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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-BD100A/22	<b>Course title:</b> Anatomy and functional anatomy
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 / 1 <b>hours per semester:</b> 26 / 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of relevant knowledge, skills and competences of the student is carried out on the basis of four classified tests, in which he demonstrates his theoretical knowledge of systematics, topography and functional anatomy of individual systems of the human body. A minimum success rate of 60% is required in individual tests. Laboratory protocols from practical exercises are also part of the assessment. Final evaluation: cumulative percentage gain from the continuous written tests (30%) and the theoretical 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> <b>Objective of the subject:</b> The aim of the subject is to provide comprehensive knowledge about the arrangement of the human organism, individual systems and organs with an emphasis on the movement system. Know the functional connections of systems, their coordination through the nervous and endocrine systems. <b>Learning outcomes:</b> After completing the subject, the student will acquire the following knowledge, skills and competences: - the student can define the basic hierarchy of the organization of the human organism, - controls the morphology of individual tissues and their structuring in human organs, - has an overview of the anatomy of individual systems and their topography within the human body, - can interpret the functional connections between individual systems,	

- based on the acquired theoretical knowledge, he is able to guide pupils and students in primary and secondary schools to a healthy lifestyle in the area of supporting movement and healthy eating habits and to cooperate with other experts and institutions.

**Course contents:**

Course contents:

1. Organization of the human organism. General anatomy
2. Systema sceleti - skeletal system
3. Systema musculare – muscular system
4. Systema nervosum - nervous system
5. Systema nervosum - Peripheral nervous system
6. Anatomy of the sensory system - Systema sensuum
7. Morphology of blood - sanguis. Systema sanguinis. Anatomy of the lymphatic system - Systema lymphaticum
8. Anatomy of the cardiovascular system - Systema cardiovasculare
9. Anatomy of the respiratory system - Systema respiratorium
10. Anatomy of the gastrointestinal tract - Systema digestorium
11. Anatomy of excretory and genital organs - Systema urinarium et genitalium masculinum, femininum
12. Endocrine system - Glandulae sine ductibus
13. Skin - Integumentum commune

**Recommended or required literature:**

Recommended reading:

1. DYLEVSKÝ, I.: Funkční anatomie, Grada 2009, ISBN 978-80-247-3240-4
2. DYLEVSKÝ, I.: Fundamentals of functional anatomy, Poznan 2011
3. OREL, M.: Anatomy and physiology of the human body: for humanities. Publisher: Grada 2019, 448 p. ISBN 978-80-271-0531-1
4. MRÁZ, P., BINOVSÝ, A., HOLOMÁŇOVÁ, A., OSVALDOVÁ, M., RUTTKAY-NEDECKÁ, E.: Anatomy of the human body 1 and 2, Slovak Academic Press, spol.s.r.o. Bratislava 2015
5. MARIEB, E., N., MALLAT J.: Anatomy of the human body, CP Books Brno, 2005, ISBN 80-251-0066-9
6. CIHÁK, R.: Human Anatomy I, II, III, Grada Publishing, 2002
7. SCHMIDTOVÁ, K., PETROVOVÁ, E., MALOVESKÁ, M.: Základy anatomie. University of Veterinary Medicine and Pharmacy in Košice, 2017, ISBN 978-80-8077-542-1

**Language of instruction:**

Slovak language

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

Assessed students in total: 62

A	B	C	D	E	FX
14.52	16.13	19.35	17.74	0.0	32.26

**Name of lecturer(s):** MVDr. Gabriela Hrkľová, PhD.

**Last modification:** 30.07.2022

**Supervisor(s):**

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



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD101A/22	<b>Course title:</b> Antropomotories
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: The degree of acquired theoretical knowledge of the student is realized by a written examination after completing the semester; range 100-0%. 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 main goal of the course is to provide basic knowledge and explain basic concepts from anthropomotories. Master and understand the basic concepts and terms of anthropomotories; to understand the classification, definitions and testing of motor abilities and skills, as well as human ontogenesis from the point of view of motor manifestations, body structure and sports performance. Learning outcomes: After completing the subject, the student will acquire the following knowledge: - basic cross-sectional and relevant knowledge about the development of motor skills, general and special skills, - learn the basics of methodology and principles of pedagogical diagnosis of the educational process in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population, - acquires knowledge about the basics of empirical research in pedagogical sciences and sports sciences.	
<b>Course contents:</b> Course contents: 1. Introduction to anthropomotories (scientific discipline) 2. Research methods in anthropomotories 3. Human abilities, movement prerequisites 4. Aptitudes, skills, habits 5. Endurance movement skills and their development 6. Power movement skills and their development 7. Flexibility and its development 8. Hybrid movement skills (speed and explosive power) and their development 9. Coordination movement skills and their development 10. Physical structure as a performance factor 11. Movement and sports performance and performance 12. Movement laterality 13. Ontogeny of human motor skills	
<b>Recommended or required literature:</b> Recommended reading: 1. ZVONÁŘ, M., DUVAČ, I. et al. 2011. Anthropomotories for the master's program physical education and sport.. Brno: Masaryk University, 2011. 231 p. ISBN 978-80-210-538-9. 2. KASA, J. 2004. Sports anthropomotories. Bratislava: FTVŠ UK, 2004. 209 p. ISBN 80-968252-3-2. 3. RUŽBARSKÝ, P. 2018. Anthropomotories for physical education, coaching and sport for health study programs [electronic document] UNIPO.	

<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 61					
A	B	C	D	E	FX
8.2	4.92	14.75	27.87	27.87	16.39
<b>Name of lecturer(s):</b> prof. PaedDr. Jaromír Sedláček, PhD.					
<b>Last modification:</b> 12.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD104A/22	<b>Course title:</b> Biomechanics
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Continuous assessment: written tests (max. 50%). Final oral exam (max. 50%). Final assessment: cumulative percentage gain from the interim assessment (50%) and the final oral exam (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: To understand human movement from a biomechanical point of view and at the same time to understand the essence and causes of the correct execution of the movement and its modifications. Learning outcomes: - master the basics of methodology and principles of pedagogical diagnosis of the educational process in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population.	
<b>Course contents:</b> Course contents: 1. Characteristics of biomechanics as an integral scientific discipline 2. Man as a material system (mechanical properties of the body, support and movement system, types of movement) 3. - 4. Kinematics of human movement (spatial, temporal and spatio-temporal characteristics of movement) 5. - 6. Dynamics of human movement (Forces and their action, internal – muscular forces) 7. - 8. External forces – force of gravity, support reactions 9. The power of inertia. Frictional force	

10. Force of environmental resistance, Magnus effect  
 11. Forces of elastic deformation, centrifugal and centripetal force  
 12.-13. Biomechanical methods of learning gym and sports movements

**Recommended or required literature:**

Recommended reading:

1. KONIAR, M., LEŠKO, M. 1990. Biomechanics. Bratislava: Slovak Pedagogical Publishing House, 1990. 310 p. ISBN 80-08-00331-6.
2. PSALMAN, V. 2010. Evaluation of sports technique from the aspect of biomechanics, Bratislava: ICM, 2010. 149 p. ISBN 978-80-89257-22-5.
3. BALÁŽ, J. et al. 1995. Selected chapters in biomechanics. Bratislava: PdF UK, 1995.
4. PSALMAN, V., ZVONAR, M., BALÁŽ, J. 2013. Biomechanical methods in sport. Brno: FSpS MU, 2013.
5. SCHMIDT, R.A., LEE, T.D. 2005. Motor control and learning. A behavioral emphasis. Leeds: Human Kinetics, 2005. 536 p. ISBN 0-7360-4258-X.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 37

A	B	C	D	E	FX
45.95	35.14	5.41	0.0	0.0	13.51

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

**Last modification:** 18.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
 doc. PaedDr. Peter Mačura, PhD.



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD101B/22	<b>Course title:</b> Conditioning 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 2., 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: Continuous assessment of movement performance and the quality of learning specific movement activities (max. 50%). Exercised work: develop a fitness training program (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the practical work (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: The aim of the subject is to acquaint students with the possibilities of using athletic equipment in fitness training with the aim of developing movement skills and their effective application in acquired movement activities. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student acquires knowledge and understanding of the meaning, focus and forms of fitness training and the systematics of fitness, hybrid and coordination abilities in connection with their development using athletic means, - the student will learn to practically demonstrate and creatively apply the means of movement in acquired movement activities in various sports branches and disciplines, - acquires and knows the competencies that serve as starting points for the creation of fitness training plans.	

**Course contents:**

Course contents:

1. – 2. Use of athletic equipment in fitness training
- 3.- 4. Endurance skills – aerobic and anaerobic endurance
- 5.- 6. Power abilities
- 7.- 8. Speed skills
- 9-10 Flexibility skills
- 11.-12. Coordination skills
13. Principles of creating fitness training programs

**Recommended or required literature:**

Recommended reading:

1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986.
2. SEDLÁČEK, J. et al. 2007. Fitness athletic training and recreational athletics. Bratislava: Comenius University, 2007. 168 p. ISBN 80-223-1817-5.
4. SEDLÁČEK, J., LEDNICKÝ, A. 2010. Fitness athletic training - selected chapters. Bratislava: 2010.
5. ŠIMONEK, J., ZRUBÁK, A. et al. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3.
6. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611.
7. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786.
8. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778.
9. COOPER, K. H. 1990. Aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.
10. JEŘÁBEK, P. 2008. Athletic training. Prague: GRADA Publishing, 2008. 190 p. ISBN 978-80-247-0797-6.

