogical diaries the pedagogical and psychological aspects of the educational process. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: Knowledge: Familiarize yourself with pedagogical documentation, the overall operation of the school, the school's cooperation with parents, the work of an educational advisor, analyze basic documents - ŠVP, ŠkVP, curriculum and educational-thematic plans, curriculum standards, verify the implementation of specific methods of teaching physical education and sports . Skills: The student can record and analyze the observed physical education process and, in the subsequent discussion with the trainee teacher, acquire a self-reflective and critical image of the level of the physical education process of the subject physical and sports education lessons. Competences: Analyze the pedagogical process, i.e. the workload of pupils, the use of practice time, pedagogical styles and the activity of TVŠ teachers. Verification of the level of acquired knowledge, skills and competences: Evaluation of the submitted pedagogical documentation (24 hospital records) and, in cooperation with the trainee teacher, to	

analyze the lessons. The student is evaluated by the trainee teacher and the faculty teacher for the quality of the clinical records from the auditions and for one of his lessons.

**Course contents:**

Brief outline of the subject: Students observe the teacher's work in the lesson, the work and the curriculum, the choice of methods and means, as well as the level of management of the students' learning and learning activities. During the observation, the students also notice the way of evaluating student performances. In cooperation with a practice teacher, students prepare and teach one lesson.

**Recommended or required literature:**

Recommended reading:

Bebčáková, V. and Chovanová, E. 2013. Pedagogical practice in physical and sports education. PU in Prešov 131 p., isbn 978-80-555-0831-3.

Černotová, M. et al., 2010 manual for students and trainee teachers for pedagogical practice. Prešov: fhpv pu. ISBN 978-80-555-0155-0.

Černotová, M. et al., 2010. Trainee teachers. Prešov, fhpv pu. ISBN 978-80-555-0154-3.

Dousková, A. and Porubský, Š. 2004. Leading students in professional teaching practice. B. Bystrica: UMB.

col. author, 1999. Future teachers on continuous practice. Brno: Paido.

Kyriacou, Ch., 2007. Key skills of a teacher. Prague: Portal.

Mihálik, L., 1987. Lesson analysis. Bratislava: SPN.

Petlák, E., Komora, J.: Teaching in questions and answers. Bratislava: IRIS, 2003.

Petlák, E., Fenyvesiová, L.: Interaction in teaching. Bratislava: IRIS, 2009.

Petlák, E.: Pedagogic-didactic work of a teacher. Bratislava: IRIS, 2007.

Rys, S., 1977. Hospitace in pedagogical practice. Prague: SPN.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 6

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

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

**Last modification:** 10.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD208A/22	<b>Course title:</b> Continuous teaching practice 1 (Physical education)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 4	<b>Working load:</b> 100 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b> KTVS/Tv-MD205A/22	
<b>Requirements for passing the course:</b> Conditions for passing the course: The student performs his own pedagogical outputs in physical and sports education classes according to the instructions and control of the head of practice teachers in the scope of 24 teaching hours. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The objective of the subject is to gain practical experience in the implementation of one's own pedagogical outputs in elementary or secondary school. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: Knowledge: The student is able to prepare for lessons in physical and sports education at primary or secondary school. He can implement these preparations in practice. Skills: Graduates of the subject can appropriately use pedagogical communication, methods and forms of work in lessons, use basic pedagogical skills with the use of cross-subject relationships. Competences: The student is able to react readily and reasonably quickly to the personal and movement expressions of the trainees and is able to create movement training programs with a versatile and specialized focus. Verification of the level of acquired knowledge, skills and competences: Evaluation of pedagogical documentation and implementation of pedagogical outputs (24 teaching hours) and in cooperation with a trainee teacher to complete an analysis of teaching hours. The student is evaluated by the trainee teacher and the faculty teacher for the quality of the clinical records and pedagogical outputs.	
<b>Course contents:</b>	

Brief outline of the course: Students carry out their teaching practice under the supervision and in cooperation with a trainee teacher and practice coordinator at the faculty.

**Recommended or required literature:**

Recommended reading:

Bebčáková, V. and Chovanová, E. 2013. Pedagogical practice in physical and sports education. PU in Prešov 131 p., ISBN 978-80-555-0831-3.

Černotová, M. et al., 2010 manual for students and trainee teachers for pedagogical practice. Prešov: PU. ISBN 978-80-555-0155-0.

Černotová, M. et al., 2010. Trainee teachers. Prešov, PU. ISBN 978-80-555-0154-3.

Dousková, A. and Porubský, Š. 2004. Leading students in professional teaching practice. B. Bystrica: UMB.

col. author, 1999. Future teachers on continuous practice. Brno: Paido.

Kyriacou, Ch., 2007. Key skills of a teacher. Prague: Portal.

Mihálik, L., 1987. Lesson analysis. Bratislava: SPN.

Petlák, E., Komora, J.: Teaching in questions and answers. Bratislava: IRIS, 2003.

Petlák, E., Fenyvesiová, L.: Interaction in teaching. Bratislava: IRIS, 2009.

Petlák, E.: Pedagogic-didactic work of a teacher. Bratislava: IRIS, 2007.

Rys, S., 1977. Hospitace in pedagogical practice. Prague: SPN.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
57.14	0.0	14.29	0.0	0.0	28.57

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

**Last modification:** 16.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Uz-MD100S/22	<b>Course title:</b> Defense of the diploma thesis
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> <b>Recommended study range:</b> <b>hours weekly:   hours per semester:</b> <b>Teaching method:</b> on-site	
<b>Credits:</b> 15	<b>Working load:</b> 375 hours
<b>Recommended semester/trimester:</b> 3., 4..	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: Successful oral defense of the thesis. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Learning outcomes (knowledge, skills and competences): - The student can present the results of the thesis in front of the expert committee - Demonstrate theoretical skills related to the process of creating a diploma thesis, formulate starting points and motivation for choosing a completed diploma thesis - Can logically clearly present and defend significant findings, formulate recommendations for pedagogical practice. - He will be capable of logically and clearly presenting and defending significant findings, formulating recommendations for pedagogical practice. - He will be able to react and take his own position on reservations and evaluation from reviews.	
<b>Course contents:</b> Course contents: 1. The student will present his work in front of the expert committee (max. 10 min.) - he will justify the meaning and goal of his work, clarify the methodology and methods he used in his work and point out the results achieved. 2. After reading the reviews, he responds to the evaluation, takes a position on any reservations and answers the individual questions posed in the reviews. A discussion follows.	



**Recommended or required literature:**

Recommended reading:

GONDA, V. 2001. How to write and successfully defend a thesis. Bratislava: Elita, 2001. 117 p. ISBN 80-8044-075-1.

LIŠKA, V. 2010. Preparation and defense of bachelor's and diploma theses. Prague: Professional Publishing, 2010. 96 p. ISBN 978-8074-3102-18.

MEŠKO, D. – KATUŠČÁK, D. – FINDRA, J. et al. 2005. Academic Handbook. Martin: Osveta 2005. 496 p. ISBN 80-8063-200-6.

RYBÁROVÁ, Ľ. – CUPEROVÁ, J. – RYBÁROVÁ, D. 2009. Thesis writing methodology. Martin: Osveta, 2009. 82 p. ISBN 978-8080-633-165.

**Language of instruction:**

Slovak language

**Notes:****Course evaluation:**

Assessed students in total: 5

A	B	C	D	E	FX
40.0	20.0	40.0	0.0	0.0	0.0

**Name of lecturer(s):****Last modification:** 16.08.2022**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Uz-MD106A/22	<b>Course title:</b> Diploma thesis seminar 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: Participation in consultations with the thesis supervisor. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: Master the methodology and consolidate the skills of processing a diploma thesis on a selected topic, acquire skills in formulating a goal, drawing up an outline, collecting and processing data and their interpretation. Learning outcomes (knowledge, skills and competences): - The student will master the methodological and methodical procedures for creating a diploma thesis, - He will have an overview of suitable literary sources, procedures for processing the theoretical part of the thesis, - He will be able to create and compile a work outline, identify the main key concepts and categories for the successful preparation of the final work, - Can process a diploma thesis under the supervision of a supervisor.	
<b>Course contents:</b> Course contents: 1. Breakdown and analysis of selected suitable literary sources. 2. List of literature. 3. Work with literature. 4. Preparation of excerpt cards, etc. 5. Literature study and research.	

6. Preparation of the work outline.
7. Abstract, work descriptors and preliminaries.
8. Processing of the theoretical part of the work.

**Recommended or required literature:**

Recommended reading:

GAVORA, P. 2008. Introduction to pedagogical research. 4th edition Bratislava: Comenius University, 2008. 236 p. ISBN 978-80-223-2391-8.

GAVORA, P. et al. 2010. Electronic textbook of pedagogical research [online]. Bratislava, Comenius University 2010. Available at: <http://www.e-metodologia.fedu.uniba.sk/>

MEŠKO, D. – KATUŠČÁK, D. – FINDRA, J. et al. 2005. Academic Handbook. Martin: Osveta 2005. 496 p. ISBN 80-8063-200-6.

SILVERMAN, D. 2005. How to do qualitative research. Bratislava: Ikar – Pegas, 2005. 327 p. ISBN 80-5510-904-4

STAROŇOVÁ, K. 2011. Scientific writing. How to write academic and scientific texts. Martin: Osveta, 2011. 248 p. ISBN 978-80-806-3359-2.

Directive of the Dean of the Faculty of Education, KU no. 6/2020 on the completion of studies at PF KU in Ružomberok.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 5

A	B	C	D	E	FX
60.0	40.0	0.0	0.0	0.0	0.0

**Name of lecturer(s):**

**Last modification:** 12.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Uz-MD107A/22	<b>Course title:</b> Diploma thesis seminar 2
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 4.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: Participation in consultations with the thesis supervisor. Preparation and elaboration of the thesis. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: Master the basic methodological and methodical procedures for creating a diploma thesis. Learning outcomes (knowledge, skills and competences): - The student will be able to formulate and compile complete chapters of the diploma thesis, - Can put together a project for the implementation of the empirical part of the work, choose suitable research methods for obtaining and processing and evaluating the investigated phenomena, implement the empirical part, - Can apply theoretical knowledge creatively when creating and writing a diploma thesis.	
<b>Course contents:</b> Course contents: 1. Preparation for the practical part of writing the thesis. 2. Preparation and processing of research results, their analysis and interpretation. 3. Preparation of documentation (list of bibliographic references, illustrations, tables, appendices). 4. Creation of introduction, conclusion, recommendations for practice. 5. Final formal and linguistic editing of the thesis. 6. Principles of preparation for thesis defense.	

**Recommended or required literature:**

Recommended reading:

GAVORA, P. 2008. Introduction to pedagogical research. 4th edition Bratislava: Comenius University, 2008. 236 p. ISBN 978-80-223-2391-8.

GAVORA, P. et al. 2010. Electronic textbook of pedagogical research [online]. Bratislava, Comenius University 2010. Available at: <http://www.e-metodologia.fedu.uniba.sk/>

MEŠKO, D. – KATUŠČÁK, D. – FINDRA, J. et al. 2005. Academic Handbook. Martin: Osveta 2005. 496 p. ISBN 80-8063-200-6.

SILVERMAN, D. 2005. How to do qualitative research. Bratislava: Ikar – Pegas, 2005. 327 p. ISBN 80-5510-904-4

STAROŇOVÁ, K. 2011. Scientific writing. How to write academic and scientific texts. Martin: Osveta, 2011. 248 p. ISBN 978-80-806-3359-2.

Directive of the Dean of the Faculty of Education, KU no. 6/2020 on the completion of studies at PF KU in Ružomberok.

