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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/Tx-MD107B/22	<b>Course title:</b> Alpine hiking
<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: During the semester, the student proves his theoretical knowledge in the field of alpine 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 course is to provide basic theoretical knowledge and practical skills for teaching as part of school exercise courses in high mountain 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 safety of movement in alpine terrain and winter nature. - He will have knowledge about the necessary gear and equipment for alpine tourism. - He will have an overview of the basics of meteorology and bivouac in mountain terrain. - He will have basic climbing skills on artificial and natural walls and will master the basics of belaying and rappelling. - Will be able to solve problems with the equipment during the lesson. - 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. 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.												
<p><b>Course contents:</b>  Course contents:  1.2. Danger in the alpine environment  3.4. Equipment and equipment for alpine tourism  5-6. Basics of meteorology  7.8. Fitness demands of alpine tourism  9.10. Bivouac in mountainous terrain  11.12. Climbing on artificial and natural walls</p>												
<p><b>Recommended or required literature:</b>  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.  HEALTH and exercise. In: Innovative ŠVP (State Education Program) for the 2nd grade of elementary school. <a href="https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/">https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/</a>.  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. <a href="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</a>.</p>												
<p><b>Language of instruction:</b>  Slovak language</p>												
<p><b>Notes:</b></p>												
<p><b>Course evaluation:</b>  Assessed students in total: 0</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX</th> </tr> </thead> <tbody> <tr> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> </tr> </tbody> </table>	A	B	C	D	E	FX	0.0	0.0	0.0	0.0	0.0	0.0
A	B	C	D	E	FX							
0.0	0.0	0.0	0.0	0.0	0.0							
<p><b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Peter Krška, PhD.</p>												
<p><b>Last modification:</b> 12.08.2022</p>												
<p><b>Supervisor(s):</b>  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/Tx-MD103B/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:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 1

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

**Name of lecturer(s):** 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/Tx-MD102A/22	<b>Course title:</b> Continuous teaching practice 1K (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> 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 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: 11

A	B	C	D	E	FX
90.91	0.0	9.09	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/Tx-MD105A/22	<b>Course title:</b> Continuous teaching practice 2K (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> 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> 2.	
<b>Level of study:</b> II.	
<b>Prerequisites:</b> KTVS/Tx-MD102A/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 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 primary 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 degree of acquired knowledge, skills and competences: Evaluation of pedagogical documentation and implementation of pedagogical outputs (12 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:**

**Notes:**

**Course evaluation:**

Assessed students in total: 11

A	B	C	D	E	FX
81.82	9.09	9.09	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/Tx-MD106B/22	<b>Course title:</b> Cycling tourism
<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: During the semester, the student proves his theoretical knowledge in the field of cycling 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 the provision of teaching as part of school exercise courses in cycling 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 in cycling. - He will be able to ride 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 in mountainous 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:**

Course contents:

- 1.2. History, content and forms of tourism
- 3.4. Selection and preparation of tourist events - specifics
- 5.6. First aid, accidents and non-accident conditions during hiking
- 7.8. Gear and equipment for cycling
- 9.10. Basic repairs and maintenance of the bicycle before and after the trip
- 11.12. Danger during the implementation of cycling activities

**Recommended or required literature:**

Recommended reading:

- 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: 0

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

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

**Last modification:** 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/Tx-MD104B/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: 0

A	B	C	D	E	FX
0.0	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/Tx-MD102B/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/Tx-MD100B/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: 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:** 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/Tx-MD106A/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 competencies: 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 competencies: Verification of the degree of acquisition of the relevant knowledge, skills and competencies 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: 5					
A	B	C	D	E	FX
20.0	40.0	40.0	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/Tx-MD101B/22	<b>Course title:</b> Motor learning
<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 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. <b>Verification 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 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: 0

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

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

**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/Tx-MD111B/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: 6

A	B	C	D	E	FX
16.67	66.67	16.67	0.0	0.0	0.0

**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/Tx-MD109B/22	<b>Course title:</b> Refereeing in floorball
<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: <b>Knowledge:</b> 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. <b>Skills:</b> 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. <b>Competences:</b> 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. <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 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: 5

A	B	C	D	E	FX
80.0	0.0	0.0	0.0	20.0	0.0

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

**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/Tx-MD112B/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>					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 0					
A	B	C	D	E	FX
0.0	0.0	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/Tx-MD110B/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: 3

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

**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/Tx-MD108B/22	<b>Course title:</b> Ski tourism
<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: During the semester, the student proves his theoretical knowledge in the field of 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 course is to provide basic theoretical knowledge and practical skills for teaching within the framework of school movement courses on ski tourism in 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 safety of movement in winter nature. - He will have knowledge about the necessary gear and equipment for ski tourism. - He will master the basic and advanced technical elements of riding on cross-country and skiing skis and the training methodology. - Will be able to solve problems with the equipment during the lesson. - He will be able to design and manage a ski tourism training course 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:**