**Language of instruction:**

Slovak language

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

Assessed students in total: 39

A	B	C	D	E	FX
69.23	15.38	10.26	0.0	0.0	5.13

**Name of lecturer(s):** PaedDr. Peter Krška, PhD.**Last modification:** 30.07.2022**Supervisor(s):**

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

doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD102B/22	<b>Course title:</b> Conditioning 2
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 2., 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: Continuous assessment of movement performance and the quality of learning specific movement activities (max. 50%). Exercised work: develop a fitness training program using gymnastic exercise forms (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the practical work (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: The aim of the subject is to improve the level of basic exercise forms from simple exercises and from exercises on tools and their technique. Increase the level of fitness and coordination skills using gymnastic exercise forms. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student acquires and consolidates knowledge in the field of aesthetics of body movement, the need for health, harmonic and rhythmic feeling when performing exercise forms from gymnastics, - the student will improve the level of basic movement skills of exercise forms from flats and exercises on tools and will use them to develop their own fitness and coordination skills, - knows how to constructively approach the creation of training units focused on the development of fitness skills with a focus on gymnastics.	
<b>Course contents:</b>	

**Course contents:**

1. Simple - rollers, handstand, development of coordination skills and flexibility
2. Simple - stand, forward roll, side flip, development of coordination skills and flexibility
3. Projections tied to the side, projection forward, development of coordination skills and flexibility
4. Circles - swing in the air, hang high, hang headlong, carry forward in the air
5. Circles - prone resistance, development of coordination skills and strength skills
6. Trapeze - escape with a bounce from the foot, turn back, turn with the horse, development of coordination skills
7. Trapeze - suspension with a hinge in the lower leg, swings forward and backward with one leg, development of strength skills
8. Trapeze - pull-out escape, incline resistance, development of explosive power
9. Leap - goat in width, in length, development of explosive power of the lower limbs
10. Leap - box in width: leg, squat, turn, development of coordination skills
11. Parallel bars - swaying in support, shoulder stand, jump, development of strength skills of upper limbs
12. Balance beam - walking, turns, jumps, roll, shoulder stand, jumps, development of coordination skills
13. Rope - positions - hangs, carry, strength exercises, use of start and bounce

**Recommended or required literature:**

## Recommended reading:

1. NOVOTNÁ, N. – NOVOTNÁ, B. – KRŠKA, P.: Gymnastics. VERBUM, 2011, 144 p. ISBN 978-80-8084-755-5.
2. FEČ, K. 1994. Didactics theory of gymnastics. Prešov: PF in Prešov, 1994. 118 p.
3. NOVOTNÁ, N. 2003. Gymnastics (Selected chapters). B. Bystrica: PF UMB, 2003. 121 p.
4. KRŠJAKOVÁ, S. 2000. Gymnastics as a game. Bratislava: Faculty of Education, UK, 2000. 112 p. ISBN 80-88868-52-1.
5. NEUMAN, J. 2003. Exercises and tests of agility, endurance and strength. Prague: Portal, 2003. 157 p. ISBN 80-7178-730-2.
6. ŠIMONEK, J., MIKLOVIČOVÁ, D. 2012. Development of agility in school physical and sports education programs. Nitra: PF Univerzita Konštatntín Filozofa, 2012. 113 p. ISBN 978-80-5580-163-6.

**Language of instruction:**

Slovak language

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

Assessed students in total: 37

A	B	C	D	E	FX
16.22	32.43	27.03	5.41	13.51	5.41

**Name of lecturer(s):** Mgr. Ľuboslav Šiška, PhD.**Last modification:** 30.07.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD103B/22	<b>Course title:</b> Conditioning 3
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 3., 4..	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: Continuous assessment of movement performance and the quality of mastering specific movement activities (max. 50%). Seminar work: develop a fitness training program in a selected sports game (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the seminar work (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: To acquaint students with the possibilities of using specific means of sports games in fitness training with the aim of developing movement skills and their effective application in sports games. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student acquires knowledge and understanding of the meaning, focus and forms of fitness training and the systematics of fitness, hybrid and coordination skills in connection with their development using movement aids, - acquires the starting points for creating fitness training plans in sports games, - will learn to practically demonstrate and creatively apply the means of movement in acquired movement activities in sports games, - knows how to constructively approach the creation and management of training units focused on the development of movement skills with a focus on the specifics of the relevant sports game.	

**Course contents:**

Course contents:

1. Characteristics of fitness training for selected sports games
2. Focusing on fitness training for selected sports games
3. Forms of fitness training for selected sports games
4. Endurance skills – aerobic endurance in sports games
5. Endurance skills – anaerobic endurance in sports games
6. Strength skills in sports games
7. Speed skills in sports games
8. Coordination skills in sports games
9. Flexibility skills in sports games
10. Principles of creating fitness training programs in basketball
11. Principles of creating fitness training programs in volleyball
12. Principles of creating fitness training programs in football
13. Principles of creation of conditioning programs in floorball

**Recommended or required literature:**

Recommended reading:

1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986.
2. ŠIMONEK, J., ZRUBÁK, A. et al. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3.
3. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611.
4. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786.
5. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778.
6. KRŠKA, P., ADAMČÁK, Š. 2008. Motor skills and games for their development. Ružomberok: Catholic University, Faculty of Education, Department of Physical Education and Sports, 2008. 103 p. ISBN 978-80-8084-319-9.
7. NEUMAN, J. 2003. Exercises and tests of agility, endurance and strength. Prague: Portal, 2003. 157 p. ISBN 80-7178-730-2.
8. COOPER, K. H. 1990. Aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.

**Language of instruction:****Notes:****Course evaluation:**

Assessed students in total: 18

A	B	C	D	E	FX
5.56	83.33	11.11	0.0	0.0	0.0

**Name of lecturer(s):** doc. PaedDr. Peter Mačura, PhD.**Last modification:** 31.07.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD104B/22	<b>Course title:</b> Conditioning 4
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 3., 4..	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: Continuous assessment of movement performance and the quality of mastering specific movement activities (max. 50%). Exercised work: develop a fitness training program (max. 50%). Final assessment: total percentage gain from the interim assessment (50%) and from the practical work (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: The aim of the subject is to acquaint students with the possibilities of using swimming equipment in fitness training with the aim of developing movement skills and their effective application in acquired movement activities. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student will gain knowledge and experience in the field of specific methods of developing fitness skills in swimming sports, - the student will improve the level of his swimming skills and use them for his own development of fitness and coordination skills, - knows how to constructively approach the creation and management of training units focused on the development of movement skills with a focus on the specifics of swimming sports,	

- controls and applies the principles of creating exercise programs and training cycles in the stage of swimmers' sports training.

**Course contents:**

Course contents:

1. Characteristics, focus and forms of fitness training for swimming sports
2. Use of means to increase general swimming performance in swimming methods
3. Improving fitness performance in crawl swimming
4. Improving fitness performance in backstroke swimming
5. Improving fitness performance in breaststroke swimming
6. Improving fitness performance in butterfly swimming
7. – 8. Sports swimming
- 9.-10. Fitness training in water polo
- 11.- 12. Application of specific swimming methods (volume, intensity, alternating load, interval training, fartleks, repeated sections, series of sections, hypoxic training, etc.) in fitness swimming to develop specific swimming skills and improve swimming skills
13. Principles of creating fitness training programs in swimming sports

**Recommended or required literature:**

Recommended reading:

1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986.
2. ŠIMONEK, J., ZRUBÁK, A. et al. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3.
3. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611.
4. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786.
5. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778.
6. COOPER, K. H. 1990. An aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736.
7. KALEČÍK, Ľ. And col. 1997. Theory and didactics of swimming sports. Bratislava: Comenius University, 1997. 200 p. ISBN 80-223-0959-1.
8. MACEJKOVÁ, Y. et al. 2005. Didactics of swimming. Bratislava: ICM AGENCY, 2005. 152 p. ISBN 80-969268-3-7.
9. HOCH, M., ČERNUŠÁK, V. et al. 1968. Swimming. Prague: SPN, 1968. 249 p. ISBN 83-08-09.
10. HOHMANN, A., LAMES, M., LETZELTER, M. 2010. Introduction to sports training. Prostějov: Sport and Science Association, 2010.
11. THOMAS, D. G. 2005. Swimming. Steps to success. Leeds: Human Kinetics, 2005. 190 p. ISBN 0-7360-5436-7.
12. MACEJKOVÁ, Y. - BENČURIKOVÁ, Ľ. 2014. Swimming. Bratislava: STIMUL, 1st edition, teaching texts for trainers, 2014. 103 p. ISBN 978-80-8127-100-7.