**Language of instruction:**

Slovak language

**Notes:****Course evaluation:**

Assessed students in total: 5

A	B	C	D	E	FX
60.0	40.0	0.0	0.0	0.0	0.0

**Name of lecturer(s):**

**Last modification:** 12.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD206B/22	<b>Course title:</b> Downhill skiing (ski instructor)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: Partial evaluation of the subject: Written test 30% Practical exam 70% Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Learning outcomes: The student knows the history of skiing in the world and in Slovakia. Control, nomenclature, classification scales of licenses, material equipment, knowledge of the terrain and its movement in winter in various weather conditions. He knows fitness and technical training in downhill skiing. Master the practical skills of using and maintaining equipment. It controls a specific way of moving in mountain and ski terrain, ways of calling for help. He knows the ways of teaching children in ski kindergartens and the functioning of the work of an instructor in a ski school. He knows skiing terminology in a foreign language (Polish, Russian, German, English...)	
<b>Course contents:</b> Course contents: 1. History, terminology, classification 2. Material and technical equipment 3. Principles of mountain safety 4. Basic skiing skills - improving technique 5. Visit to the ski service in the resort 6. Visit to the ski school 7. Hospitalization in a ski school	

**Recommended or required literature:**

Recommended reading

BLAHUTOVÁ, A. (2002). Technique and methodology of downhill skiing.

BLAHUTOVÁ, A. (2017). Skiing technique and didactics, Textbooks, KU, Ružomberok 2017

EGYHÁZY, A. (1988). Skiing – Basic ski training. Teaching texts for the training of trainers.

Sport, Bratislava 1988.

HELLEBRANDT, V. (2002). Technique and methodology of carving arches in downhill skiing.

University teaching texts. FTVŠ Bratislava 2002.

PRIBRAMSKÝ, M. (2002). Czech school of skiing. Carving. Prague: UK FTVS, 2002.

SOSNA, I. Carving and 1972. (2006). Snow 2006, No. 25, pp. 32-33.

SOUKUP, J. (1991): Skiing according to alpine ski schools. Prague, Olympia, 1991.

ŠTUMBAUER, J. - VOBR, R. (2007). Carving. České Budejovice: KOPP, 2007, 125 p.

ŽÍDEK, J. et al. (1993). Skiing. College scripts. Bratislava, UK 1993.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute.

37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).**Language of instruction:**

Slovak language

**Notes:****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):** Mgr. Ľuboslav Šiška, PhD.**Last modification:** 12.08.2022**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD202B/22	<b>Course title:</b> English sport terminology
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 1 <b>hours per semester:</b> 13 / 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 1., 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The student will demonstrate knowledge of the English sports terminology of the chosen sport in the form of one continuous written test in the middle of the semester, a test of knowledge of commonly used sports terms in the English language and a final test of a professional translation of the English text of the selected sport into Slovak (50%). Final assessment: total percentage gain from written examinations (50%), translation (50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%-0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide the student with basic knowledge of general English sports terms and terms and phrases of the chosen sport. Provide the student with instructions for working with an English translation and interpretation dictionary. Orient the student in professional English sports literature. Learning outcomes: Acquaintance and acquisition of English sports terminology. Mastery and understanding of professional sports texts of the chosen sport in English. After completing the subject Sports Terminology in English, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> - knows the basics of the English terminology of the chosen sport, - understands written English sports terms and phrases of the chosen sport, <b>Skills:</b> - can present selected English terms of some sports to students in a motivational way, - knows how to work with material and electronic translation English-Slovak and Slovak-English general and sports dictionaries,	



- knows how to work with material and electronic explanatory English-Slovak and Slovak-English sports dictionaries,
- can create a long-term database of English terms for physical and sports education and selected sports.

Competencies:

- can understand a simple professional text of the chosen sport written in English,
- knows the basic English terms of the chosen sport,
- orients himself in the English sports literature of the chosen sport.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of relevant knowledge, skills and competencies of the student is carried out as follows:

Knowledge is assessed by written tests on the command of English general sports terminology and the chosen sport.

The level of the student's skills and competences is determined by translating the Slovak professional text of the chosen sport into English.

**Course contents:**

Course contents:

1. English names of sports.
2. General English sports terms.
3. Parts of the body in English and their use in sports.
4. Movement in sports and body parts.
5. English terminology of the selected sport.
6. Forms of contemporary English terminology to students at school.
7. Checking the level of English sports terminology.
8. Examination of the ability to translate an English technical text from the selected sport into the Slovak language.

**Recommended or required literature:**

Recommended reading:

1. BÍNOVSKÝ, A. et al. 2012. Sports Medicine English-Slovak and Slovak-English Dictionary. Bratislava: Comenius University in Bratislava. 178 p. ISBN 978-80-223-3321-4. Available at: [https://fsport.uniba.sk/fileadmin/ftvs/kniznica/elektronicke\\_publikacie/slovniky/130411\\_Sportovo-medicinsky\\_slovník\\_KEGAw.pdf](https://fsport.uniba.sk/fileadmin/ftvs/kniznica/elektronicke_publikacie/slovniky/130411_Sportovo-medicinsky_slovník_KEGAw.pdf)
2. KANDRÁČ, R. 2017. English-Slovak dictionary of sports sciences. Prešov: Faculty of Arts and Faculty of Sports PU. 242 p. ISBN 978-80-555-1784-1.
3. KANDRÁČ, R., 2013. Slovak-English dictionary of sports sciences. Prešov: FŠ PU in Prešov. 155 p. ISBN 978-80-555-0922-8.
4. MAČURA, P. 2004. Slovak-English basketball dictionary. Bratislava: Association of Trainers of the Slovak Basketball Association. 98 p. ISBN 80-89197-16-7.
5. MAČURA, P. 2005. English-Slovak Basketball Dictionary. 106 p. Bratislava: Association of Trainers of the Slovak Basketball Association. ISBN 80-89197-32-9.
6. MAČURA, P. 2013. List of Sports Terms. Bratislava: Comenius University in Bratislava. 68 p.
7. MAČURA, P. et al., 2013. English for Slovak Sports Experts. Bratislava: Comenius University in Bratislava, FTVŠ UK in Bratislava. 420 p. ISBN 978-80-223-3493-8.
8. MAERTIN, J. ŠIMONEK, J. 2010. English Sports Terminology. Bratislava: PEEM. 102 p. ISBN 978-80-8113-022-9.
9. PERÁČKOVÁ, J. 2004. Slovak-English, English-Slovak translation dictionary of football terminology. Bratislava: PEEM. 240 p. ISBN 80-89197-03-5.
10. TÓTH, I. et al. 2003. English-Slovak Ice Hockey Dictionary. English-Slovak and Slovak-English dictionary of ice hockey. Bratislava: PEEM. 500 s. ISBN 80-88901-76-6.
11. HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.
12. HEALTH and movement. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:****Course evaluation:**

Assessed students in total: 5

A	B	C	D	E	FX
60.0	40.0	0.0	0.0	0.0	0.0

**Name of lecturer(s):** doc. PaedDr. Peter Mačura, PhD.**Last modification:** 10.08.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonar, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD200B/22	<b>Course title:</b> Free-time recreational athletics
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 1., 2..	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The condition for passing is active participation in the exercises, which will be continuously evaluated. To evaluate the subject, active participation and performance of tasks and activities in the exercises is required. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The student knows the influence of recreational athletics on the fitness and health of an individual; can set up and manage a recreational sports program using athletic equipment. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: Knowledge: Has basic relevant knowledge about the impact of physical activities of an athletic nature on an individual's health. Skills: Can effectively plan, manage and organize the process of recreational sports using athletic equipment. Competences: : The student can compile and apply a recreational sports plan for selected groups of pupils, students and adults. Verification of the level of acquired knowledge, skills and competences: Written examination of theoretical knowledge and evaluation of seminar work focused on recreational sports.	
<b>Course contents:</b> Course contents: 1. Movement activity in the life of a contemporary person 2. Risk factors, aging of the organism, factors of health preservation and extension of active age	

3. The influence of physical activity on human health
4. The specificity of the impact of endurance activities on an adult
5. Strength activities in recreational athletics
6. Flexibility and coordination activities in recreational athletics
7. Training and improving athletic walking
8. Application of continuous running at an even pace in nature
9. Fartlek (continuous running at an uneven pace in nature)
10. Application of strength activities of an athletic nature in recreational sports
11. Application of exercises to develop flexibility
12. Coordination skills in recreational sports
13. Use of diagnostic tools in recreational athletics

**Recommended or required literature:**

Recommended reading:

Sedláček, J. et al., 2007. Fitness athletic training and recreational athletics. Bratislava: UK. ISBN 978-80-223-2288-1.

Laczo, E. et al., 2014. Development and diagnosis of motor skills

(rozvoj\_diagnostika\_ps\_laczo\_2014.pdf). NŠC and UK Bratislava. ISBN: 978-80-971466-0-3.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
85.71	0.0	0.0	0.0	0.0	14.29

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

**Last modification:** 09.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD212A/22	<b>Course title:</b> Health physical education
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 1 <b>hours per semester:</b> 13 / 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: During the semester, the student prepares for the lesson on the chosen topic (25%), completes a methodical output on the given chosen topic (25%) and writes a final knowledge test (50%). The final evaluation consists of the sum of the percentage profit of the mentioned parts. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: Theoretically acquire knowledge, practically acquire skills implemented through methodical procedures of health physical education with a focus on health disorders, through pedagogical diagnosis and subsequent intervention (also with a preventive nature in terms of a healthy lifestyle). Learning outcomes: After completing the subject Health Physical Education, the student will acquire the following knowledge, skills and competences: Knowledge: knows and controls basic terminology from health physical education, knows how to characterize health disorders and their causal connections, knows preventive health measures. Skills: able to assess and diagnose basic functional disorders, practically show and correctly technically perform examples of corrective and compensatory exercises, create and develop exercise programs for health, practically apply preventive measures. Competences: the acquired knowledge and skills can process, evaluate and take preventive measures and at the same time use them in practice for different age groups, gender and according to health status. Verification of the level of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of ongoing preparation for classes according to the set topic,	

preparation for the lesson on the chosen topic, completion of a methodological output on the given topic and completion of the final knowledge test.

**Course contents:**

Course contents:

1. Health physical education - historical development, characteristics, position, goal, tasks, meaning and function.
2. Terminology of health physical education.
3. Pedagogical diagnostics in health and physical education.
4. Functional disorders and weakening of the support and movement system.
5. Weakening of the respiratory system.
6. Cardiovascular weakening.
7. Metabolic weakening.
8. Gynecological weakness.
9. Weaknesses of the digestive and excretory system.
10. Nervous, psychological and sensory impairments.
11. Educational process in health physical education, specifics of the lesson.
12. Means of health physical education, health exercises, principles of compensation, types of stretching.
13. Written test.

**Recommended or required literature:**

Recommended reading:

- Bendíková, E. 2011. Support and movement system, its function, diagnosis and prevention of disorders. B. Bystrica: UMB FHV, 2011, 132 p.
- Čermák, J. et al., 2003. My back doesn't hurt anymore. Prague, 3rd expanded edition, 2003.
- Dostálová, I., 2013. Health physical education in study programs of the Faculty of Physical Culture. Olomouc: UP, 2013.
- Hálková, J. et al., 2008. Health physical education: special teaching texts I. part - general. Prague: Czech Association Sport for all.
- Henešová, J., Jablonský, P. 2013. Movement system and regenerative exercises. Bratislava: MPC, 2013.
- Hošková et al., 2012. Vademecum health physical education. Prague: Nakladatelství Karolinum, 2012.
- Labudová, J., Thurzová, E. 1992. Theory and didactics of health physical education, Bratislava: FTVŠ UK, 1992.
- Labudová, J., Vajcziková, S. 2009. Sports activity in disorders of the organs of support and movement. SZ RTVŠ: Bratislava, 2009.
- Labudová, J. et al. 2011. Integration in physical education and sports. UK FTVŠ: Bratislava, 2011.
- Lenková, R., Boržíková, I. 2018. Health physical education. FŠ PU: in Prešov, 2018.
- Liba, J., 2010. Education for health. Prešov: PF PU, 2010.
- Kanásová, J., 2015. Developmental changes in functional disorders of the locomotor system of 11- to 15-year-old pupils and the possibilities of influencing them. Nitra: KTVŠ UKF, 2015.
- Kopecký, M., 2014. Didactics of health physical education. Olomouc: Palacký University, 2014.
- Véle, F., 2006. Kinesiology: an overview of clinical kinesiology and pathokinesiology for the diagnosis and therapy of disorders of the locomotor system. Prague: Triton. 1st edition, 2006.