Course contents:

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

**Recommended or required literature:**

Recommended reading:

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

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: 0

A	B	C	D	E	FX
0.0	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/Tx-MD100S/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> 8	<b>Working load:</b> 200 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 verify in a colloquial way that the student 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. <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. <b>Competences:</b> Has professional competences for effective work in the social-scientific, professional-subject, information-communication technology, academic and managerial context of teaching. He is able to react promptly 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 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: 5

A	B	C	D	E	FX
60.0	0.0	0.0	20.0	20.0	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/Tx-MD101A/22	<b>Course title:</b> Theory and didactics of outdoor sports 1K
<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.	
<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 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 for teaching in the framework of school movement courses on 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 fitness requirements of downhill skiing. - He will master the methodology of training 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. - 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:

1-2. History of downhill skiing.

3-4. Safety in the mountains

5-6. Ski equipment.

7-8. Maintenance and preparation of downhill skis.

9-10. Downhill skiing technique.

11-12. 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 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:**

**Notes:**

**Course evaluation:**

Assessed students in total: 12

A	B	C	D	E	FX
16.67	33.33	25.0	16.67	0.0	8.33

**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:  
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/Tx-MD104A/22	<b>Course title:</b> Theory and didactics of outdoor sports 2K (hiking)
<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 / 2 <b>hours per semester:</b> 13 / 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: During the semester, the student proves his theoretical knowledge in the field of 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 in 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 navigate in mountainous terrain. - Will be able to design and manage a hiking training course 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.					
<b>Course contents:</b> Course contents: Lectures 1.2. History, content and forms of tourism 3.4. Selection and preparation of tourist events - specifics 5.6. First aid, accidents and non-accident conditions during hiking 7.8. Equipment and equipment for hiking 9.10. Basics of field orientation 11.12. Danger in the mountains Exercises 1-12. Practical teaching in the field					
<b>Recommended or required literature:</b> 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. <a href="https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/">https://www.statpedu.sk/sk/svp/inovovany-statny-vzdelavaci-program/inovovany-svp-2.stupen-zs/</a> . 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. <a href="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</a> .					
<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 11					
A	B	C	D	E	FX
54.55	45.45	0.0	0.0	0.0	0.0
<b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, 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/Tx-MD100A/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 / 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 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 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. 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.	



**Skills:**

He can demonstrate sports movements to the students. He can evaluate the student. He is oriented in the creation of methodical materials for teaching needs at school. He is a motivator of a healthy lifestyle.

**Competencies:**

The student can develop a didactic plan, organize, lead and analyze the physical education process at school in accordance with the educational program and activity plans of 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.
2. Organizing school competitions of sports games.
3. Theory and didactics of sports games at school.
4. Organizational forms in learning sports games at school.
- 5.-6. Theory and didactics of school basketball.
- 7-8 Theory and didactics of school floorball.
- 9.-10. Theory and didactics of school football.
- 11.-12. Theory and didactics of school 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.
3. Organizing a basketball match, interclass and interschool competitions.
4. Evaluation of the execution of basketball defensive and offensive game activities of the individual in the school environment.
5. Applying the rules and deciding the basketball game at school.
6. Basketball 3x3 and preview of the tournament.
- 7-11 Outputs of students on a given topic - didactics of offensive and defensive game activities of an individual.
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.
3. Organizing a floorball match, interclass and interschool competitions.
4. Leading the school team in a floorball match.
5. Evaluation of floorball defensive and offensive game activities of the player in the field and the goalkeeper in the school environment.
6. Applying the rules and judging the floorball match at school.

7-11 Students' outputs on the specified topic - didactics of offensive and defensive game activities of a floorball player in the field and a goalkeeper.

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.

4. Leading the school team in a football match.

5. Evaluation of the individual's performance of football defensive and offensive game activities at school.

6. Applying the rules and refereeing a football match at school.

7-11 Students' outputs on the specified topic - didactics of offensive and defensive game activities of an individual 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. Evaluation of the individual's performance of volleyball defensive and offensive game activities at school.

5. Applying the rules and deciding the volleyball match at school.

6.-11. Students' outputs on the specified topic - didactics of offensive and defensive game activities of an individual 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., Kuca, 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: 11					
A	B	C	D	E	FX
45.45	36.36	18.18	0.0	0.0	0.0
<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/Tx-MD103A/22	<b>Course title:</b> Theory and didactics of sport 2K (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 / 3 <b>hours per semester:</b> 13 / 39 <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>	
<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. 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. After completing the subject, 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. Skills: The student can effectively and creatively apply the acquired knowledge, experience and skills to improve the quality of the process of learning and improving selected movement activities. He can	

integrate and process newly acquired information and experience for the benefit of the expansion of possibilities, diversity and specification of methods and procedures when applying them in practice. He is oriented in the creation of methodical materials for the needs of teaching at school and training in a sports club.