**Language of instruction:**

Slovak language

**Notes:**



<b>Course evaluation:</b> Assessed students in total: 15					
A	B	C	D	E	FX
33.33	26.67	20.0	0.0	6.67	13.33
<b>Name of lecturer(s):</b> PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 31.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD119A/22	<b>Course title:</b> Didactics of 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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of relevant knowledge, skills and competencies of the student is carried out on the basis of the final written test (100-0%).	
<b>Learning outcomes of the course:</b> Objective of the subject: The aim of the subject is to acquire basic knowledge and skills in the theory of teaching physical education. Mastering the basic concepts, approaches and procedures in the subject didactics of physical education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - master the basics of methodology and principles of pedagogical diagnosis of the educational process in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population, - is able to plan, organize, lead and analyze the physical education and sports process at the ISCED 2 and 3 level in profile educational areas, can evaluate, classify and solve pedagogical situations and processes, - is able to navigate the generally binding legal, ethical, economic regulations relating to the work of a teacher, in pedagogical documentation, in other conceptual and strategic documents of the school, - is able to respond promptly and appropriately to the personality and movement expressions of the trainees and is ready to take responsibility for the safety and health protection of participants in the physical education process, is capable of creating exercise training programs with a versatile and specialized focus.	
<b>Course contents:</b> Course contents: Lectures and exercises: 1. Physical education and sport in the life of a contemporary person 2. Didactics of physical education as a scientific discipline, characteristics of basic concepts 3. Educational process in physical education. Developing movement skills 4. Pupil and teacher in the physical education process 5. Conditions of the physical education process	

6. Assessment in physical education, creation of standards 7. Organizational forms of teaching 8. Current trends in the teaching of physical education in our country and in the world 9. Learning and teaching in physical education 10. Developing student and teacher competencies in the physical education process 11. Physical education curricula, teaching design 12. Work with physically impaired pupils 13. Interest-based physical education and school sports

**Recommended or required literature:**

Recommended reading:

1. COLLECTIVE. 2001. Didactics of school physical education. Bratislava: FTVŠ UK and SVSTVŠ, 2001. 236 p. ISBN 80-968252-5-9.
2. ANTALA, B., LABUDOVIČ, J., DANCÍKOVÁ, V. et al. 2013. Co-educated teaching of physical and sports education. Bratislava: UK FTVŠ. 2013. 163 p. ISBN 978-80-89257-63-8.
3. SEDLÁČEK, J., ANTALA, B. et al. 2008. Evaluation of physical development and motor performance of pupils in the process of curricular transformation of education and training, Bratislava: 2008, 138 p. ISBN.
4. STARŠÍ, J. 1992. Didactics of physical education for the 1st grade of elementary school. Banská Bystrica: PF UMB, 1992. 114 p. ISBN 80-856162-33-4.
5. CHRÁSKA, M. 1999. Didactic tests. Brno: Paido, 1999. 91 p. ISBN 8085931680.
6. CHRÁSKA, M. 2007. Methods of pedagogical research. Prague: GRADA Publishing, 2007. 265 p. ISBN 978-80-247-1369-4.
7. ŠIMONEK, J. 2005. Didactics of physical education. Nitra. University of Konstantin Filozof, 2005. 103 p. ISBN 8080508739.
8. ŠIMONEK, J. et al. 2004. Methodology of physical education for secondary vocational schools. Bratislava: SPN, 2004. 285 p. ISBN 8010003808.
9. MELICHER, A. 1996. Innovation of physical education projects in primary and secondary schools of the Slovak Republic. Proceedings of a scientific exercise. Bratislava: Macura Peter, 1996. 97p. ISBN 80-967456-8-9.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 21

A	B	C	D	E	FX
4.76	33.33	19.05	19.05	19.05	4.76

**Name of lecturer(s):** prof. PaedDr. Elena Bendíková, PhD.

**Last modification:** 31.07.2022

**Supervisor(s):**

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

doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD114A/22	<b>Course title:</b> Fundamentals of sports sciences and research methodology
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final assessment: total percentage gain from the written test (100-0%). 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: Acquiring knowledge about the basics of sports science methodology and about the collection, processing, statistical evaluation and interpretation of research results. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - master the basics of methodology and principles of pedagogical diagnosis of the educational process in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population, - is able to participate in the solution of professional projects in the field of sports sciences, - can actively acquire new knowledge and information, integrate, process and present them in the educational process and managerial activities in sports, physical education and recreational facilities, - operates in accordance with the professional, ethical and legal framework valid in the Slovak education system.	
<b>Course contents:</b> Course contents: 1. Introduction to the methodology of science in sports sciences	

2. Formulation of a scientific problem, research topic, conceptualization of theoretical starting points
3. Types of research in sports
4. Work methodology, methods of finding and processing empirical data
5. Results and their interpretation, conclusions
6. Bibliographic and citation standard ISO 690
7. Introduction to statistics, statistical files, basic statistical characteristics
8. Location and dispersion
9. Dependent and independent variables
10. Normality of distribution of research data
11. T-tests, Chi-square
12. Level of statistical significance
13. Pair correlation

**Recommended or required literature:**

Recommended reading:

1. HAVLÍČEK, I. 2004. Model of empirical research. Physical education and sport, 14, 3, 2004.
2. CHRÁSKA, M. 2007. Methods of pedagogical research. Prague: GRADA Publishing, 2007. 265 p. ISBN 978-80-247-1369-4.
3. STARŠÍ, J. 1999. Science of sports. Chapters on methodology. Banská Bystrica: KTVŠ UMB FHV, 1999.
4. ZRUBÁK, A., LABUDOVIČ, J. et al. 1998. Sports Sciences. Bratislava: FTVŠ UK, 1998.
5. ZVONAR, M., KORVAS, P., NYKODÝM, J. 2010. Movement and health aspects in kinanthropological research. Brno: Masaryk University, 2010. 166 p. ISBN 978-80-210-5176-8.
6. KAMP MILLER, T., CIHOVÁ, I., ZAPLETALOVÁ, L. 2010. Fundamentals of research methodology in physical education and sport. ICM Agency. 192 p. ISBN 978-80-89257-27-0.

**Language of instruction:**

**Notes:**

**Course evaluation:**

Assessed students in total: 30

A	B	C	D	E	FX
60.0	16.67	6.67	0.0	10.0	6.67

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

**Last modification:** 13.07.2022

**Supervisor(s):**

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

doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD111A/22	<b>Course title:</b> Games 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 1	<b>Working load:</b> 25 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: During the semester, the student demonstrates his theoretical knowledge of the theory and didactics of movement games in the form of a semester paper, the topic of which he chooses. The student prepares a written preparation and performs a selected movement game. Demonstrates practical movement skills through active participation in movement games during exercises. Constructively-critically evaluates his output and whole-semester activity. Final rating: total percentage gain: - semester written work (50%) - written preparation and management of the movement game (40%) - self-evaluation (10%). - 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 functions of movement play in a person's life and to prepare him for the teaching of movement games in physical and sports education classes. To present to the student knowledge about movement games in the school environment as a pedagogical assistant and educator. To provide the student with knowledge about organizing competitions with the application of movement games (dummy) at school. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - familiarization with the possibilities of using exercise games at school, with the principles of applying simple exercise training programs with a focus on exercise games, - mastering selected movement activities that condition participation in the movement game according to the content of education in schools and for the needs of sample demonstrations by students, - learning the theory and didactics of movement games for the needs of activities in sports and recreational facilities.	
<b>Course contents:</b> 1. Movement games in the modules of the State Education Program for primary and secondary schools (ISCED 2 and ISCED 3): Health and its disorders, Healthy lifestyle, Physical fitness and physical performance, Sports activities of the physical regime 2. Movement games to stimulate movement speed and strength skills 3. Movement games to stimulate coordination movement skills 4. Movement games to stimulate endurance movement skills 5. Movement games to develop game skills in sports games 6. Movement games with balls 7. Cooperative movement games 8. Movement	

games in the water environment 9. Movement games on snow 10. Field movement games 11. Movement games with carrying the exerciser 12. Movement games in health physical education 13. Movement games in sports training

**Recommended or required literature:**

1. ARGAJ, G. et al. 2009. Movement games for physical and sports education. Bratislava: Comenius University, 2009. 83 p. ISBN 978-223-2602-5.
2. KRŠKA, P., ADAMČÁK, Š. 2008. Motor skills and games for their development. Ružomberok: Catholic University, Faculty of Education, Department of Physical Education and Sports, 2008. 103 p. ISBN 978-80-8084-319-9.
3. NEUMAN, J. 1998. Adventure games and exercises in nature. Prague: Portal, 1998. 328 p. ISBN 80-7178-730-2.
4. ŠIMONEK, J. 2012. Games, exercises and competitions for the development of children's movement coordination. 2012. Nitra: University of Konstantin Filozof PF, 2012. 96 p. ISBN 978-80-5580-069-1.
5. Physical and sports education - collective sports activities, gymnastic and dance movement activities, Collective of authors. Bratislava: NŠC in cooperation with FTVŠ UK, 2014. 246 p. 1st edition. ISBN: 978-80-971466-3-4. EAN: 9788097146634.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 38

A	B	C	D	E	FX
42.11	31.58	15.79	5.26	0.0	5.26

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

**Last modification:** 11.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD113A/22	<b>Course title:</b> Games 2
<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> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: During the semester, the student demonstrates practical skills through active physical participation in exercises. It will make a sample of the game activity of an individual and the chain of game activities. In the test, he will demonstrate theoretical knowledge of the rules. Constructively-critically evaluates his activity throughout the semester. Final rating: total percentage profit: - demonstration of individual game activity in basketball and floorball (15+15%), - example of a chain of game activities in basketball and floorball (15+15%), - test on the rules of basketball and floorball (10+10%), - self-evaluation (10+10%). - 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 games basketball and floorball in a person's life and to prepare him for their teaching in physical and sports education classes. To present knowledge about basketball and floorball to the student in the school environment as a pedagogical assistant and educator. To provide the student with knowledge about organizing basketball and floorball matches and competitions in schools. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - familiarization with the possibilities of using basketball and floorball at school, - familiarization with the principles of applying simple physical training programs with a focus on basketball and floorball, - mastering selected game activities of basketball and floorball according to the content	



of education in schools and for the needs of sample demonstrations by students, - mastering the theory and didactics of basketball and floorball for activities in sports and recreational facilities, - knows the basics of the educational process of the subject physical and sports education with a focus on basketball and floorball, - can evaluate, classify and solve pedagogical situations when applying basketball and floorball in the educational process, - immediately responds to the needs of regulating the course of exercise and play, especially in the context of safety and health protection of its participants.