**Language of instruction:**

Slovak language

<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 2					
A	B	C	D	E	FX
0.0	100.0	0.0	0.0	0.0	0.0
<b>Name of lecturer(s):</b> prof. PaedDr. Elena Bendíková, PhD.					
<b>Last modification:</b> 15.08.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD201B/22	<b>Course title:</b> Motor learning
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the course: During the semester, students take one partial and at the end of the semester a final exit written test. The final evaluation will consist of success (the sum of the highest profit) on partial amounts (max. 30%) and the final (max. 70%) written test. Subject evaluation: A - 100% - 93% B - 92% - 85% C – 84% - 77% D - 76% - 69% E - 68% - 60% FX - 59% - 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: To master the theoretical foundations of the necessary process of motor learning as important parts of human learning aimed at acquiring, improving and consolidating movement activities of a gym and sports nature. Learning outcomes: After completing the Motor Learning course, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student has mastered the theoretical foundations of the motor learning process and can understand them in broader contexts and in the context of their biological, physiological, psychological and pedagogical essence. <b>Skills:</b> The student can efficiently and creatively acquire acquired knowledge, experience and skills in improving the process of learning and improving specific movement activities in physical education and sports practice. He can integrate and process newly acquired knowledge, information and experience for the benefit of the development of the field and their practical use. <b>Competencies:</b> The theoretical knowledge is given to the student to effectively coordinate, solve problems, individualize and individualize procedures in the process of technical training of students, trainees	



and athletes. Acquired knowledge and experience using it in communication with an expert and as part of your further education.

Verification of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the following seminar work and written examinations during the semester teaching of the subject.

**Course contents:**

Course contents:

1. Motor learning – concepts and target categories.
2. Theories of motor learning – biological-physiological concepts.
3. Theory of motor learning – psychological and pedagogical concepts.
4. Types of motor learning.
5. The structure of motor learning from a biological, psychological and pedagogical point of view.
6. Phases of the motor learning process.
7. Management of the motor learning process.
8. Course of motor learning.
9. Results of motor learning.
10. Characteristics of abilities and skills, diagnosis of their development in the process of motor learning.
11. Presentation of the seminar work.
12. Knowledge written test.

**Recommended or required literature:**

Recommended reading:

Belej, M., 2001. Motor learning. Prešov: SVSTVŠ, FHPV PU. ISBN 80-8068-041-8.

Linhart, J., 1986. Basics of the psychology of learning. Prague: SPN. 1986.

Schmidt, R.A., Lee, T.D., 1999. Motor control and Learning a behavioral emphasis. University of California, Los Angeles. Human Kinetics Books, 3rd. Ed., ISBN 0-88011-484-3.

Schmidt, R.A., Lee, T.D., 2019. Motor learning and performance. Prague: Mladá fronta, ISBN 97-8802-044-716-6.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

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

**Name of lecturer(s):** prof. Mgr. Martin Zvonař, Ph.D.

**Last modification:** 09.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD200A/22	<b>Course title:</b> Pedagogical research methodology and pedagogical diagnostics
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 / 1 <b>hours per semester:</b> 26 / 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the course: During the semester, the student will develop a pedagogical research project on a given topic (50%) and write a final knowledge test (50%). The final evaluation consists of the sum of the percentage profit of the mentioned parts. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The objective of the subject is to provide the basics of methodological approaches to the investigation and understanding of the regularities of pedagogical and social phenomena. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> To acquire basic knowledge about pedagogical diagnostics, its essence, content and methods. Orient yourself in the functions of scientific knowledge, learn the basic concepts of research methodology and gain an overview of research information sources. <b>Skills:</b> Use scientific methods in solving research pedagogical and social problems. <b>Competences:</b> Master the use of basic pedagogical diagnostic methods and techniques. Verification of the degree of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of readiness for seminars according to the progress of work on his set topic and the level of his theoretical knowledge.	
<b>Course contents:</b> Course contents: 1. Quantitative and qualitative methodology of educational sciences and sports sciences.	

2. Educational research, its types, phases and process. Research methods with a focus on obtaining empirical data
3. Search and formulation of research problems, questions, hypotheses, transformed..
4. Types of research projects in sports.
5. Thought research methods and procedures in scientific research.
6. Citation and list of bibliographic references.
7. Final and qualifying theses.
8. Diagnostics in science and in practice. Diagnostics of a group, class, collective. Diagnostics of the teacher's work.
9. Diagnosis of family education. Diagnostics of the educational effect of the social environment.
10. Subjective conditions and their diagnosis. Special pedagogical causes of the pupil's educational and educational difficulties.
11. Research methods focusing on the interpretation of research results. Pedagogical experiment.
12. Pedagogical diagnostic methods. Study of documents and school documentation.
13. Review of acquired knowledge

**Recommended or required literature:**

Recommended reading:

Gavora, P.: Introduction to pedagogical research. Bratislava, UK 2008.

Jablonský, T.: Scientific research in pedagogy. In: Introduction to pedagogy. Trnava, TU 2007.

Juszczak, S.: Methodology of empirical research in social sciences. Bratislava, Iris 2003.

Ondrejko, P.: Introduction to social science research methodology. Bratislava, Science 2007.

Skalková, J.: Introduction to the methodology and methods of pedagogical research. Prague, SNP 1999.

Turek, I.: Teacher and pedagogical research. Bratislava, MC 1998.

Švec, Š.: Methodology of educational sciences. Bratislava, Iris 1998.

Kasa, J., Švec, Š. et al. 2006. Structure of the knowledge base of sports sciences. Bratislava: Comenius University in Bratislava. 266 p. ISBN 978-80-89197-65-1.

Kasa, J., Švec, Š. et al. 2007. Terminological dictionary of sports sciences. Bratislava: Comenius University in Bratislava. 270 p. ISBN 978-80-89197-78-1.

Kompolt, P.: Pedagogical diagnosis. Bratislava, UK 1992.

Kompolt, P. – Timková, B.: Pedagogical diagnostics and action research. Bratislava, UK 2010.

Gavora, P.: Pedagogical diagnosis of the pupil. What are my students like? Bratislava, Enigma 2010.

Svoboda, M.: Psychodiagnostics of children and adolescents. Prague, Portal 2009.

Zelinková, O.: Pedagogical diagnosis and individual educational program. Prague, Portal 2007.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 8

A	B	C	D	E	FX
50.0	12.5	25.0	0.0	0.0	12.5

**Name of lecturer(s):** PhDr. Gabriela Siváková, PhD.

**Last modification:** 15.08.2022

**Supervisor(s):**

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



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD210A/22	<b>Course title:</b> Refereeing in athletics
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The final assessment consists of the sum of the percentage assessment that the student received in the interim (max. 15%) and final (max. 50%) written test and the assessment of the head referee during the practical part of the exam - decision-making at the selected athletic event (max. 35%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of athletics decision-making, which enable them to perform the function of an athletics referee at all levels of domestic association, school and recreational competitions. Learning outcomes: After completing the course Decision-making in athletics, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student knows the general basics and principles of decision-making and has mastered the competition and technical rules of decision-making in athletic disciplines. He can apply his knowledge, experience and skills in organizing events and solving problems that arose in the process of preparing and implementing competitions. <b>Skills:</b> The student can actively cooperate in the preparation, implementation and evaluation of athletic events. When performing the function of referee, he is capable of solving problem situations that arose during the competition, independently or in cooperation with the head referee. <b>Competencies:</b>	

The student knows the rules, has acquired skills and gained experience in the field of decision-making in athletic competitions. He is qualified to act as an arbitrator and take ethical responsibility for his decisions. He is able to apply creative solutions when assessing problematic arbitration situations.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the results of written examinations during the semester teaching of the subject and its evaluation during the performance of the function in real refereeing practice.

**Course contents:**

1. Brief outline of the subject:
2. General bases and principles of decision-making – competition and technical rules.
3. Judging running competitions on the athletics track - smooth runs.
4. Judging running competitions on the athletics track - obstacle and relay races.
5. Judging of competitions outside the stadium - road, cross-country, mountain runs and athletic walking.
6. Judging competitions in the field - vertical and horizontal jumping disciplines.
7. Judging the competition in the field - throwing disciplines.
8. Decision making of multiple bouts.
9. Adjudication of indoor competitions.
10. Organization of athletic events.
11. Decision-making at an athletic event - practical part 1.
12. Decision-making at an athletic event - practical part 2.
13. Written knowledge test.

**Recommended or required literature:**

1. Rules of World Athletics 2020 – 2021 athletics competitions. Bratislava: VV SAZ. 2020.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 8

A	B	C	D	E	FX
12.5	50.0	12.5	0.0	12.5	12.5

**Name of lecturer(s):** prof. PaedDr. Jaromír Sedláček, PhD.

**Last modification:** 15.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD204B/22	<b>Course title:</b> Refereeing in beach-volleyball
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The final evaluation consists of the sum of the percentage evaluation that the student received in the final (max. 50%) written test and the evaluation of the head referee during the practical part of the exam - decision-making at the selected beach volleyball event (max. 50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of beach volleyball refereeing, which enable them to perform the function of a beach volleyball referee at all levels of regional association, school and recreational competitions. Learning outcomes: After completing the course Decision-making in beach volleyball, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student knows the general basics and decision-making principles of beach volleyball. He can apply his knowledge, experience and skills in the organization of a competitive event and in solving problems that arose in the process of preparing and implementing a competitive match. It controls the rules of beach volleyball and other competition regulations. <b>Skills:</b> The student can actively cooperate in the preparation, implementation and evaluation of a competitive beach volleyball event. When performing the function of a referee, he is capable of independently deciding a meeting at the regional level, in cooperation with the second referee, to solve problematic situations that arose during the match. He is able to write meeting minutes. <b>Competencies:</b>	

The student knows the rules, has acquired skills and gained experience in the field of decision-making in beach volleyball events. He is qualified to act as an arbitrator and take ethical responsibility for his decisions. He is able to apply creative solutions when assessing problematic arbitration situations.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the results of written examinations during the semester teaching of the subject and its evaluation during the performance of the function in real refereeing practice.

**Course contents:**

Course contents:

1. General basics and decision-making principles - generally about beach volleyball, information about AVR and SVF.
2. Decision-making principles in beach volleyball.
3. Interpretation of beach volleyball rules.
4. Minutes of the meeting - requirements, tasks of the arbitrator.
5. Competition rules.
6. Discussion, analysis of game situations.
7. Implementation instructions.
8. Test.
9. Decision-making at the beach volleyball event - practical part 1.
10. Decision-making at the beach volleyball event - practical part 2.
11. Decision-making at the beach volleyball event - practical part 3.
12. Decision-making at the beach volleyball event - practical part 4.
13. Written test and practical part of decision-making at volleyball events.

**Recommended or required literature:**

Recommended reading:

1. International beach volleyball rules available at: [https://avr-sr.sk/administracia/prilohy/dokument/pravidla\\_20172020.pdf](https://avr-sr.sk/administracia/prilohy/dokument/pravidla_20172020.pdf)
2. Rules of snow volleyball, minutes of the meeting and others available: <https://avr-sr.sk/pravidla/plazovy-volejbal/>

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

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

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

**Last modification:** 12.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD203A/22	<b>Course title:</b> Refereeing in floorball 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The final evaluation consists of the sum of the percentage evaluation that the student received in the final (max. 50%) written test and the evaluation of the head judge during the practical part of the exam - judging at the selected floorball event (max. 50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of floorball refereeing at the basic level, which enable them to perform the function of a floorball referee at all levels of regional association, school and recreational competitions. Learning outcomes: After completing the subject Decision-making in floorball 1, the student will acquire the following knowledge, skills and competencies: Knowledge: The student knows the general basics and decision-making principles of floorball. He can apply his knowledge. He controls floorball rules and other competition regulations. He knows how to define the necessary level of conditioning skills for a referee in floorball. Skills: When performing the function of a referee, he is capable of independently deciding a meeting at the regional level, solving problem situations that arose during the match. He is able to write meeting minutes. Competences: He is qualified to act as an arbitrator and take ethical responsibility for his decisions. He is able to apply creative solutions when assessing problematic arbitration situations. Verification of the level of acquired knowledge, skills and competences:	

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the results of written examinations during the semester teaching of the subject and its evaluation during the performance of the function in real refereeing practice.