Competencies:

The student has mastered theoretical knowledge, acquired practical skills and gained experience that will enable him to effectively manage, solve problems, coordinate and individualize procedures in the process of acquiring and improving the technique of selected athletic disciplines. He knows how to process and use the acquired knowledge and experience in communication with experts and as part of his further education.

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 his activity during teaching, the result of the written examination and the evaluation of the level of pedagogical output aimed at mastering the specified athletic discipline and swimming style.

### **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 running.
7. Theory and didactics of jumping.
8. Theory and didactics of throws and throws.
9. Theory and didactics of swimming at school.
10. Theory and didactics of free style
11. Theory and didactics of breaststroke swimming.

Exercise 1 – athletics

1. Principles of the process of acquiring and improving the physical activity of athletic disciplines at school.
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.-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 at school.
2. Didactics of freestyle swimming.
3. Didactics of breaststroke swimming.
4. Didactics of saving a drowning person.
5. Swimming with fins.
6. Swimming rules and deciding swimming competitions at school.
7. Organizing swimming competitions at school.
- 8.-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:****Notes:****Course evaluation:**

Assessed students in total: 11

A	B	C	D	E	FX
18.18	36.36	18.18	27.27	0.0	0.0

**Name of lecturer(s):** PaedDr. Peter Krška, 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/Tx-MD107A/22	<b>Course title:</b> Theory and didactics of sport 3K (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 / 3 <b>hours per semester:</b> 13 / 39 <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>	
<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 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. 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 running. The student knows how to define the structure of performance in gymnastics and track and field sports.

Skills:

He can demonstrate gymnastic shapes and basic techniques of combat sports movements to students. He can evaluate the student. He is oriented in the creation of methodical materials for teaching needs at school.

Competences:

The student can develop a didactic plan, organize, lead and analyze the physical education process at school in accordance with the educational program and activity plans of 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.
3. Theory and didactics of gymnastic and field sports at school.
- 4.-9. Theory and didactics of sports, rhythmic and compensatory gymnastics.
- 10.-12. Theory and didactics of combat sports Aikido, Judo, Karate.

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.
3. Movement games with gymnastic content.
4. Principles and examples of helping and rescuing students by teachers.
- 5.-11. Presentation and analysis of the lesson with a focus on sports, rhythmic and compensatory gymnastics.
12. Outputs of students on a given topic - leading a student in a school competition.

Exercise 2 - punches

1. Educational programs in school and didactics of physical and sports education focusing on field sports.
2. Organizing shooting competitions at school.
3. Movement games with fighting content.
4. Rules and decision-making of field sports at school.
- 5.-11. Presentation and analysis of the lesson focusing on Aikido, Judo, Karate.
12. Outputs of students for leading a pupil in a school 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 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/>.
20. 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:**

<b>Course evaluation:</b> Assessed students in total: 5					
A	B	C	D	E	FX
40.0	20.0	20.0	0.0	20.0	0.0
<b>Name of lecturer(s):</b> Mgr. Luboslav Šiška, 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/Tx-MD108A/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> 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> KTVS/Tx-MD102A/22 and KTVS/Tx-MD105A/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 the total scope of 24 teaching hours. The student carries out practice during the agreed 2 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 primary 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. 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 trainee teachers, pass 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: 5

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/Tx-MD105B/22	<b>Course title:</b> Water tourism
<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: During the semester, the student proves his theoretical knowledge in the field of water 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 water 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 control the ride on the tourist vessel - Will be able to solve problems with the equipment during the lesson. - He will be able to navigate in water terrain. - He will be able to design and manage a water tourism training course 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:**

Course contents:

- 1.2. History, content and forms of tourism
- 3.4. Selection and preparation of tourist events - specifics
- 5.6. First aid, injuries and non-accident conditions during water tourism
- 7.8. Equipment for water tourism
- 9.10. Watercourse morphology, topography, river mileage and markings
- 11.12. Methodology of teaching driving on a tourist vessel

**Recommended or required literature:**

Recommended reading:

- MICHAL, J.1998. Selected chapters from seasonal activities. PF UMB 1998 p.108 ISBN 80-85162-99-7
- NEUMAN et al. 2000. Tourism and outdoor sports. Prague, Portal 2000.
- ŠÝKORA, 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/>.
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**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 10

A	B	C	D	E	FX
80.0	0.0	0.0	0.0	20.0	0.0

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