**Course contents:**

Course contents:

Lectures

1. Theory of games
2. Theory and didactics of sports games
3. Game and player performance in sports games: structure and components
4. Basketball and floorball in the State Education Program
5. Basketball and floorball in the school educational program
6. Student performance in basketball and floorball
7. Organizing school competitions in basketball and floorball
8. Organizational forms in learning basketball and floorball at school
9. Didactic forms in learning basketball and floorball at school
10. Theory and didactics of basketball
11. Theory and didactics of floorball
12. Rules and refereeing of basketball at school
13. Rules and decision-making of floorball at school

Exercise 1 - basketball

1. Technique and tactics of holding the ball and ballhandling in basketball
2. Technique and tactics of driving the ball in basketball
3. Technique and tactics of passing in basketball
4. Technique and tactics of shooting in basketball
5. Technique and tactics of rebounding in basketball
6. Technique and tactics of defending a player with and without the ball in basketball
7. Tactics and learning of the throw-and-run offensive combination in basketball
8. Tactics and learning the offensive system in basketball
9. Tactics and learning of the defensive system in basketball
10. Basic rules in school basketball
11. Basics of decision-making in school basketball
12. Outputs of students in the role of referee
13. Outputs of students in the role of couch - leading the school team in a basketball game

Exercise 2 - floorball

1. Technique and tactics of individual offensive game activities in school floorball 1
2. Technique and tactics of individual offensive game activities in school floorball 2
3. Technique and tactics of individual defensive game activities in school floorball
4. Organizing a floorball match, interclass and interschool competitions
5. Application of the rules of floorball and the outputs of students in the function of referee of a floorball match
6. – 13. Students' outputs in the role of couch - leading the school team in a floorball match

**Recommended or required literature:**

Recommended reading:

1. ARGAJ, G. 2007. Theory and didactics of basketball 2. Bratislava: Comenius University in Bratislava, 2007. 137 p. ISBN 80-88901-30-8.
2. ARGAJ, G. 2018. 100 movement games for young basketball players. Bratislava: Slovak Basketball Association, 2016. 108 p. ISBN 978-80-973081-4-8.
3. FLOORBALL. In: ARGAJ, G. 2016. Movement games. Theory and didactics. Bratislava: Comenius University, 2016. 128 p. ISBN 978-80-223-4022-9. with. 129-130.
4. 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.
5. IZÁKOVÁ, A., ARGAJ, G., TOMÁNEK, L., HULKA, K. 2019. Theory and didactics of the sport game basketball. University textbook. Banská Bystrica: Publishing House of Matej Bel University in Banská Bystrica – Belianum. 130 p. ISBN 978-80-557-1648-0.
6. KYSEL, J. 2010. Floorball. Prague: Grada, 2010. 141 p. ISBN 9788024736150.
7. OFFICIAL basketball rules effective October 1, 2014. FIBA.
8. 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).
9. PERÁČEK, P. 2018. Theory of sports games. University textbook. Bratislava: Slovak Scientific Society for Physical Education and Sport. 435 p. ISBN 978-80-89075-74-4.
10. Floorball RULES (2006). According to the official international floorball rules of the IFF - International Floorball Federation. SZF.
11. TOMÁNEK, L. 2010. Theory and didactics of basketball. Bratislava: ICM Agency. 212 p. ISBN 978-80-89257-25-6.
12. 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/>.
13. 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).

Magazines:

Sports Games (Slovak Republic)

Physical education and youth sport (Czech Republic)

Physical education and sports (Slovak Republic)

**Language of instruction:**

Slovak language

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

Assessed students in total: 21

A	B	C	D	E	FX
19.05	47.62	19.05	9.52	4.76	0.0

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

**Last modification:** 30.07.2022

**Supervisor(s):**

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

doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD115A/22	<b>Course title:</b> Games 3
<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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: During the semester, the student demonstrates practical skills through active physical participation in exercises. It will make a sample of the game activity of an individual and the chain of game activities. In the test, he will demonstrate theoretical knowledge of the rules. Constructively-critically evaluates his activity throughout the semester. Final rating: total percentage profit: - demonstration of an individual's game activity in football and volleyball (15+15%), - example of a chain of game activities in football and volleyball (15+15%), - test on football and volleyball rules (10+10%), - self-evaluation (10+10%). 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 games football and volleyball in a person's life and to prepare him for their teaching in physical and sports education classes. To present knowledge about football and volleyball to the student in the school environment as a pedagogical assistant and educator. To provide the student with knowledge about organizing football and volleyball matches and competitions in schools. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences:	

- has basic knowledge about the peculiarities of pupils' development in the context of their age, gender, developmental, health and social potential disadvantages, or giftedness and talent,
- can demonstrate game activities to students. It is a motivator of a healthy lifestyle,
- has a positive attitude towards lifelong professional development and education focusing on football and volleyball,
- is able to cooperate effectively with other experts and organizations and respect their recommendations effectively in the educational process,
- can evaluate, classify and solve pedagogical situations when applying football and volleyball in the educational process,
- can solve problems when organizing football and volleyball at school, coordinate, make decisions and supervise compliance with the rules during practice and games.

**Course contents:**

Course contents:

Lectures

1. Sports training in sports games and its construction and management.
2. Selection of talents in sports games.
3. Sports training of children and youth in sports games.
4. Football and volleyball in the State Education Program
5. Football and volleyball in the school educational program
6. Student's game performance in football and volleyball
7. Organizing school competitions in football and volleyball
8. Organizational forms in learning soccer and volleyball at school
9. Didactic forms in learning soccer and volleyball at school
10. Theory and didactics of football
11. Theory and didactics of volleyball
12. Rules and refereeing of football at school
13. Rules and refereeing of volleyball at school

Exercise 1 - football

1. Driving the ball, passing with the feet and the head
2. Stopping the ball with your feet
3. Processing the fly ball through the air with the thigh, chest and head
4. Shooting with legs and head
5. Goalkeeper activity: catching and kicking the ball
6. Basics of rules and decision-making in school football
- 7.-13. Outputs of students as a referee and coach in a football match

Exercise 2 - volleyball

1. Two-handed hitting from above and below
2. Smacking and blocking the ball
3. Serving the ball from above and below
4. Practice of simple game combinations in volleyball
5. Organizing a volleyball match, interclass and interschool competitions.
6. - 13. Student outputs as a referee and coach in a volleyball match

**Recommended or required literature:**

Recommended reading:

1. GIFFORD, C. 2009. Football. Prague: Svojtka & Co., 2009. 96 p. ISBN 80-7237-476-1.
2. KIRKENDALL, D.T. 2014. Football training. Prague: Grada, 2014. 220 p. ISBN 978-80-247-4491-9.
3. NEMEC, M., KOLLÁR, R. 2009. Theory and didactics of football. Banská Bystrica: Janka Čižmarová – PARTNER, 2009. 200 p. ISBN 978-80-89183-62-3.
4. OFFICIAL Volleyball Rules 2017-2020 valid for all competitions from May 1, 2017. FIVB. [https://www.avr-sr.sk/administracia/prilohy/dokument/oficialne\\_pravidla\\_volejbalu\\_2017\\_2020.pdf](https://www.avr-sr.sk/administracia/prilohy/dokument/oficialne_pravidla_volejbalu_2017_2020.pdf).
5. PERÁČEK, P. 2018. Theory of sports games. University textbook. Bratislava: Slovak Scientific Society for Physical Education and Sport. 435 p. ISBN 978-80-89075-74-4.
6. PERÁČEK, P., PAKUSZA, Zs. 2011. Football. University textbook. Bratislava: IRIS. 217 p. ISBN 978-80-89238-55-2.
7. RULES of football valid from June 1, 2020. SFZ.
8. PŘIDAL, V., ZAPLETALOVÁ, L. 2018. Sports training in volleyball. University textbook. 2nd ed. Bratislava: Slovak Scientific Society for Physical Education and Sport. 398 p. ISBN 978-80-89075-72-0.
9. SABOL, J. 2014. Movement games for football preparations. Liptovský Mikuláš: Jaroslav Gartner, 2018. 78 p. ISBN 9788097162405.
10. VOTÍK, J. 2011. Football practices and games. Prague: Grada 2011. 152 p. ISBN 9788024735764.
11. ZAPLETALOVÁ, L., PŘIDAL, V. 2007. Volleyball - basics of technique, tactics and teaching. Bratislava: UK, 2007. 158 p. ISBN 978-80-223-2280-5.
12. 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/>.
13. 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).