**Course contents:**

Course contents:

1. Floorball rules - basics and decision-making principles of floorball, interpretation.
2. Movement system of the referee.
3. Penalties (2 min, 5 min, 2+10 min, CK 1-2-3 - measurement differences).
4. Communication (relationships referee - player, referee - coach, referee - spectator, referee - referee).
5. Game management (methods of conducting the match).
6. Emotions.
7. Technical parameters of the match.
8. Obligations towards the union.
9. Judging the floorball event - practical part 1.
10. Judging the floorball event - practical part 2.
11. Judging the floorball event - practical part 3.
12. Judging the floorball event - practical part 4.
13. Evaluation of the test and the practical part of decision-making at floorball events.

**Recommended or required literature:**

Recommended reading:

1. Floorball rules available at: <https://www.szfb.sk/sk/article/pravidla-floorbalu>
2. Minutes of the meeting: <https://www.szfb.sk/sk/article/tlaciva>

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 6

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

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

**Last modification:** 15.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD207B/22	<b>Course title:</b> Refereeing in floorball 2
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The final evaluation consists of the sum of the percentage evaluation that the student received in the final (max. 50%) written test and the evaluation of the head judge during the practical part of the exam - judging at the selected floorball event (max. 50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of floorball refereeing, which enable them to perform the function of a floorball referee at the national and international level. Learning outcomes: After completing the subject Decision-making in floorball 2, the student will acquire the following knowledge, skills and competencies: <b>Knowledge:</b> The student has theoretical knowledge of anti-doping issues and solutions to crisis situations during matches. The student masters the analysis of video footage of crisis situations during the match <b>Skills:</b> When performing the refereeing function, he is capable of independently refereeing a meeting at the national and international level. He is able to write the minutes of an international meeting. <b>Competences:</b> He is able to quickly and accurately take a stand and make a decision when assessing problematic refereeing situations. <b>Verification of the level of acquired knowledge, skills and competences:</b>	

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the results of written examinations during the semester teaching of the subject and its evaluation during the performance of the function in real refereeing practice.

**Course contents:**

Course contents:

1. Floorball development program.
2. Anti-doping rules in floorball.
3. Psychological aspects of decision-making in floorball.
4. Video analysis of critical situations in a game match.
5. Duties of a delegate in an international match.
6. Judging the floorball event - practical part 1.
7. Judging the floorball event - practical part 2.
8. Judging the floorball event - practical part 3.
9. Judging the floorball event - practical part 4.
10. Judging the floorball event - practical part 5.
11. Judging the floorball event - practical part 6.
12. Judging the floorball event - practical part 7.
13. Judging the floorball event - practical part 8.

**Recommended or required literature:**

Recommended reading:

1. Floorball rules available at: <https://www.szfb.sk/sk/article/pravidla-floorbalu>
2. International Floorball Federation (IFF): <https://floorball.sport/>

**Language of instruction:**

Slovak language

**Notes:**

**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):** doc. PaedDr. Peter Mačura, PhD.

**Last modification:** 12.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD215A/22	<b>Course title:</b> Refereeing in table tennis
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the course: The condition for passing is meeting the qualification requirements of the refereeing course and membership in the table tennis association. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of table tennis decision-making, which enable them to perform the function of a table tennis referee at the levels of domestic association, school and recreational competitions. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: Knowledge: Knows the basic rules of table tennis. Skills: Has the skills to make decisions and manage sports and recreational events in table tennis at the school and regional level. Competences: Have the ability to judge and officiate table tennis matches and events with reasonable impartiality. Verification of the level of acquired knowledge, skills and competences: Written exams on the rules and competition rules of table tennis	
<b>Course contents:</b> Course contents: 1. Table tennis rules for singles and doubles 2. Preparation of SSTZ competition regulations and the schedule of competitions of the respective KSTZ	

3. Profile of a table tennis referee during the refereeing of matches 4. Procedure of the referee's work at the table 5. Practical demonstrations and exercise 6. Written exams on rules and competition regulations					
<b>Recommended or required literature:</b> Recommended reading: Rules of table tennis; <a href="https://cornilleau-tabletennis.com.au/official-ittf-table-tennis-rules">https://cornilleau-tabletennis.com.au/official-ittf-table-tennis-rules</a>					
<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 2					
A	B	C	D	E	FX
50.0	50.0	0.0	0.0	0.0	0.0
<b>Name of lecturer(s):</b> prof. PaedDr. Jaromír Sedláček, PhD.					
<b>Last modification:</b> 15.08.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD209A/22	<b>Course title:</b> Refereeing in volleyball
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The final evaluation consists of the sum of the percentage evaluation that the student receives in the final (max. 50%) written test and the evaluation of the head referee during the practical part of the exam - decision-making at the selected volleyball event (max. 50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To provide students with the appropriate theoretical knowledge, practical experience and skills in the field of volleyball refereeing, which enable them to perform the function of a 1st class volleyball referee at all levels of regional association, school and recreational competitions. Learning outcomes: After completing the course Decision-making in volleyball, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student knows the general basics and decision-making principles of volleyball. He can apply his knowledge, experience and skills in the organization of a competitive event and in solving problems that arose in the process of preparing and implementing a competitive match. It controls the rules of volleyball and other competition regulations. <b>Skills:</b> The student can actively cooperate in the preparation, implementation and evaluation of a competitive volleyball event. When performing the function of a referee, he is capable of independently deciding a meeting at the regional level, in cooperation with the second referee, to solve problematic situations that arose during the match. He is able to write meeting minutes. <b>Competencies:</b>	

The student knows the rules, has acquired skills and gained experience in the field of decision-making in volleyball events. He is qualified to act as an arbitrator and take ethical responsibility for his decisions. He is able to apply creative solutions when assessing problematic arbitration situations.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of the results of written examinations during the semester teaching of the subject and its evaluation during the performance of the function in real refereeing practice.

**Course contents:**

Course contents:

1. General bases and principles of decision-making - generally about volleyball, information about AVR and SVF.
2. Principles of decision-making in volleyball.
3. Interpretation of volleyball rules.
4. Minutes of the meeting - requirements, tasks of the arbitrator.
5. Competition rules.
6. Discussion and case studies.
7. Activity of line judges, decision-making gestures.
8. Test.
9. Decision-making at a volleyball event - practical part 1.
10. Decision-making at a volleyball event - practical part 2.
11. Decision-making at a volleyball event - practical part 3.
12. Decision-making at a volleyball event - practical part 4.
13. Evaluation of the test and the practical part of decision-making at volleyball events.

**Recommended or required literature:**

Recommended reading:

1. Official volleyball rules available at: [https://avr-sr.sk/administracia/prilohy/dokument/oficialne\\_pravidla\\_volejbalu\\_2017\\_2020.pdf](https://avr-sr.sk/administracia/prilohy/dokument/oficialne_pravidla_volejbalu_2017_2020.pdf)
2. Methodical sheets available: <https://avr-sr.sk/pravidla/volejbal/>
3. [https://avr-sr.sk/administracia/prilohy/dokument/casebook\\_2020\\_sk\\_final.pdf](https://avr-sr.sk/administracia/prilohy/dokument/casebook_2020_sk_final.pdf)

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
57.14	0.0	14.29	14.29	0.0	14.29

**Name of lecturer(s):** doc. PaedDr. Peter Mačura, PhD.

**Last modification:** 15.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD203B/22	<b>Course title:</b> School preventive work with children and youth
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: Conditions for passing the subject: Continuous evaluation: preventive action plan: 0-10 points, seminar work and activities: 0-20 points, continuous test: 0-20. Final evaluation: final test in the scope of the thematic focus of the subject: 0-50 points. The final evaluation will be based on the total number of points obtained from the interim and final evaluation. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Learning outcomes: By successfully completing the subject, the student: <ol style="list-style-type: none"> <li>1. Acquire basic theoretical knowledge and terminological apparatus in the field of problematic and risky behavior of children and youth, socio-pathological phenomena in society and preventive work.</li> <li>2. He is able to differentiate on a theoretical level the basic distribution and characteristics of the most frequently occurring problems in the behavior of children and youth, their causes and possibilities of prevention.</li> <li>3. Applies theoretical knowledge to preventive work in school and outside it.</li> <li>4. Can assess the effectiveness of forms and methods of preventive work.</li> <li>5. Can analyze and evaluate primary and secondary prevention for children and youth, can navigate the possibilities of institutional assistance (CPPPaP, ÚPSVaR, PZ SR).</li> <li>6. Can create a plan for the school's preventive work and monitor the occurrence of sociopathological phenomena in children and youth.</li> </ol>	
<b>Course contents:</b> Course contents:	

Basic terminological apparatus, problematic and risky behavior. Etiology of sociopathological phenomena. Characteristics of the most widespread behavioral problems in children and youth. Primary, secondary and tertiary prevention, prevention of victimization. The position of the school in prevention, forms and methods of prevention, plan of preventive activities of the school. Competences and roles of pedagogical and professional school employees (especially prevention coordinator, educational advisor, school social pedagogue, class teacher) in the prevention of sociopathological phenomena and solving problem behavior. School cooperation with experts in prevention and problem solving. Cooperation between the school and the family in the prevention and solution of problem behavior. Solving behavioral problems in children and youth.

**Recommended or required literature:**

Recommended reading:

EMMEROVÁ, I.: Preventive and social-educational work with problem children and youth. Banská Bystrica: 2012.

EMMEROVÁ, I.: Current issues in the prevention of problematic behavior among pupils in the school environment. Banská Bystrica: 2011.

EMMEROVÁ, I.: Prevention of sociopathological phenomena in the school environment. Banská Bystrica: 2007.

EMMEROVÁ, I. – KOHÚTOVÁ, J.: Manifestations of Pupil Aggression towards Teachers in Elementary and Secondary Schools. In: The New Educational Review. 2017, 4.

HRONCOVÁ, J. – EMMEROVÁ, I. – HRONEC, M.: Social pathology and sociology of education for teachers. Žilina: 2017.

JANIŠ, K. st. – SKOPALOVÁ, J. – JANIŠ, K. Jr.: Dictionary of selected terms in the field of risk behavior prevention. Opava: 2017.

HRONCOVÁ, J. – EMMEROVÁ, I. – KROPÁČOVÁ, K. et al.: Preventive social-educational activity in school. Methodological guide for social educators and prevention coordinators. Banská Bystrica: 2013.

BĚLÍK, V. – HOFERKOVÁ, S.: Prevention of risky behavior in the school environment. For students of supporting fields. Hradec Králové: 2016.

KOPECKÝ, K. et al.: Risky forms of behavior of Czech and Slovak children in the Internet environment. Olomouc: 2015.

HOLLÁ, K. et al.: Prevention of cyberaggression and cyberbullying. Nitra: 2017.

Magazines: Prevention, Social pathology and Prevention, Educator, Social prevention

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
28.57	14.29	14.29	28.57	14.29	0.0

**Name of lecturer(s):** prof. PhDr. Ingrid Emmerová, PhD.

**Last modification:** 15.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD216A/22	<b>Course title:</b> Social and psychological training: assertivity
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The condition for graduation is active participation in the exercises, which will be continuously evaluated. To evaluate the subject, active participation and completion of tasks and activities in exercises is required.	
<b>Learning outcomes of the course:</b> Objective of the subject: Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student understands the social skill of assertiveness and can describe and define the possibilities of its application in the sports environment. <b>Skills:</b> The student acquires the ability to apply assertiveness as a necessary social skill. <b>Competences:</b> The student can use the assertiveness technique in a sports environment. <b>Verification of the level of acquired knowledge, skills and competences:</b> Verification of the degree of acquisition of relevant knowledge, skills and competences of the student is carried out on the basis of continuous evaluation of active participation and performance of tasks and activities in the exercises.	
<b>Course contents:</b> Course contents: 1. Assertiveness – definition of the term. 2. The importance of assertive behavior in the sports environment. 3. Principles of assertiveness. 4. Basic assertive rules. 5. Meaning and application of assertive rules in relation to the client and when working with the client. 6. Neutralization techniques.	

7. Practicing some ways of assertive reactions in an interactive form.

**Recommended or required literature:**

Recommended reading:

1. KOMÁRKOVÁ, R., SLAMĚNÍK, I., VÍROST, J. Applied social psychology III: social psychology training. Prague: Grada, 2005.
2. PRAŠKO, J., PRAŠKOVÁ, H. Assertiveness against stress. Prague: Grada Publishing, 2007.
3. LAHNEROVÁ, D. Assertiveness for managers. Prague: Grada Publishing, 2009.
4. PRAŠKO, J. Asseritivta v partnerství, Prague: Grada Publishing, 2005.
5. KOPŘIVA, P., NOVÁČKOVÁ, J., NEVOLOVÁ, D., KOPŘIVOVÁ, T. 2008. Respect and be respected. Spiral, 2008.

**Language of instruction:**

**Notes:**

**Course evaluation:**

Assessed students in total: 2

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

**Name of lecturer(s):** doc. PhDr. Angela Almašiová, PhD.

**Last modification:** 12.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD211A/22	<b>Course title:</b> Social and psychological training: communication
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The condition for graduation is active participation in the exercises, which will be continuously evaluated. To evaluate the subject, active participation and completion of tasks and activities in exercises is required.	
<b>Learning outcomes of the course:</b> Objective of the subject: Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student understands the theories of communication with an emphasis on respecting the individual characteristics of pupils, students and the adult population. <b>Skills:</b> The student will acquire communication skills in verbal and non-verbal communication. <b>Competences:</b> The student is able to respond readily and reasonably quickly to the personal expressions of students and athletes within the framework of communication. <b>Verification of the level of acquired knowledge, skills and competences:</b> Verification of the degree of acquisition of relevant knowledge, skills and competences of the student is carried out on the basis of continuous evaluation of active participation and performance of tasks and activities in the exercises.	
<b>Course contents:</b> Course contents: 1. Group discussion rules. Social communication. Theories of communication. 2. Defining communication. Steps to successful communication. Prerequisites for effective communication. 3. Active listening and its rules. Types of questions. 4. Perceptual errors. Communication disorders. 5. Nonverbal communication - its components and functions.	

6. Problematic statements in communication.
7. Properties of information and links.
8. Eight rules of dialogue.
9. Providing Feedback.
10. Practice of argumentation.
11. Prompt reactions.
12. Law of social significance.

**Recommended or required literature:**

Recommended reading:

1. SCHARLAU, C. Successful communication training. Prague: GRADA, 2010. ISBN 9788024733012.
2. SCHARLAU, C. Interviewing techniques. Prague: Grada, 2008. ISBN 9788024722344.
3. PEASE, A. Body language. Bratislava: Ikar, 2004. ISBN 8055106916.
4. MARKOVIČ, D. – MARKOVIČOVÁ, K. Communication in helping professions. In: ŽILOVÁ, A. et al. Social skills in helping professions. Ružomberok: Verbum, KU Publishing House, 2010. S. 35-45. ISBN 978-80-8084-589-6.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 2

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

**Name of lecturer(s):** doc. PhDr. Angela Almašiová, PhD.

**Last modification:** 10.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD218A/22	<b>Course title:</b> Social and psychological training: conflict fixing
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 4.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The condition for graduation is active participation in the exercises, which will be continuously evaluated. To evaluate the subject, it is necessary to prepare a written report on self-evaluation based on completed exercises.	
<b>Learning outcomes of the course:</b> Objective of the subject: Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student has knowledge of the theory of conflicts and ways of resolving conflicts within social interactions in the formal and informal environment of sports. <b>Skills:</b> The student can optimally solve model situations in the context of conflict resolution in sports, school and extracurricular environments. <b>Competences:</b> Based on the knowledge of the context and the theory of conflicts, the student is able to work not only as an individual, but also as a member of a team in the school and extracurricular sports environment. <b>Verification of the level of acquired knowledge, skills and competences:</b> Verification of the level of acquired knowledge, skills and competences will be carried out during the semester at each exercise and also in the framework of the prepared written report on self-evaluation.	
<b>Course contents:</b> Course contents: 1. Conflict situation. Types of conflicts. 2. Role conflict in the teaching profession. 3. The course of the conflict. 4. Conflict and communication.	

- 5. Behavior in a conflict situation.
- 6. Ways of managing conflicts.
- 7. Teacher-pupil and teacher-parent conflicts.

**Recommended or required literature:**

Recommended reading:

ONDRUŠEK, D., LABÁTH, V., TORDOVÁ, Z. 2004. Conflict, conciliation, conciliation councils. Bratislava: PDCS-Patterns for Democratic Change Slovakia.

KŘIVOHLAVÝ, J. 2008. Conflicts between people. Prague: Portal.

MOCHŇACKÁ, I. 2012. We playfully solve conflict situations. Bratislava: Methodological-pedagogical center: 2012.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 2

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

**Name of lecturer(s):** doc. PhDr. Angela Almašiová, PhD.

**Last modification:** 10.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD204A/22	<b>Course title:</b> Social and psychological training: self-knowledge
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The condition for graduation is active participation in the exercises, which will be continuously evaluated. To evaluate the subject, it is necessary to prepare a written report on self-evaluation based on completed exercises.	
<b>Learning outcomes of the course:</b> Objective of the subject: Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student understands the importance of self-evaluation and self-knowledge within social interactions in the formal and informal environment of sports. <b>Skills:</b> The student acquires sensitivity to others through developed sensitivity to himself and knows how to apply this knowledge in practice. <b>Competences:</b> Based on self-evaluation and self-knowledge, the student is able to work effectively not only as an individual, but also as a member of a team in the school and extracurricular sports environment. <b>Verification of the level of acquired knowledge, skills and competences:</b> Verification of the level of acquired knowledge, skills and competences will be carried out in the course of the semester at each exercise and also as part of the prepared written report on self-evaluation.	
<b>Course contents:</b> Course contents: 1. Self-knowledge and self-evaluation - defining. 2. Tendencies in self-evaluation. 3. The importance of self-knowledge and self-evaluation. 4. Temperament. 5. Ways of self-knowledge - practice: knowing yourself through your own eyes, comparison	

<p>self-knowledge and evaluation of one's own person through the eyes of others, as opposed to group production.</p> <p>6. Intuition and empathy.</p> <p>7. Self-assertion.</p> <p>8. Self-esteem, self-confidence, positive thinking.</p>					
<p><b>Recommended or required literature:</b></p> <p>Recommended reading:</p> <p>1. KOMÁRKOVÁ, R., SLAMĚNÍK, I., VÍROST, J. Applied social psychology III: social psychological training. Prague: Grada, 2005.</p> <p>2. BUDA, B.: Empathy. Nové Zámky: Psychoprof. 1994</p> <p>3. KOPŘIVA, K.: Human relationship as part of the profession. Prague: Portal. 2006.</p> <p>4. KŘIVOHLAVÝ, J.: How not to lose enthusiasm. Prague: Grada Publishing, 1998.</p> <p>5. GABURA, J: Social communication. Bratislava: Social work, 2004</p>					
<p><b>Language of instruction:</b></p>					
<p><b>Notes:</b></p>					
<p><b>Course evaluation:</b></p> <p>Assessed students in total: 7</p>					
A	B	C	D	E	FX
100.0	0.0	0.0	0.0	0.0	0.0
<p><b>Name of lecturer(s):</b> doc. PhDr. Angela Almašiová, PhD.</p>					
<p><b>Last modification:</b> 12.08.2022</p>					
<p><b>Supervisor(s):</b></p> <p>Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.</p>					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD200S/22	<b>Course title:</b> State final exam - Physical education
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> <b>Recommended study range:</b> <b>hours weekly: hours per semester:</b> <b>Teaching method:</b> on-site	
<b>Credits:</b> 16	<b>Working load:</b> 400 hours
<b>Recommended semester/trimester:</b> 3., 4..	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: The state exam can be taken by a student who has fulfilled the obligations set out in the accredited study program and the Study Regulations of the University of Ružomberok during the examination of the studies carried out in the last year of study. The state exam has the character of a colloquium. The grade will be included in the overall evaluation of the state exam. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the course: To check the student in a colloquial way that he is capable and able to manage the educational process in physical education and sports. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> Has deep, cross-sectional and relevant knowledge about the development of motor skills and general and special skills. He has knowledge about the peculiarities of the development of individuals. He masters the methodology, gnoseology and principles of pedagogical and special diagnosis of the educational process in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population. He masters the methodological foundations of empirical research in pedagogical sciences and sports sciences. <b>Skills:</b> He is able to independently plan, organize, lead and analyze the physical education process and sports training at ISCED level 2 and 3 in profile educational areas and specializations. He knows the biological, physiological, didactic and health laws of physical activity and sports performance with an orientation towards education for a healthy lifestyle. He has the skills to prepare, organize, manage and decide sports, social, educational and entertainment recreational events at the school,	

regional and national level. He has social-psychological training for effective conflict resolution in the physical education process.

Competences: Has professional competences for effective work in the social-scientific, professional-subject, information-communication technology, academic and managerial contexts of teaching, sports sciences and outdoor activities. He has the ability to react readily and reasonably quickly to the personality and movement expressions of the trainees and is ready to take responsibility for the safety and health protection of the participants in the physical education and sports process. He is able to create movement training programs with a versatile and specialized focus.

Verification of the level of acquired knowledge, skills and competences: Colloquial exam

**Course contents:**

Brief outline of the subject: Updated theses for the colloquial exam are published on the faculty's website no later than the beginning of the summer semester in the given academic year.

**Recommended or required literature:**

Recommended literature: According to the literature of the compulsory subjects of the given study program

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 2

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

**Name of lecturer(s):**

**Last modification:** 16.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD202A/22	<b>Course title:</b> Theory and didactics of outdoor sports 1 (downhill skiing, ice skating, ice hockey)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 4 <b>hours per semester:</b> 13 / 52 <b>Teaching method:</b> on-site	
<b>Credits:</b> 6	<b>Working load:</b> 150 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: During the semester, the student proves his theoretical knowledge in the fields of skating, ice hockey and downhill skiing in the form of written tests. Subsequently, he demonstrates practical skills in the field in the block form of teaching. Final assessment: cumulative percentage gain from the written test (30%) and practical skills (70%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to provide basic theoretical knowledge and practical skills to ensure teaching within school exercise courses in skating, ice hockey and downhill skiing at primary and secondary schools. Learning outcomes (knowledge, skills and competences): - The student will be able to define the basic performance structure and conditioning of ice hockey and downhill skiing. - He will master the training methodology of basic technical elements. - He will have an overview of the legal minimum when organizing school training courses. - Can demonstrate basic and advanced technical elements and guide students in an appropriate way during their training. - He will be able to progressively improve the technical maturity of students through preparatory and special exercises. - Will be able to solve problems with the equipment during the lesson - He will be able to design and manage an ice hockey and downhill skiing training course in primary and secondary schools while respecting age characteristics. Verification of the level of acquired knowledge, skills and competences:	

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject.

**Course contents:**

Course contents:

Skating and ice hockey

1. History of skating and ice hockey
2. Equipment characteristics (skates, hockey stick, clothing)
3. Rules of hockey
4. Basic stances and changes of direction (braking, acceleration, stopping), turns, pirouettes
5. Ice hockey practice methodology
6. Skating and hockey course

Downhill skiing

1. History of downhill skiing.
2. Safety on the mountains
3. Ski equipment.
4. Maintenance and preparation of downhill skis.
5. Downhill skiing technique.
6. Downhill skiing training, including the fulfillment of credits

**Recommended or required literature:**

Recommended reading:

BLAHUTOVÁ, A. (2017). Skiing technique and didactics, Textbooks, KU, Ružomberok 2017

TÓTH, I. et al. 2010. Ice hockey. Bratislava: FiDAT s.r.o., 392 pp. ISBN 978-80-970545-0-2.