Magazines:

Sports Games (Slovak Republic)

Physical education and youth sport (Czech Republic)

Physical education and sports (Slovak Republic)

**Language of instruction:**

Slovak language

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

Assessed students in total: 26

A	B	C	D	E	FX
34.62	11.54	42.31	7.69	0.0	3.85

**Name of lecturer(s):** doc. PaedDr. Peter Mačura, PhD., PaedDr. Andrej Hubinák, PhD.**Last modification:** 19.07.2022**Supervisor(s):**

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



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD102A/22	<b>Course title:</b> Gymnastics 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 1.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (75%) Theory test (25%) 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 gymnastics in a person's life and to prepare him from a practical and fitness point of view to master the methodology of basic gymnastic elements. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student has basic cross-sectional and relevant knowledge about the forms of warm-up and stretching and knows how to name the basic exercise forms correctly in terms of terminology, - possesses basic skills in exercises of simple elements and in exercises on tools, - can solve problems in the process of motor learning while improving the technique of performing gymnastic elements.	
<b>Course contents:</b> Course contents:	



1. Tasks and goals of basic gymnastics
2. Sequence exercises
3. Terminology of gymnastics
4. Types and forms of exercise
5. Tasks of warm-up in the physical education process
6. Basic movements – walking, running, hops, lunges, etc.
7. Basic dance steps - one-step, step-step, hopping, polka, waltz...
8. Creation of movement studies
9. Stretching and its types
10. Exercises with and without equipment
11. Basic gymnastic elements - floor
- 12.-13. Practice on tools

**Recommended or required literature:**

Recommended reading:

1. HATIAR, B, et al. 1998. Rhythmic modern and sports gymnastics. Bratislava: Comenius University. 1998. 235 p. 80-223-1250-9.
2. NOVOTNÁ, N., NOVOTNÁ, B., KRŠKA, P. 2011. Gymnastics. Ružomberok: VERB. 144 p. ISBN 978-80-8084-755-5.
3. SKOPOVÁ, M., ZÍTKO, M. 2008. Basic gymnastics. Prague: Karolinum. 2008. 178 p. 978-80-246-1478-6.
4. KRŠJAKOVÁ, S. 2000. Gymnastics as a game. Bratislava: PF UK. 2000. 112 p. 80-88868-52-1.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 60

A	B	C	D	E	FX
16.67	11.67	18.33	11.67	23.33	18.33

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

**Last modification:** 14.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD110A/22	<b>Course title:</b> Gymnastics 2
<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> 3.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b> KTVS/Tx-BD102A/22	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (50%) Theory test (25%) Seminar work (25%) 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 present knowledge about gymnastics to the student in the environment of school physical education as a pedagogical assistant and educator. To prepare the student from a practical point of view for mastering the didactic part of teaching gymnastics. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - master the basics of gymnastics methodology in physical and sports education, with respect for the individual characteristics of pupils, students and the adult population, - possesses basic skills in the demonstration of basic gymnastic elements, - is capable of creating exercise training programs with a focus on gymnastics within the school education system,	

- able to solve problems and coordinate procedures for the development of gymnastic skills in physical and sports training classes as a teaching assistant.

**Course contents:**

Course contents:

Exercise:

1. Simple - rolls, handstand
2. Prostné - handstand
3. Roll forward, side sweep
4. Projections tied to the side, projection forward
5. Circles - swaying in the air, hanging high
6. Hanging headlong, hanging forward
7. Circles - bent over resistance
8. Trapeze - escape with a bounce from the foot, turn back, turn with the horse
9. Trapeze - suspension with a hinge in the lower leg, swings forward and backward
10. Trapeze - pull-out escape, incline resistance
11. Jump - goat in width, in length
12. Vault - box to the width: springboard
13. Shrčka, turn.

Lectures:

1. History of gymnastics
2. Division of gymnastics
3. General gymnastics
4. Gymnastic sports
5. Movement gymnastic structures
6. Motor learning in gymnastic sports
7. Development of movement skills by means of gymnastics
8. – 9. Pedagogical process in gymnastics
- 9.-10. Gymnastic terminology
10. - 13. Terminology of exercises on tools

**Recommended or required literature:**

Recommended reading:

1. HATIAR, B., et al. 1998. Rhythmic modern and sports gymnastics. Bratislava: Comenius University. 1998. ISBN 235 p. 80-223-1250-9.
2. NOVOTNÁ, N., NOVOTNÁ, B., KRŠKA, P. 2011. Gymnastics. VERBUM, 144 p. ISBN 978-80-8084-755-5.
3. SKOPOVÁ, M., ZÍTKO, M. 2008. Basic gymnastics. Prague: Karolinum. 2008. 178 p. 978-80-246-1478-6.
4. KRŠJAKOVÁ, S. 2000. Gymnastics as a game. Bratislava: PF UK. 2000. 112 p. 80-88868-52-1.
5. LIBRA, J. 1973. Theory and methodology of sports gymnastics. Prague: State pedagogical publishing house. 1973. 287 p.
6. TRUNEČKOVÁ, E., SAMEKOVÁ, Z. 1991. Theory and didactics of gymnastics. Banská Bystrica: Faculty of Education. 1991. 174 p. 80-85162-25-3.

**Language of instruction:**

Slovak language

**Notes:**

<b>Course evaluation:</b> Assessed students in total: 29					
A	B	C	D	E	FX
31.03	13.79	10.34	13.79	17.24	13.79
<b>Name of lecturer(s):</b> Mgr. Luboslav Šiška, PhD.					
<b>Last modification:</b> 30.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD108B/22	<b>Course title:</b> Healthy life-style
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Theory test (50%) Seminar work (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: Clarify basic knowledge of healthy nutrition, physical activity and regeneration (physical, mental). To acquire the ability to adapt the lifestyle to current requirements. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - has basic knowledge about the processes taking place in the human body, - is able to navigate the issue of healthy nutrition, - is capable of creating exercise training programs with a focus on a healthy lifestyle	
<b>Course contents:</b> Course contents: 1. Introduction to the theory of health and lifestyle, basic terms 2. Functioning of the human body 3. Healthy nutrition	

4. – 8. Movement activity 9.-12. Regeneration (physical, mental) 13. Spiritual area and socialization					
<b>Recommended or required literature:</b> Recommended reading: 1. RUŽBARSKÁ, B. 2010. Lifestyle as a determinant of health. PU Faculty of Sports. ISBN 978-80-555-1983-8 2. ČALKOVSKÁ, A., et al. 2010. Human physiology. Publisher: Osveta. 220 p. ISBN 9788080633448 3. ŽÁK, F. 2005. Nutrition for performance and health. Bratislava: ICM Agency. 145 p. ISBN 80-969268-2-9 4. KAMPMILLER, T., et al. 2012. Theory of sport and didactics of sports training. Bratislava: ICM Agency. 353 p. ISBN 9788089257485 5. TEPPERWEIN, K. 2006. Mental training. Bratislava: Noxi. 212 p.					
<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 9					
A	B	C	D	E	FX
0.0	44.44	11.11	11.11	0.0	33.33
<b>Name of lecturer(s):</b> prof. PaedDr. Elena Bendíková, PhD.					
<b>Last modification:</b> 12.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD112B/22	<b>Course title:</b> Hiking instructor
<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> 3.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (50%) Theory test (25%) Seminar work (25%) 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 training of hiking instructors of the 1st qualification level is to prepare a qualified expert for sports in the field of hiking. A hiking instructor of the 1st qualification level is authorized to lead, organize and implement short-term hiking activities. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student has a wide range of knowledge related to movement and survival in nature, - has relevant knowledge related to the legal aspects of the instructor's practice, - knows the basics of first aid, - is able to plan and implement a multi-day tourist expedition.	
<b>Course contents:</b> Course contents:	

1. Characteristics of KST
2. Selection and preparation of tourist events - specifics
3. The legal minimum of a PT instructor
4. Gear and equipment for hiking
5. Basics of field orientation and work with a guide
6. Basics of meteorology
7. Danger in the mountains
8. – 11. First aid, injuries and non-injury conditions during hiking
12. Tourist signage and marked routes (TZT)
13. Preparation, planning and organization of tourist activities

**Recommended or required literature:**

Recommended reading:

1. ŽIDEK, J., et al. 2013. Tourism and the protection of life and health. Bratislava: UK in Bratislava, 2013, 123p. ISBN 978-80-223-3398-6.
2. KOMPÁN, J., GORNER, K. 2007. Possibilities of applying tourism and physical activities in nature in the way of life of the young population. Banská Bystrica: FHV UMB, 2007, 62 p. ISBN 80-8083-365-7.
3. KOMPÁN, J., et al. 2017. Outdoor activities, sports and specifics of staying in nature. Banská Bystrica: Belianum, 2017, 210 p. ISBN 978-80-557-1342-7.
4. JUNGER, J., et al. 2002. Tourism and sports in nature. Prešov: FHAPV PU, 2002, 267 p. ISBN 80-8068-097-3.
5. Methodology for rescuers of the mountain service, 2013 [online]. [cit. 22.6.2021]. Available on the Internet: [http://www.horskasluzba.com/dokumenty/Metodia\\_SK\\_CZ.pdf](http://www.horskasluzba.com/dokumenty/Metodia_SK_CZ.pdf).
6. ŽITNÍK, P., 2020. Orientation in the terrain without a map and compass [online]. [cit. 22.6.2021]. Available on the Internet: <https://armytraining.sk/orientacia-v-terene-bez-mapy-a-buzoly/>
7. Movement and stay in nature - topography, 2020 [online]. [cit. 22.6.2021]. Available on the Internet: <http://www.chatanagruni.sk/materials/files/topografia-znacky.pdf>.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 13

A	B	C	D	E	FX
92.31	0.0	0.0	0.0	0.0	7.69

**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:  
doc. PaedDr. Peter Mačura, PhD.



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD109A/22	<b>Course title:</b> History of Sports
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture <b>Recommended study range:</b> <b>hours weekly:</b> 1 <b>hours per semester:</b> 13 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 3.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Intermediate assessment: exercise and work (max. 30%) Final assessment: exam (max. 70%) Final assessment: cumulative percentage gain from the interim assessment (30%) and oral 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> Objective of the subject: To provide students with knowledge of the development of sports and the sports movement in the world and on the territory of Slovakia, including the origin and development of school physical education. Gain knowledge about the main stages of the origin and development of sport in individual periods of social development in the world and in Slovakia, including the genesis of school physical education. To understand the conditionality of the development of sport with the economic, cultural and social conditions of society. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - has basic information about the history of sports, - can follow the basic development trends in the sports movement and Olympism, - has knowledge and understanding of national and regional facts in the field of sports.	
<b>Course contents:</b> Course contents: 1. Sport in prehistoric times and in ancient oriental despotisms 2. Sport and its status in Greek and Roman antiquity	