BARTOŇ, B. 1982. Skating, figure skating, ice hockey, speed skating. Selected chapters from Didatika TV. Prague: SPN, 1982

FILC, J. - KRIŠKOVÁ, E. - STARŠÍ, J. 1994. Theory and didactics of skating and the basics of hockey.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 8

A	B	C	D	E	FX
62.5	12.5	0.0	0.0	12.5	12.5

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

**Last modification:** 12.08.2022

**Supervisor(s):**

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



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD207A/22	<b>Course title:</b> Theory and didactics of outdoor sports 2 (hiking, cycling, water tourism)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 4 <b>hours per semester:</b> 13 / 52 <b>Teaching method:</b> on-site	
<b>Credits:</b> 6	<b>Working load:</b> 150 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: During the semester, the student proves his theoretical knowledge in the areas of hiking, water and cycling tourism in the form of written tests. Subsequently, he demonstrates practical skills in the field in the block form of teaching. Final assessment: cumulative percentage gain from the written test (30%) and practical skills (70%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to provide basic theoretical knowledge and practical skills for teaching within school movement courses on tourism at primary and secondary schools and the organization and management of tourist activities at the level of an instructor of the first qualification level for the general public. Learning outcomes (knowledge, skills and competences): - The student will be able to define the basic forms of tourism and the fitness requirements for their implementation. - He will have knowledge about the organization of tourist activities within the physical education process. - He will have an overview of the most common accident conditions and first aid during hiking. - He will be able to ride a tourist boat, a bicycle and be able to apply the training methodology in the teaching process. - Will be able to solve problems with the equipment during the lesson. - He will be able to navigate both mountain and water terrain. - He will be able to design and manage a training course for hiking, water and cycling tourism at primary and secondary schools, as well as organize tourist activities for the general population.	



Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject.

Course contents:

Common ground

1. History, content and forms of tourism
2. Selection and preparation of tourist events - specifics
3. First aid, injuries and non-accident conditions during hiking

Hiking

1. Gear and equipment for hiking
2. Basics of field orientation
3. Danger in the mountains

Water tourism

1. Equipment for water tourism
2. Watercourse morphology, topography, river mileage and markings
3. Methodology of teaching driving on a tourist vessel

Cycling

1. Gear and equipment for cycling
2. Basic repairs and maintenance of the bicycle before and after the trip
3. Danger during the implementation of cycling activities

**Course contents:**

Objective of the subject:

The aim of the subject is to provide basic theoretical knowledge and practical skills for teaching within school movement courses on tourism at primary and secondary schools and the organization and management of tourist activities at the level of an instructor of the first qualification level for the general public.

Learning outcomes (knowledge, skills and competences):

- The student will be able to define the basic forms of tourism and the fitness requirements for their implementation.
- He will have knowledge about the organization of tourist activities within the physical education process.
- He will have an overview of the most common accident conditions and first aid during hiking.
- He will be able to ride a tourist boat, a bicycle and be able to apply the training methodology in the teaching process.
- Will be able to solve problems with the equipment during the lesson.
- He will be able to navigate both mountain and water terrain.
- He will be able to design and manage a training course for hiking, water and cycling tourism at primary and secondary schools, as well as organize tourist activities for the general population.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject.

Course contents:

Common ground

1. History, content and forms of tourism
2. Selection and preparation of tourist events - specifics
3. First aid, injuries and non-accident conditions during hiking

Hiking

1. Gear and equipment for hiking
2. Basics of field orientation
3. Danger in the mountains

Water tourism

1. Equipment for water tourism
2. Watercourse morphology, topography, river mileage and markings
3. Methodology of teaching driving on a tourist vessel

Cycling

1. Gear and equipment for cycling
2. Basic repairs and maintenance of the bicycle before and after the trip
3. Danger during the implementation of cycling activities

**Recommended or required literature:**

Recommended reading:

MICHAL, J. 1998. Selected chapters from seasonal activities. PF UMB 1998 p.108 ISBN 80-85162-99-7

HEJL, I. 1990. Tourism in the mountains. Prague: Olympia, 1990.

NEUMAN et al. 2000. Tourism and outdoor sports. Prague, Portal 2000.

SÝKORA, B. et al. 1986. Tourism and sports in nature. Prague: SPN, 1986.

KOMPÁN, J.- GORNER, K. 2007. Possibilities of applying tourism and physical activities in nature. FHV UMB ISBN 80-8083-365-7.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 7

A	B	C	D	E	FX
71.43	14.29	0.0	0.0	14.29	0.0

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

**Last modification:** 16.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD214A/22	<b>Course title:</b> Theory and didactics of outdoor sports 3 (alpine hiking and ski tourism)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 4 <b>hours per semester:</b> 13 / 52 <b>Teaching method:</b> on-site	
<b>Credits:</b> 6	<b>Working load:</b> 150 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: During the semester, the student proves his theoretical knowledge in the areas of high-altitude tourism and ski tourism in the form of written tests. Subsequently, he demonstrates practical skills in the field in the block form of teaching. Final assessment: cumulative percentage gain from the written test (30%) and practical skills (70%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to provide basic theoretical knowledge and practical skills to ensure teaching within school exercise courses in alpine tourism and ski tourism (cross-country skiing) at primary and secondary schools and the organization and management of tourist activities at the level of an instructor of the first qualification level for the general public. Learning outcomes (knowledge, skills and competences): <ul style="list-style-type: none"> <li>- The student will be able to define the safety of movement in alpine terrain and winter nature.</li> <li>- He will have knowledge about the necessary equipment and weapons for alpine and ski tourism.</li> <li>- He will have an overview of the basics of meteorology and bivouac in mountain terrain.</li> <li>- He will master the basic and advanced technical elements of riding on cross-country and skiing skis and the training methodology.</li> <li>- He will have basic climbing skills on artificial and natural walls and will master the basics of belaying and rappelling.</li> <li>- Will be able to solve problems with the equipment during the lesson.</li> <li>- Will be able to design and manage a tourist training course at primary and secondary schools as well as organize tourist activities for the general population.</li> </ul> Verification of the level of acquired knowledge, skills and competences:	

Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject.

**Course contents:**

Course contents:

High mountain tourism

1. Danger in high mountain environment
2. Equipment and equipment for alpine tourism
3. Basics of meteorology
4. Fitness requirements of alpine tourism
5. Bivouac in mountainous terrain
6. Climbing on artificial and natural walls

Ski tourism

1. History and forms of ski tourism
2. Safety in winter nature
3. Ski equipment.
4. Maintenance and preparation of cross-country and cross-country skis.
5. Technique of cross-country and skialp skiing.
6. Ski tourism training, including the fulfillment of credits

**Recommended or required literature:**

Recommended reading:

ŽÍDEK, J. 2013. Tourism and the protection of life and health. Bratislava. FTVŠ UK 2013, 123 p. ISBN 9788022333986

ŽÍDEK, J. 2004. Tourism. Bratislava, FTVŠ UK 2004.

PETROVIČ, P. BELÁS, M. 2012. Cross-country skiing: technique – methodology. Bratislava: ICM AGENCY. ISBN 978-80-89257-51-5.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 2

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

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

**Last modification:** 16.08.2022

**Supervisor(s):**

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

prof. Mgr. Martin Zvonař, Ph.D.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD201A/22	<b>Course title:</b> Theory and didactics of sport 1K (basketball, floorball, soccer, volleyball)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 7 <b>hours per semester:</b> 13 / 91 <b>Teaching method:</b> on-site	
<b>Credits:</b> 10	<b>Working load:</b> 250 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: During the semester, the student demonstrates his theoretical knowledge of the theory and didactics of sports games in the form of written tests. The student prepares and presents a teaching unit on the given topic. The last condition is the analysis of a teaching unit led by another student. Final assessment: total percentage gain from written tests (30%), from demonstration of the teacher's skills by leading a sports lesson based on written preparation (50%) and two analyzes of the lesson (20%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%-0%	
<b>Learning outcomes of the course:</b> Objective of the subject: To provide students with knowledge about the function of sports in primary and secondary schools and to prepare them for teaching sports games in physical and sports education classes. To present the student with knowledge about sports training and youth competitions in the environment of national sports organizations in general and in sports games as an instructor, coach, referee. To provide the student with knowledge about organizing sports competitions at school, in recreational and cultural facilities. Learning outcomes: Getting to know the possibilities of using sports games at school, about the principles of applying simple training programs with a focus on sports games. Mastering the game activities of an individual according to the content of education in schools for the needs of sample demonstrations by students. Learning the theory and didactics of sports games for the needs of activities in the youth club. After completing the subject, the student will acquire the following knowledge, skills and competences:	

**Knowledge:**

Knows the basics of the educational process of the subject of physical and sports education in general and with a focus on sports games and its management in the context of age, gender, developmental, health and social characteristics of students and sports youth in the environment of sports organizations.

**Skills:**

He can demonstrate sports movements to pupils and young players. He can evaluate the pupil and the young player in the club. He is oriented in the creation of methodical materials for the needs of teaching at school and training in a sports club. He is a motivator of a healthy lifestyle.

**Competencies:**

The student can develop a didactic plan, organize, lead and analyze the physical education, training and competition process in the school and youth sports club in accordance with the educational program and activity plans of sports, recreational, cultural and other organizations.

**Verification of the level of acquired knowledge, skills and competences:**

Verification of the degree of acquisition of knowledge, skills and competences of the student is carried out by theoretical and practical examinations during the semester teaching of the subject as follows:

**Knowledge:** written preparation for teaching on a given topic and examination of the rules.

The level of skills and competences of the student is determined in two ways:

- the student's ability to perform demonstrations is carried out by a movement-performance check,
- the student's pedagogical skills are assessed by controlled output in class.

**Course contents:****Course contents:****Lectures**

1. System, functions and focus of sport.
2. Sports performance: structure and components.
3. Sports training and its construction and management.
4. Selection of talents, sports training of children and youth.
5. Organizing school and club competitions of sports games.
6. Educational programs at school and youth sports training programs.
7. Organizational forms in learning sports games at school and in youth clubs.
8. Theory and didactics of sports games.
9. Theory and didactics of basketball.
10. Theory and didactics of floorball.
11. Theory and didactics of football.
12. Theory and didactics of volleyball.

**Exercise 1 - basketball**

1. Technique, tactics and learning defensive and offensive game activities of an individual in school basketball.
2. Organizational forms in learning basketball at school and sports club.
3. Organizing a basketball game, interclass and interschool competitions and leading the school team in a basketball game.
4. Development of fitness and coordination skills and agility in youth sports training in basketball.
5. Applying the rules and deciding the basketball game at school.
6. Basketball 3x3 and preview of the tournament.
- 7.-9. Outputs of students on a given topic - didactics of offensive and defensive game activities of an individual.
- 9.-11. Students' outputs on the specified topic - didactics of offensive and defensive game combinations.

12. Outputs of students on the specified topic - leading the school team in a basketball match.

Exercise 2 - floorball

1. Technique, tactics and learning defensive and offensive game activities of an individual in school floorball.

2. Organizational forms in learning floorball at school and sports club.

3. Organizing a floorball match, interclass and interschool competitions and leading the school team in a floorball match

4. Development of conditioning and coordination skills and agility in youth sports training in floorball.

5. Applying the rules and deciding floorball matches at school and youth sports training at the club.

6.-9. Students' outputs on the specified topic - didactics of offensive and defensive game activities of a floorball player in the field and a goalkeeper.

10.-11. Students' outputs on the specified topic - didactics of offensive and defensive game floorball combinations.

12. Outputs of students on the specified topic - leading the school team in a floorball match.

Exercise 3 - football

1. Technique, tactics and learning defensive and offensive game activities of an individual in school football.

2. Organizational forms in learning football at school.

3. Organizing a football match, interclass and interschool competitions and leading the school team in a football match.

4. Development of fitness and coordination skills and agility in youth sports training in football.

5. Evaluation of an individual's performance of football defensive and offensive game activities at school and in youth sports training.

6. Applying the rules and deciding a football match at school and in youth club competitions.

7.-9. Students' outputs on the specified topic - didactics of offensive and defensive game activities of an individual in football.

10.-11. Students' outputs on the specified topic - didactics of offensive and defensive game combinations in football.

12. Outputs of students on the specified topic - leading the school team in a football match.

Exercise 4 - volleyball

1. Technique, tactics and learning defensive and offensive game activities of an individual in school volleyball.

2. Organizational forms in learning volleyball at school.

3. Organizing a volleyball match, interclass and interschool competitions.

4. Development of fitness and coordination skills and agility in youth sports training in volleyball.

5. Evaluation of an individual's performance of volleyball defensive and offensive game activities at school and in youth sports training.

6. Applying the rules and deciding a volleyball match at school and in youth sports training.

7.-9. Students' outputs on the specified topic - didactics of offensive and defensive game activities of an individual in volleyball.