3. Ancient Olympic Games
4. Decline of sports in the Middle Ages, knightly culture
5. European physical education systems (tournament gymnastics, Swedish gymnastics, French system)
6. Reforms of physical education systems and development of sports sciences
7. The emergence of modern sport, its expansion from England to Europe and the world, the beginnings of important sporting events, the restoration of the Olympic Games
8. Sport on the territory of Slovakia from the arrival of the Slavs to 1848 and in the period 1848 – 1918
9. Sport in the pre-Munich Czechoslovak Republic and in the years of the Slovak State
10. Sport on the territory of Slovakia in the period 1945-1989
11. Sport in the current Slovak Republic and an outline of the development of Olympism in Slovakia
12. Genesis of school physical education in Slovakia
13. Summary

**Recommended or required literature:**

Recommended reading:

1. PERÚTKA, J. et al. 1988. History of physical culture. Bratislava: Slovak Pedagogical Publishing House, 1998. 287 p. 067-469-88 DTK.
2. GREXA, J. et al. 1996. Olympic movement in Slovakia. From Athens to Atlanta. Bratislava: Q111, 1996. 212 p. ISBN 80 85401-56-8.
3. PERÚTKA, J., GREXA, J. 1999. History of physical culture in Slovakia. Bratislava: Comenius University, 1999. 137 p. ISBN 80-223-1382-3.
4. GREXA, J. 2011. What were the ancient Olympic Games. Bratislava: SOV, 2011. 47 p. ISBN 978-80-89460-06-8. Available from <http://www.olympic.sk/userfiles/files/publikacie/ak-boli-antickolympijsk-hry-60053.pdf>.
5. SOUČEK, Ľ. 2010. Our Olympic medalists and Olympians. Bratislava: SOV, 2010. 150 p. ISBN 978-80-89460-045. Available from <http://www.olympic.sk/userfiles/files/publikacie/nasiolympijskoolympionici-86561.pdf>.
6. SEMAN, F. 2012. Milestones of world sport. Bratislava: SOV, 2012. 95 p. ISBN 978-80-89460-09-0. Available from <http://www.olympic.sk/userfiles/files/publikacie/milnikyweb-41339.pdf>.
7. SOUČEK, Ľ. 2011. Modern Olympic Games. Bratislava: SOV, 2011. 171 p. ISBN 978-80-89460-06-9. Available from <http://www.olympic.sk/userfiles/files/publikacie/novovekeolympijske-hry-21575.pdf>.

**Language of instruction:**

**Notes:**

**Course evaluation:**

Assessed students in total: 35

A	B	C	D	E	FX
40.0	45.71	8.57	0.0	0.0	5.71

**Name of lecturer(s):** PaedDr. Jozef Zentko, PhD.

**Last modification:** 13.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD108A/22	<b>Course title:</b> Human physiology and physiology of exercises
<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> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of practical examinations during the semester teaching of the subject and a theoretical examination after completion of the subject. During the semester, the student demonstrates his skills by working independently on practical exercises and autonomously solving assigned tasks. After completing practical exercises, he is also tested on theoretical knowledge. Final assessment: total percentage gain from activities during the semester 50% and from theoretical knowledge 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> <b>Objective of the subject:</b> The aim of the subject is to convey to students the most important information regarding the various processes taking place in the human body, which ensure all vital functions. The subject is specially devoted to the physiology of the locomotor system and the functional relationships of other systems involved in the physiology of physical exercises. <b>Learning outcomes:</b> After completing the subject, the student will acquire the following knowledge, skills and competences: - the student has basic knowledge about the physiological activity of individual human organ systems, - knows the basics of biological, physiological and health laws of physical activity with a focus on education for a healthy lifestyle,	

- knows the principles of physical exercises and, based on them, is able to react promptly and appropriately to the personality and movement expressions of the exercisers and is ready to take responsibility for the safety and health protection of the participants in the physical education process.

**Course contents:**

Course contents:

1. Blood physiology
2. Hemostasis
3. Physiology of breathing
4. Thermoregulation and the influence of heat and cold. Fever
5. Physiology of digestion and absorption
6. Transformation of substances
7. Physiology of blood and lymph circulation
8. Physiology of endocrine glands I.
9. Physiology of endocrine glands II.
10. Excretory system
11. Genital system. Pregnancy
12. Nervous system I.
13. Nervous system II. Vegetative nervous system

**Recommended or required literature:**

Recommended reading:

1. OREL, M.: Anatomy and physiology of the human body: for humanities. Publisher: Grada 2019, 448 p. ISBN 978-80-271-0531-1.
2. ČALKOVSKÁ, A.: Human physiology: for non-medical study programs. Osveta Martin 2017, ISBN 978-80-8063-455-1.
3. JAVORKA, K.: Medical physiology. Osveta Martin 2009. ISBN 978-80-8063-291-5.
4. HAMAR, D., LIPKOVÁ, J.: Physiology of physical exercises. Comenius University Bratislava, 2008. ISBN 978-80-223-2366-6.
5. WARD, J.P.T. 2010: Basics of physiology. Galén, Prague.
6. VAŇHARA, Z. 1993: Practice in human physiology. Palacký University, Olomouc.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 33

A	B	C	D	E	FX
6.06	9.09	18.18	33.33	33.33	0.0

**Name of lecturer(s):** MVDr. Gabriela Hrkľová, PhD., Prof. RNDr. Peter Kubatka, PhD.

**Last modification:** 19.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD118A/22	<b>Course title:</b> Listening prax
<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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final evaluation: Evaluation of pedagogical documentation (practice diary), recording and evaluation of clinical hours, written preparations for leading a lesson, or its parts (40%). Management of the teaching process (assistant practice, part or the whole lesson (60%). Final evaluation: total percentage gain from the evaluation of pedagogical documentation (40%) and management of the teaching process (60%). 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 become familiar with pedagogical phenomena and to learn to apply one's own knowledge from the didactics of physical and sports education and supporting subjects in managing the teaching process in specific conditions. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student becomes familiar with the regularities of the pedagogical process in TaŠV, learns to apply the acquired knowledge in planning the process, is able to confront his own knowledge with real practice, - the student acquires skills associated with managing the physical education process, - organizes and applies basic didactic forms, - can evaluate the process and results of students in achieving the goals of the lesson.	
<b>Course contents:</b>	

**Course contents:**

1. Familiarization of students with the goals and tasks of pedagogical practice, with specific teaching conditions and with pedagogical documentation at the selected elementary school
2. As part of the supervision of the lessons, record their goal, structure and brief content
3. Perform and evaluate the timing of activity and internal (functional) load for the selected student; record and evaluate the teacher's activities
4. Part of the implementation of students' first teaching attempts is assistant practice, leading a part of a lesson and independent leading a lesson under the supervision of a faculty teacher
5. Evaluation of practice (fulfillment of goals and tasks, evaluation of pedagogical documentation and the quality of the implementation of students' teaching experiments)

**Recommended or required literature:**

## Recommended reading:

1. MELICHER, A. et al. 2000. Documents on pedagogical and professional practice. Bratislava: Comenius University, 2000. 152 p. ISBN 80-223-1445-5.

**Language of instruction:**

Slovak language

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

Assessed students in total: 27

A	B	C	D	E	FX
96.3	0.0	0.0	0.0	0.0	3.7

**Name of lecturer(s):** PaedDr. Andrej Hubinák, PhD.**Last modification:** 30.07.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD100B/22	<b>Course title:</b> Movement preparation BUBO
<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> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Ongoing fulfillment of performance requirements and the quality of learning movement activities (max. 60%). Participation in exercises (max. 40%). Final assessment: summative Subject assessment: A – 100%-94% B – 93%-88% C – 87%-81% D – 80%-75% E – 74%-69% Fx – 68%-0%	
<b>Learning outcomes of the course:</b> Master the basic athletic and gymnastic skills and master the practical exercises included in the BUBO project. Basic terminology from athletics and gymnastics Development of motor skills through basic athletic and gymnastic means.	
<b>Course contents:</b> 1.-5. Basic locomotion - running for short distances, running over various obstacles, running with changes of direction, starts from different positions, movement games using running. 6. – 10. Manipulation activities with the ball, manipulation activities with hoops, exercises on benches and with benches, exercises on ribs, combinations of individual exercises. 11. – 12. Diagnostics of movement skills.	
<b>Recommended or required literature:</b> 1. DOVALIL, J. 1986. Movement skills and their development in sports training. Prague: Olympia, 1986. 2. ŠIMONEK, J., ZRUBÁK, A. and others. 2003. Basics of physical training in sports. Bratislava: Comenius University, 2003. 192 p. ISBN 80-223-1897-3. 3. KASA, J. 2002. Diagnostics of fitness movement skills. Bratislava: Methodological-pedagogical center, 2002. 44 p. ISBN 8080521611. 4. KASA, J. 2002. Diagnostics of coordination skills. Bratislava: Methodological-pedagogical center, 2002. 39 p. ISBN 8080521786. 5. KASA, J. 2002. Diagnostics of movement skills. Bratislava: Methodological and pedagogical center, 2002. 56 p. ISBN 8080521778. 6. KRŠKA, P., ADAMČÁK, Š. 2008. Motor skills and games for their development. Ružomberok: Catholic University, Faculty of Education, Department of Physical Education and Sports, 2008. 103 p. ISBN 978-80-8084-319-9. 7. NEUMAN, J. 2003. Exercises and tests of agility, endurance and strength. Prague: Portal, 2003. 157 p. ISBN 80-7178-730-2. 8. COOPER, K. H. 1990. Aerobic program for active health. Bratislava: Šport 1990. 335 p. ISBN 8070960736. 9. JEŘÁBEK, P.: Athletic training, Prague: Grada Publishing, 2008 10. KRŠJAKOVÁ, S.: Gymnastika hrou, Bratislava: PF UK, 2000	

<b>Language of instruction:</b> Slovak language					
<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> PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 10.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD105B/22	<b>Course title:</b> Non-traditional games
<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> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: During the semester, the student demonstrates practical skills by actively participating in exercises in the game. It will make a sample of the game activity of an individual and the chain of game activities. In the test, he will demonstrate theoretical knowledge of the rules. Constructively-critically evaluates his activity throughout the semester. Final rating: total percentage profit: - a sample of the game activity of an individual of a selected non-traditional game (30%), - example of the chain of game activities of the selected non-traditional game (30%), - a test on the rules of a selected non-traditional game (20%), - self-evaluation (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 non-traditional games in a person's life and to prepare him for teaching them in physical and sports education classes. To present to the student knowledge about non-traditional games in the school environment as a pedagogical assistant and educator. To provide the student with knowledge about organizing matches and competitions of non-traditional games in schools. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - mastering selected game activities of non-traditional games according to the content of education in schools and for the needs of sample demonstrations by students, - learning the theory and didactics of non-traditional games for activities in sports and recreation facilities, - mastering the technical skills and tactics of game activities in selected non-traditional games and decision-making in them.	
<b>Course contents:</b> Course contents: 1. Learning the basic rules of the non-traditional games frisbee, badminton, ringo, soft tennis, 3x3 basketball and their modifications 2. Practicing the tactics of selected non-traditional games 3. Material and spatial equipment of non-traditional games 4. Organizing school competitions in non-traditional games 5. Rules, decision-making and outputs of students in the role of referee of a non-traditional game 6.-13. Students' outputs in the function of couch - leading the school team in a non-traditional game match	

**Recommended or required literature:**

Recommended reading: 1. ARGAJ, G. 1996. Non-traditional sports games in the new curriculum of physical education - Ringo. Sports Games, 1996, 1(0): 34 – 37. 2. ARGAJ, G. 2016. Movement games. Theory and didactics. Bratislava: Comenius University, 2016. 128 p. ISBN 978-80-223-4022-9. 3. MAČURA, P., ZAMBOVÁ, D. 2012. 3x3 basketball (streetball) and the possibilities of developing subject competencies in primary and secondary schools. Physical education and sport, 2012. 22(2): p. I-IV. (Methodological appendix). 4. MELICHAR, R., KÜCHELOVÁ, Z., ZUSKOVÁ, K. 2016. Basics of ultimate frisbee Košice: University of Pavle Jozef Šafárik in Košice, 2016. 125 p. ISBN 978-80-8152-474-5. 5. MENDREK, T., NOVOTNÁ, M. 2007. Badminton. Prague: Grada Publishing, a.s., 2007. 124 p. Second, revised edition. ISBN 978-80-247-2004-3. 6. ROUČKOVÁ, M., ARAGAJOVÁ, J. 2013. Non-traditional games. Bratislava: MPC, 2013. 58 p. ISBN 978-80-8052-512-5. 7. 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). Nitra: Konštantín University, 2013. Philosopher in Nitra, Faculty of Education. 539 p. ISBN 978-80-558-0361-6. 8. SIMONEK, J. et al. 2005. Outdoor physical activities. Nitra: Konštantín Filozofa University in Nitra, Faculty of Education, Department of Physical Education and Sport, 2005. 149 p. ISBN 978-80-8094-769-9. 9. 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/>. 10. HEALTH and movement. In: State educational program for gymnasiums 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). Magazines: Sports Games (Slovak Republic) Physical education and youth sport (Czech Republic) Physical education and sports (Slovak Republic)

**Language of instruction:****Notes:****Course evaluation:**

Assessed students in total: 21

A	B	C	D	E	FX
47.62	14.29	14.29	14.29	0.0	9.52

**Name of lecturer(s):** doc. PaedDr. Peter Mačura, PhD.**Last modification:** 15.07.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD107B/22	<b>Course title:</b> Preparation and organisation of sport events
<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> 3., 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</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 final assessment: total financial profit from the performance of the function of organizer at school events (50%) and from the seminar work (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: Gain basic knowledge and acquire practical skills associated with the preparation and implementation of school competitions and sports events. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student must comply with basic legal standards when organizing sports events in the Slovak Republic, - will have the basic skills of preparing, organizing and managing sports, social, educational and entertainment recreational events at the school and regional level, - students must be familiar with the principles of compiling a schedule, creating organizational security, promotion, creating a time committee, scheduling and evaluating events, - learn the basic rules of selected competitions and sports branches.	
<b>Course contents:</b> Course contents: 1. Act on sports in the Slovak Republic 2. Promotion and marketing of sports events 3. Financial security of sports events 4. Principles of building a schedule of sports (school) events 5. Creation of the organizing committee (commissions), spatial and material equipment 6. Principles of creating a time schedule 7. Processing of results and evaluation of events 8. Learning the basic rules of decision-making in selected sports, or disciplines 9. – 13. Demonstrations of own organization of a sports event	
<b>Recommended or required literature:</b> 1. Act on Sports in the Slovak Republic, r. 2013. 2. Rules of selected sports branches, or disciplines Propositions and competition rules of school and sports events.	
<b>Language of instruction:</b> Slovak language	
<b>Notes:</b>	

<b>Course evaluation:</b> Assessed students in total: 7					
A	B	C	D	E	FX
0.0	42.86	14.29	28.57	0.0	14.29
<b>Name of lecturer(s):</b> PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 12.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD103A/22	<b>Course title:</b> Schooling session 1
<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> 1.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (75%) Theory test (25%) 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 of the main areas of downhill skiing. Acquiring the basic skills necessary for improving the technique. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student knows the history of skiing in the world and in Slovakia, - controls, nomenclature, material equipment, basic maintenance of ski equipment, - knows fitness and technical training in downhill skiing, - master basic movement habits, technique and methodology of teaching skiing, - learns the preparation and organization of the ski course and teaching didactics.	
<b>Course contents:</b> Course contents: 1. History of skiing in the world and in our country	

2. Technology - material technical equipment, features and maintenance of skis 3. Principles of mountain safety, knowledge of first aid, difficulty of tracks 4. – 9. Basic ski locomotion, training of ski skills - improving technique 10. – 13. Methodology of teaching skiing					
<b>Recommended or required literature:</b> 1. BLAHUTOVÁ, A. 2017. Skiing technique and didactics, Textbooks, Ružomberok: KU PF. 2017. 66 p. ISBN 978-80-561-0504-7. 2. PAUGSCHOVÁ, B., et al. 2004. Skiing. Banská Bystrica: Bratia Sabovci, s.r.o. Zvolen, 2004, 237 p. ISBN 80-8055-880-9.					
<b>Language of instruction:</b> Slovak language					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 68					
A	B	C	D	E	FX
13.24	10.29	23.53	23.53	11.76	17.65
<b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 20.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD107A/22	<b>Course title:</b> Schooling session 2
<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> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (50%) Theory test (25%) Seminar work (25%) 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 of the basic areas of tourism activities. Mastering the movement component of hiking. Building capacity for the use of tourist activities within the teaching of physical and sports education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - acquires knowledge from the history of tourism, marking, movement in the field, nature protection, - acquires basic professional and technical knowledge with a stay in nature, camping, - master basic skills in orientation in the terrain and progress in hiking, - improves physical fitness and strengthens tourist skills even while protecting the environment, - strengthens social communication in the group, principles of help, cohesion, tolerance.	
<b>Course contents:</b>	

<p>Course contents:</p> <ol style="list-style-type: none"> <li>1. History of tourism</li> <li>2. Content, types and forms of tourism</li> <li>3. Institutional security</li> <li>4. – 7. Basic rules of behavior in nature and its protection</li> <li>8. – 10. National parks and tourist sites in Slovakia</li> <li>11. Movement component of hiking</li> <li>12. Basic equipment for hiking</li> <li>13. Orientation in the map</li> </ol>																	
<p><b>Recommended or required literature:</b></p> <p>Recommended reading:</p> <ol style="list-style-type: none"> <li>1. ŽIDEK, J., et al. 2013. Tourism and the protection of life and health. Bratislava: UK in Bratislava, 2013, 123p. ISBN 978-80-223-3398-6.</li> <li>2. KOMPÁN, J., GORNER, K. 2007. Possibilities of applying tourism and physical activities in nature in the way of life of the young population. Banská Bystrica: FHV UMB, 2007, 62 p. ISBN 80-8083-365-7.</li> </ol>																	
<p><b>Language of instruction:</b></p>																	
<p><b>Notes:</b></p>																	
<p><b>Course evaluation:</b></p> <p>Assessed students in total: 37</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>67.57</td> <td>16.22</td> <td>2.7</td> <td>0.0</td> <td>2.7</td> <td>10.81</td> </tr> </tbody> </table>						A	B	C	D	E	FX	67.57	16.22	2.7	0.0	2.7	10.81
A	B	C	D	E	FX												
67.57	16.22	2.7	0.0	2.7	10.81												
<p><b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.</p>																	
<p><b>Last modification:</b> 30.07.2022</p>																	
<p><b>Supervisor(s):</b></p> <p>Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.</p>																	