10.-11. Students' outputs on the specified topic - didactics of offensive and defensive game combinations in volleyball.

12. Outputs of students on the specified topic - leading the school team in a volleyball match.

### Recommended or required literature:

Recommended reading:

1. ARGAJ, G. 2002. The use of movement games in practicing and improving game activities in sports games. In: Sports Games, vol. 7, no. 4, p. 34-37. ISSN 1336-0817.
2. ARGAJ, G. 2009. Movement games for physical and sports education. Bratislava: Comenius University. ISBN 978-223-2602-5. part Floorball, p. 68-70.
3. ARGAJ, G. 2018. 100 movement games for young basketball players. Bratislava: Slovak Basketball Association. 108 p. ISBN 978-80-973081-4-8.
4. ARO, J. 2020. Train floorball at home: Floorball drills to do at home. Books on Demand. 206 p. ISBN 978-9178512492.
5. BOGEN, M. M. 1985. Obucenije dvigatelnyh deitstvijam. Moscow: FiS, 1985.
6. DOVALIL, J. et al. 2005. Performance and training in sports. Prague: Olympia. 332 p. ISBN 80-7033-928-4.
7. GRASTEN, A. FORSMAN, H., WATT, A. 2018. The associations and development of motivational climate, achievement goals, and physical functional skills in young floorball players. In: International Journal of Sports Science and Coaching, Vol. 13, 2018, no. 6, p. 958-967.
8. HIRTZ, P., KIRCHNER, G., P#LMAN, R. 1997. Sportmotorik. Anwendung und Grenzgebiete. A cough. 2. Aufl. 382 p. ISBN 3881227970 9783881227971.
9. HORIČKA, P. 2013. Floorball. In: ŠIMONEK, J. et al. 2013. Model programs of physical activities for the prevention and elimination of civilization diseases in adolescents. (Model programs for the prevention and elimination of civilization diseases). with. 457-477. Nitra: University of Constantine the Philosopher in Nitra, Faculty of Education. 539 p. ISBN 978-80-558-0361-6.
10. HORIČKA, P. 2014. Basketball. Theory and didactics. Nitra: Faculty of Education, University of Constantine the Philosopher in Nitra. 158 p. ISBN 978-80-558-0673-0.
11. CHVÁTALOVÁ, M. Floorball and its use in physical education classes at the 2nd grade of elementary schools. Thesis. Masaryk University in Brno, Faculty of Education, Department of Physical Culture.
12. IZÁKOVÁ, A., ARGAJ, G., TOMÁNEK, L., HULKA, K. 2019. Theory and didactics of the sport of basketball. University textbook. Banská Bystrica: Publishing House of Matej Bel University in Banská Bystrica – Belianum. 130 p. ISBN 978-80-557-1648-0.
13. Mačura, P., Kucsa, R. 2015. The effect of changing the three-point territory rule on the share of three-point shooting on the number of points scored in a basketball match at the Men's European Championship. In: Czech kinanthropology. Year 19, 2015, no. 2, p. 71-76. ISSN 1211-9261.
14. Macura, P., Ivanovič, P., Urban, L., Turzákova, N. 2016. Competitions in the Slovak Basketball Association. Bratislava: Comenius University. 108 p. [online]. ISBN 978-80-223-4299-5.
15. MAJERSKÝ, O. 2003. Floorball for schools. In: Physical education and sport, Vol. 13, no. 3, p. 11-14. ISSN 1335-2245.
16. MĚKOTA, K., NOVOSAD, J. 2005. Motor skills. Olomouc: FTK UP, 2005. ISBN 80-244-0981-X.
17. MILANOVIĆ, D. 2009. Training theory and methodology. Zagreb: University of Kineziološki fakultet. 454 p. ISBN 978-953-6378-87-6.
18. MORAVEC, R. et al. 2004. Theory and didactics of sport. Bratislava: FTVŠ UK and SVSTVŠ. 209 p. ISBN 80-89075-22-3.
19. NEMEC, M., KOLLÁR, R. 2009. Theory and didactics of football. Banská Bystrica: Janka Čižmarová – PARTNER, 2009. 200 p. ISBN 978-80-89183-62-3.
20. OFFICIAL basketball rules effective October 1, 2014. FIBA.
21. OFFICIAL basketball rules effective October 1, 2018. Official interpretation. FIBA. [https://www.basketliga.sk/dokumenty/Oficialne\\_pravidla\\_basketbalu\\_2018\\_Oficialny\\_vyklad\\_SVK.pdf](https://www.basketliga.sk/dokumenty/Oficialne_pravidla_basketbalu_2018_Oficialny_vyklad_SVK.pdf).
22. OFFICIAL Volleyball Rules 2017-2020 valid for all competitions from May 1, 2017. FIVB. <https://www.avr-sr.sk/administracia/prilohy/dokument/>



<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 8					
A	B	C	D	E	FX
25.0	50.0	12.5	0.0	0.0	12.5
<b>Name of lecturer(s):</b> doc. PaedDr. Peter Mačura, PhD., PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 16.08.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD206A/22	<b>Course title:</b> Theory and didactics of sport 2 (swimming + athletics)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 5 <b>hours per semester:</b> 13 / 65 <b>Teaching method:</b> on-site	
<b>Credits:</b> 8	<b>Working load:</b> 200 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: During the semester, students will prepare a written preparation and lead a didactic process on a given topic aimed at mastering the chosen athletic and swimming discipline. The final assessment consists of the sum of the percentage assessment for teaching activity (max. 10%), written preparation (max. 30%) and process management (max. 50%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%-0%	
<b>Learning outcomes of the course:</b> Objective of the subject: Theoretically master and be able to demonstrate in practice the methodological procedures of training the technique of athletics and swimming disciplines. By applying a wide range of supporting and complementary means of movement, create prerequisites for the rationalization and individualization of the process of acquiring and improving the technique. The student acquires knowledge about the fitness and technical conditioning of youth athletic and swimming performance in a sports club, about organizing and leading swimming competitions. Learning outcomes: Familiarization with athletics and swimming disciplines in the teaching of physical and sports education. Mastery of athletics and swimming disciplines according to the content of education in schools for the needs of sample demonstrations by students. The student knows the basics of developing athletic and swimming fitness and technical readiness of youth in a sports club. After completing the course Theory and didactics of individual sports 1, the student will acquire the following knowledge, skills and competences: Knowledge: The student mastered the basics of movement activity theory and methodical procedures for acquiring and improving the technique of selected athletic and swimming disciplines. He is able	

to modify and individualize training methods and procedures so that in practice he respects the individual characteristics of trainees.

Zručnosti:

Študent dokáže efektívne a kreatívne uplatňovať nadobudnuté poznatky, skúsenosti a zručnosti pri skvalitňovaní procesu osvojovania si a zdokonaľovania vybraných pohybových činností. Novo získané informácie a skúsenosti dokáže integrovať a spracovať v prospech rozšírenia možností, rôznorodosti a špecifikácie metód a postupov pri ich uplatnení v praxi. Je zorientovaný v tvorbe metodických materiálov pre potreby výuky v škole a tréningu v športovom klube.

Kompetencie:

Študent ovláda teoretické poznatky, osvojil si praktické zručnosti a získal skúsenosti, ktoré mu umožnia efektívne riadiť, riešiť problémy, koordinovať a individualizovať postupy v procese osvojovania si a zdokonaľovania techniky vybraných atletických a plaveckých disciplín. Získané poznatky a skúsenosti vie spracovať a využiť v komunikácii s odborníkmi a v rámci svojho ďalšieho vzdelávania.

Overenie miery získaných vedomostí, zručností a kompetentností:

Overenie miery získania príslušných vedomostí, zručností a kompetentností študenta je realizovaná na základe jeho aktivity pri výučbe, výsledku písomnej previerky a hodnotenia úrovne pedagogického výstupu zameraného na osvojovanie si určenej atletickej disciplíny a plaveckého spôsobu.

### **Course contents:**

Course contents:

Lectures

- 1.-2. Athletics and swimming in school educational programs.
3. Organizing school athletics and swimming competitions.
4. Theory and didactics of athletics in school.
5. Motor learning and learning of athletic and swimming disciplines at school.
6. Theory and didactics of athletic runs, jumps and throws for the school.
7. Theory and didactics of swimming at school.
8. Theory and didactics of freestyle and breaststroke at school.
9. System, functions and focus of athletics and swimming in youth clubs.
10. Sports performance of athletic and swimming disciplines: structure and components.
11. Sports training in athletics and swimming, its construction and management.
12. Selection of talents, sports training of children and youth in athletics and swimming

Exercise 1 - athletics

1. Principles of the process of learning and improving the physical activity of athletic disciplines in school and youth sports training.
2. Didactics of school athletics - teaching methods and procedures.
3. Didactics of smooth running - swing running and start.
4. Didactics of relay and obstacle races.
5. Didactics of athletic jumps.
6. Didactics of litters and throws.
7. Development of fitness and coordination skills in sports training of youth in athletics.
- 8.-11. Student presentations on a specific topic - didactics of athletic movement activity, or disciplines.
12. Written knowledge test.

Exercise 2 - swimming

1. Principles of the process of acquiring and improving swimming movement activity in swimming disciplines - teaching methods and procedures in school and youth sports training.
2. Didactics of freestyle swimming.

3. Didactics of breaststroke swimming.
4. Didactics of saving a drowning person.
5. Swimming with fins.
6. Rules of swimming and deciding swimming competitions at school and youth club competitions.
7. Organizing swimming competitions at school and extracurricular youth competitions.
8. Development of fitness and coordination skills in the sports training of youth in swimming.
- 9.-12. Students' outputs on the specified topic - didactics of the selected swimming method.

**Recommended or required literature:**

Recommended reading:

1. BARAN, I. 1997. The problem of age in swimming with fins. In: Theoretical and didactic problems of swimming and swimming sports. Proceedings. Bratislava: 1997.
2. BARAN, I. 2006. Saving the melting pot. Bratislava: FO ART. 158 p. ISBN 80-88973-20-1.
3. BENČE, M et al. 2005. Swimming. Banská Bystrica: FHV UMB, 2005. 197 p.
4. ČILLÍK, I. et al. 2013. Theory and didactics of athletics. Banská Bystrica: Matej Bel University. Belianum publishing house. 238 p. ISBN 978-80-557-0554-5.
5. DOSTÁL, E. et al. 1991. Didactics of school athletics. 2nd revised edition. Prague: Charles University. 267 p. ISBN 80-7066-257-3.
6. HALL, G., MURPHY, D. 2020. Fundamentals of Fast Swimming: How to Improve Your Swim Technique. Bowker. 282 p. ISBN 978-1735441405.
7. HLAVATÝ, R., MACEJKOVÁ, Y. 2005. Biomechanics and technique of swimming methods. Bratislava: Comenius University in Bratislava. 56 p. ISBN 80-89197-31-2.
8. KAMPMILLER, T. et al. 2002. Theory and didactics of athletics I. Bratislava: Comenius University. 162 p. ISBN 80-223-1701-2.
9. KAMPMILLER, T. et al. 2003. Theory and didactics of athletics II. Bratislava: Comenius University. 96 p. ISBN 80-223-1413-7.
10. KRAJČOVIČ, J., ROUČKOVÁ, M. 2014. Swimming in school physical and sports education. Bratislava: Methodological and pedagogical center in Bratislava. 60 p. ISBN 978-80-8052-561-3.
11. MACEJKOVÁ, Y. 2005. Didactics of swimming. Bratislava: FTVŠ UK, 2005. 149 p.
12. MACEJKOVÁ, Y. 2008. Teaching swimming in elementary schools. Bratislava: Methodological and Pedagogical Center. ISBN 978-80-7164-448-4.
13. MACEJKOVÁ, Y., BENČURIKOVÁ, L. 2014. Swimming. Bratislava: Stimul. 103 p. ISBN 978-80-8127-100-7.
14. MANDZÁK, P. et al. 2011. Practicing swimming skills in practice. Banská Bystrica: Matej Bel University in Banská Bystrica, Faculty of Humanities. 115 p. ISBN 978-80-557-0310-7.
15. MERICA, M. 2007. Swimming. Trnava: MTF STU. 137 p.
16. RUŽBÁRSKY, P., TUREK, M. 2006. Didactics, technique and training in swimming. Prešov: University of Prešov in Prešov, Faculty of Sports. 136 p. ISBN 80-8068-532-0.
17. VINDUŠKOVÁ, J. et al. 2003. The alphabet of the athletic trainer. Prague: Olympia, ISBN 80-7033-770-2.
18. HEALTH and movement. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.
19. HEALTH and movement. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 7					
A	B	C	D	E	FX
42.86	28.57	14.29	0.0	0.0	14.29
<b>Name of lecturer(s):</b> PaedDr. Peter Krška, PhD., PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 16.08.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD213A/22	<b>Course title:</b> Theory and didactics of sport 3 (gymnastics + combat sports)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 4 <b>hours per semester:</b> 13 / 52 <b>Teaching method:</b> on-site	
<b>Credits:</b> 8	<b>Working load:</b> 200 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for completing the subject: In the course of the semester, the student proves his theoretical knowledge of the theory and didactics of gymnastics and moves in the form of written tests. The student prepares and presents a teaching unit on the given topic. The last condition is the analysis of a teaching unit led by another student. Final assessment: total percentage gain from written tests (30%), from demonstration of the teacher's skills by conducting a gymnastics lesson and exercises based on written preparation (50%) and two analyzes of the lesson (20%). Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%-0%	
<b>Learning outcomes of the course:</b> Objective of the subject: To provide the student with knowledge about the function of sports in primary and secondary schools and to prepare for the teaching of gymnastics and exercises in physical and sports education classes. To present the student with knowledge about sports training and youth competitions in the environment of national sports organizations in general and in gymnastics and movements as an instructor, coach, referee. To provide the student with knowledge about organizing sports competitions at school, in recreational and cultural facilities. Learning outcomes: Familiarization with the possibilities of using gymnastics and drills at school, about the principles of applying simple training programs with a focus on gymnastics and drills. Mastering the basic gymnastic exercise forms and basic techniques used in combat sports according to the content of education in schools for the needs of sample demonstrations by students. Learning the theory and didactics of gymnastics and exercises for activities in youth sports clubs.	

After completing the subject, the student will acquire the following knowledge, skills and competences:

Knowledge:

Knows the basics of the educational process of the subject of physical and sports education in general and with a focus on gymnastics and tumbling and its management in the environment of sports organizations. The student knows how to define the structure of performance in gymnastics and track and field sports.

Skills:

He knows how to demonstrate gymnastic shapes and basic movement techniques of combat sports to students and young athletes. He can evaluate a student and a young athlete in the club. He is oriented in the creation of methodical materials for the needs of school teaching and youth sports training.

Competencies:

The student can develop a didactic plan, organize, lead and analyze the physical education, training and competition process in the school and youth sports club in accordance with the educational program and activity plans of sports, recreational, cultural and other organizations.

Verification of the level of acquired knowledge, skills and competences:

Verification of the degree of acquisition of knowledge, skills and competences of the student is carried out by theoretical and practical examinations during the semester teaching of the subject as follows:

Knowledge: written preparation for teaching on a given topic and examination of the rules.

The level of skills and competences of the student is determined in two ways:

- the student's ability to perform demonstrations is carried out by a movement-performance check,
- the student's pedagogical skills are assessed by controlled output in class.

### **Course contents:**

Course contents:

Lectures

1. Educational programs at school and didactics of physical and sports education focusing on gymnastics and running.
2. Organizing gymnastics and field competitions at school and sports clubs.
3. Theory and didactics of gymnastic and field sports at school.
- 4.-9. Theory and didactics of general, rhythmic, sports, conditioning and compensatory gymnastics.
- 10.-12. Theory and didactics of combat sports Aikido, Judo, Karate, Boxing and Kickboxing.

Exercise 1 - Gymnastics

1. Educational programs in school and didactics of physical and sports education focusing on gymnastic sports.
2. Organizing gymnastics competitions at school and sports clubs.
3. Movement games with gymnastic content.
4. Principles and examples of helping and rescuing students by teachers.
5. Development of fitness and coordination skills and agility in sports training of youth in gymnastic sports.
- 6.-11. Presentation and analysis of the lesson focusing on general, rhythmic, sports, conditioning and compensatory gymnastics.
12. Outputs of students on a specified topic - leading a student and a young athlete in a school and club competition.

Exercise 2 - Upoles

1. Educational programs in school and didactics of physical and sports education focusing on field sports.
2. Organizing field competitions in school and sports clubs.

3. Movement games with fighting content.
4. Rules and decision-making of field sports at school and youth sports club competitions.
5. Development of fitness and coordination skills and agility in the sports training of youth in field sports.
- 6.-11. Presentation and analysis of the lesson focusing on Aikido, Judo, Karate, Boxing and Kickboxing.
12. Outputs of students for the guidance of a pupil and a young athlete in school and club competition of a selected field sport.



**Recommended or required literature:**

Recommended reading:

1. ADAMČÁK, Š., NOVOTNÁ, N. 2009. Games in the gym and basic gymnastics. Žilina: University of Žilina. 204 p. ISBN 978-80-554-0125-6.
2. BARTÍK, et al. 2010. Theory and didactics of exercises for primary and secondary schools. Banská Bystrica: Matej Bel University in Banská Bystrica, Faculty of Humanities. 235 p.
3. BARTÍK, P. 2007. Theory and didactics of battles and martial arts. Banská Bystrica: Matej Bel University. 278 p. ISBN 978-80-8083-477-7.
4. BURSOVÁ, M. 2005. Compensatory exercises: relaxation, stretching, strengthening. Prague: Grada. ISBN 8024709481.
5. ĎURECH, M. 2000. Úpoly. Bratislava: Comenius University. 62 p. ISBN 80-223-1381-5.
6. ĎURECH, M. 2003. Strength training in wrestling. Bratislava: PEEM. 140 p. ISBN 80-88901-82-0.
7. KRIŠTOFIČ, J. 2000. Gymnastics for health and fitness purposes. Prague: ISV nakladatelství, 2000. 126 p. ISBN 80-85866-54-4.
8. KRISTOFIČ, J. 2009. Gymnastics. 2nd ed. Prague: Karolinum, 2009. 114 p. ISBN 9788024617336.
9. PAGE, J. 2000. Gymnastics. Prague: Egmont CR, 2000. 32 p. ISBN 8071864765.
10. RULES (sports gymnastics men, sports gymnastics women, Modern gymnastics, sports aerobics, gymnastics for all). <http://www.sgf.sk/>.
11. REGULI, Z. et al. 2007. Theory and didactics of battles in school physical education. Masaryk University in Brno, Faculty of Sports Studies. 87 p. ISBN 978-80-210-4318-3.
12. ROVNÁ, X., VARGA, G. 1982. Theory and didactics of sports gymnastics. Bratislava: FTVŠ UK, 1982. 163 p. ISBN 80-223-0119-1.
13. STREŠKOVÁ, E. 2003. Gymnastics – acrobatics and jumps. Bratislava: FTVŠ UK, 2003. 114 p. ISBN 80-88901-75-8.
14. STREŠKOVÁ, E. 2011. Sports gymnastics and types of gymnastics. 2nd revised edition. University textbook. Bratislava: PEEM. 230 p. ISBN 978-80-8113-026-7.
15. SVATOŇ, V. 1992. Gymnastics methodically and by play: methodical sheets of acrobatic and apparatus gymnastics for children of younger school age. Olomouc: Hanex. 62 p. ISBN 80-900925.
16. SVATOŇ, V., ZÁMOSTNÁ, A. 1993. Gymnastics: methodical sheets of exercises in acrobatics and on tools. Olomouc: Hanex, 1993. 53 p. ISBN 80-900925-9-4.
17. ŠIŠKA, Ľ. 2018. Possibilities of diagnosing strength-endurance abilities in combat sports. Nitra: UKF. 80 p. ISBN 978-80-558-1350-9.
18. ŠTEFANOVSKÝ, M. 2009. Judo I. Theory and didactics. Bratislava: Comenius University in Bratislava. 104 p. ISBN 978-80-8113-009-0.
19. HEALTH and movement. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.
20. HEALTH and movement. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:**

<b>Course evaluation:</b>					
Assessed students in total: 2					
A	B	C	D	E	FX
50.0	50.0	0.0	0.0	0.0	0.0
<b>Name of lecturer(s):</b> Mgr. Luboslav Šiška, PhD.					
<b>Last modification:</b> 16.08.2022					
<b>Supervisor(s):</b>					
Person responsible for the delivery, development and quality of the study programme: prof. Mgr. Martin Zvonař, Ph.D.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tv-MD217A/22	<b>Course title:</b> Undivided teaching practice (Physical education)
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 4 <b>hours per semester:</b> 52 <b>Teaching method:</b> on-site	
<b>Credits:</b> 4	<b>Working load:</b> 100 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b> KTVS/Tv-MD205A/22 and KTVS/Tv-MD208A/22	
<b>Requirements for passing the course:</b> Conditions for passing the subject: The student performs his own pedagogical outputs in physical and sports education classes according to the instructions and control of the leading practice teachers in a total of 48 teaching hours. The student implements practice during the agreed 4 weeks in different classes with several teachers of the physical education cabinet at the given school. Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
<b>Learning outcomes of the course:</b> Objective of the subject: The objective of the subject is to gain practical experience in the implementation of one's own pedagogical outputs in elementary or secondary school. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: <b>Knowledge:</b> The student is able to prepare for lessons in physical and sports education at primary or secondary school. He can implement these preparations in practice. <b>Skills:</b> Graduates of the subject can appropriately use pedagogical communication, methods and forms of work in lessons, use basic pedagogical skills with the use of cross-subject relationships. <b>Competences:</b> The student is able to react readily and reasonably quickly to the personal and movement expressions of the trainees and is able to create movement training programs with a versatile and specialized focus. He can solve problems, coordinate procedures in teams and make independent and responsible decisions in a changing environment. <b>Verification of the level of acquired knowledge, skills and competences:</b> Evaluation of pedagogical documentation and implementation of pedagogical outputs (48 teaching hours) and in cooperation with trainee teachers to complete an analysis of teaching hours. The student is evaluated by the trainee teacher and the faculty teacher for the quality of the clinical records and pedagogical outputs.	

**Course contents:**

Brief outline of the course: Students carry out their teaching practice under the supervision and in cooperation with a trainee teacher and practice coordinator at the faculty.

**Recommended or required literature:**

Recommended reading:

Bebčáková, V. and Chovanová, E. 2013. Pedagogical practice in physical and sports education. PU in Prešov 131 p., ISBN 978-80-555-0831-3.

Černotová, M. et al., 2010 manual for students and trainee teachers for pedagogical practice. Prešov: PU. ISBN 978-80-555-0155-0.

Černotová, M. et al., 2010. Trainee teachers. Prešov, PU. ISBN 978-80-555-0154-3.

Dousková, A. and Porubský, Š. 2004. Leading students in professional teaching practice. B. Bystrica: UMB.

col. author, 1999. Future teachers on continuous practice. Brno: Paido.

Kyriacou, Ch., 2007. Key skills of a teacher. Prague: Portal.

Mihálik, L., 1987. Lesson analysis. Bratislava: SPN.

Petlák, E., Komora, J.: Teaching in questions and answers. Bratislava: IRIS, 2003.

Petlák, E., Fenyvesiová, L.: Interaction in teaching. Bratislava: IRIS, 2009.

Petlák, E.: Pedagogic-didactic work of a teacher. Bratislava: IRIS, 2007.

Rys, S., 1977. Hospitace in pedagogical practice. Prague: SPN.

HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/>.

HEALTH and exercise. In: State educational program for grammar schools in the Slovak Republic ISCED 3A – Higher secondary education. Bratislava: State Pedagogical Institute. 37 p. [https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3\\_spu\\_uprava.pdf](https://www.statpedu.sk/files/articles/dokumenty/statny-vzdelavaci-program/isced3_spu_uprava.pdf).

**Language of instruction:**

Slovak language

**Notes:****Course evaluation:**

Assessed students in total: 2

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

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

**Last modification:** 15.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
prof. Mgr. Martin Zvonař, Ph.D.