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD117A/22	<b>Course title:</b> Schooling session 3
<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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (75%) Theory test (25%) 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 of the basic areas of skating and ice hockey. Acquisition of skills necessary for continuous improvement of technique. Building capacity for the use of skating and ice hockey in the teaching of physical and sports education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - has relevant knowledge about the possibilities of using skating and ice hockey in the teaching of physical and sports education, - acquires basic movement locomotion and skating skills, - learn to use training aids, games and competitions to master skating technique, - knows how to apply pedagogical principles when improving technique, - can handle basic game combinations in ice hockey.	
<b>Course contents:</b>	

<p>Course contents:</p> <ol style="list-style-type: none"> <li>1. Characteristics of skating equipment (skates, helmet, protectors, gloves...)</li> <li>2. – 4. Development of skating skills – balance training</li> <li>5.-7. Practice of falls, rebounds, braking, driving forward, backward, stopping</li> <li>8. - 10. Skating alphabet - exercises</li> <li>11. – 12. Improving skating skills in the form of games and competitions</li> <li>13. Practice game combinations in ice hockey</li> </ol>					
<p><b>Recommended or required literature:</b>  Recommended reading:</p> <ol style="list-style-type: none"> <li>1. TÓTH, I., et al. Ice hockey coach, Bratislava 2010, ISBN 978-80-970545-1-9</li> <li>2. FILC, J. - KRIŠKOVÁ, E. - STARŠÍ, J. 1994. Theory and didactics of skating and the basics of hockey.</li> <li>3. JAROMÍR PYTLÍK, Hockey skating. Trends in teaching technology. Grada Publishing, a.s. Prague 2015, ISBN 978-80-247-5742-1</li> </ol>					
<p><b>Language of instruction:</b>  Slova language</p>					
<p><b>Notes:</b></p>					
<p><b>Course evaluation:</b>  Assessed students in total: 30</p>					
A	B	C	D	E	FX
23.33	10.0	26.67	23.33	6.67	10.0
<p><b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.</p>					
<p><b>Last modification:</b> 20.07.2022</p>					
<p><b>Supervisor(s):</b>  Person responsible for the delivery, development and quality of the study programme:  doc. PaedDr. Peter Mačura, PhD.</p>					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD110B/22	<b>Course title:</b> Schooling session 4
<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> 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (50%) Theory test (25%) Seminar work (25%) 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 of the basic areas of water and cycling tourism. Mastering the movement component necessary for continuous improvement of the technique. Mastering the possibilities of using water and cycling in the process of teaching physical and sports education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - acquires theoretical knowledge from cycling and water tourism, - learns the basics of road traffic and traffic on waterways, - acquires professional and technical skills when repairing bicycles, or modifying and transporting boats, - in individual types of tourism, he gains physical condition, acquires skills in technical preparation, - has basic competence in planning tourist activities.	

**Course contents:**

Course contents:

1. History of water and cycling tourism
2. Cultural and educational component of water and cycling tourism
3. – 5. Basic rules of road traffic
6. – 8. Gear and equipment for cycling
8. Movement component of cycling
9. Classification of water courses
10. Equipment and equipment for water tourism
11. Movement component of water tourism
12. Orientation in the map focused on water and cycling tourism
13. Basics of planning water and cycling activities

**Recommended or required literature:**

Recommended reading:

1. BELÁS, M., ROUČKOVÁ, M. 2015. Summer sports in nature. Bratislava: Methodological-pedagogical center, 2015, 50 p. ISBN 978-80-565-0952-4.
2. KOMPÁN, J., GORNER, K. 2007. Possibilities of applying tourism and physical activities in nature in the way of life of the young population. Banská Bystrica: FHV UMB, 2007, 62 p. ISBN 80-8083-365-7.
3. SIDWELLS, CH. Big book about cycling. 1st edition Bratislava: Slovast, 2004. 239p. ISBN 80-7209-585-4.
4. SOULEK, I., MARTINEK, K. Cycling. 1st edition Prague: Grada Publishing, 2000. 112p. ISBN 80-7169-951.
5. MICHALÁČ, J. 1988. Water tourism. Bratislava, Sport, 1988.
6. BENCE, M., BOBULA, T., ZBÍŇOVSKÝ, P. 2008. Water sports. Banská Bystrica: UMB FHV. 98 p. ISBN 978-80-8083-521-7.

**Language of instruction:**

Slovak language

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

Assessed students in total: 13

A	B	C	D	E	FX
69.23	7.69	7.69	0.0	0.0	15.38

**Name of lecturer(s):** Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.**Last modification:** 08.08.2022**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD111B/22	<b>Course title:</b> Schooling session 5
<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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (50%) Theory test (25%) Seminar work (25%) 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 of the basic areas of ski tourism. Mastering the movement component necessary for continuous improvement of the technique. Building capacity for the use of ski tourism in the process of teaching physical and sports education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - acquires fitness prerequisites for other forms of skiing such as cross-country skiing, ski mountaineering or ski winter transitions, - learns and gains experience in subjective and objective danger in the mountains, - acquires the technical prerequisites for learning special skiing skills, - can handle stressful and unexpected situations in the ski terrain.	
<b>Course contents:</b> Course contents: 1. History of cross-country skiing 2. History of ski mountaineering 3. New forms of ski tourism 4. – 7. Principles of movement in winter nature 7. Equipment for ski tourism 8. – 9. Movement component of cross-country skiing 10. Movement component of a ski alpinist 11.– 13. Basics of planning ski tourism activities	

<b>Recommended or required literature:</b> Recommended reading: 1. PAUGSCHOVÁ, B., et al. 2004. Skiing. Banská Bystrica: Bratia Sabovci, s.r.o. Zvolen, 2004, 237 p. ISBN 80-8055-880-9. 2. ŽÍDEK, J. PETROVIČ, P.: Skiing. Methodical guide. Bratislava, 1997. 3. PETROVIČ, P. BELÁS, M. 2012. Cross-country skiing: technique – methodology. Bratislava: ICM AGENCY. ISBN 978-80-89257-51-5.					
<b>Language of instruction:</b>					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 5					
A	B	C	D	E	FX
60.0	0.0	40.0	0.0	0.0	0.0
<b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 30.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD100S/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> 5	<b>Working load:</b> 125 hours
<b>Recommended semester/trimester:</b> 5., 6..	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: During the state final exam, the student presents the final thesis, comments on the comments and questions of the work assessors, and in the discussion demonstrates the level of mastery of the issue and processing of the final thesis. After preparation, he answers verbally to the statesmanship questions.	
<b>Learning outcomes of the course:</b> Objective of the subject: Verify the student's theoretical knowledge in accordance with the content of the profile of the graduate of the Physical Education Teaching program and the Teaching and Pedagogical Sciences field of study. Learning outcomes: By passing the state exam, the student is able to analyze and creatively apply the theoretical knowledge of the physical education study program in the pedagogical process, systematically apply the acquired general and special professional knowledge and skills from physical education, related scientific disciplines and sports branches in the physical education process.	
<b>Course contents:</b> Course contents: 1. Defense of the final thesis 2. Colloquial exam on the subjects of the study program	
<b>Recommended or required literature:</b> Recommended reading: 1. BERNADIČ, M., FINDRA, J., KATUSČÁK, D., MEŠKO, D., NEMCOVÁ, E., PULLMANN, R., ŽIAKOVÁ, K. 2005. Academic handbook. 2. add. ed. Martin: Osveta Publishing House, 2005. 496 p. ISBN 80-8063-200-6. According to the literature, compulsory subjects of the study program.	
<b>Language of instruction:</b> Slovak language	

<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 19					
A	B	C	D	E	FX
15.79	26.32	42.11	10.53	5.26	0.0
<b>Name of lecturer(s):</b>					
<b>Last modification:</b> 09.08.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					



## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD109B/22	<b>Course title:</b> Statistics in practice
<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., 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (50%) Theory test (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: Providing knowledge of the use of the MS Excel spreadsheet. Expanding students' knowledge of statistics with a focus on solving practical tasks. Preparing students for statistical processing of results on a computer. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - has relevant knowledge about the sequence of data processing through statistical methods, - practically controls the basic statistical functions of the MS Excel program, - possesses basic professional competences for effective work with statistical software.	
<b>Course contents:</b> Course contents: 1. Types of variables in research	

2. Descriptive characteristics of variables. Measures of position (mean, median, mode), measures of variability (range, interquartile range, variance, standard deviation), measures of shape (skewness, slope)
3. Description of nominal, cardinal and ordinal variables
4. Comparison of data sets according to frequency and variability rates
5. Statistical hypotheses and their formulation
6. Statistical hypothesis testing. Significance
7. Testing data sets of nominal variables (chi-square test, binomial test)
8. Testing data sets according to an ordinal variable (Mann-Whitney U-test, Kruskal-Wallis test)
9. Testing data sets by cardinal variable (Student's t-test, ANOVA)
10. Relationships between variables. Correlation analysis. Correlation coefficient
11. Product correlation – relationships between cardinal variables (Pearson's coefficient)
- 12.-13. Relationships between nominal variables (Cramer's coefficient), relationships between 2 ordinal and 1 ordinal and 1 cardinal variable (Spearman's coefficient and Keddall's tau)

**Recommended or required literature:**

Recommended reading:

1. BROĎÁNI, J. 2019. Basics of statistics. Nitra: PF UKF. 105 p. ISBN 978-80-558-1441-4.
2. MARKECHOVÁ, D., STEHLÍKOVÁ, B., TIRPÁKOVÁ, A. 2011. Statistical methods and their applications. Nitra: FPV, UKF. 534 p.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 23

A	B	C	D	E	FX
21.74	30.43	34.78	4.35	4.35	4.35

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

**Last modification:** 08.08.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD106A/22	<b>Course title:</b> Swimming 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Final rating: The student manages the practical requirements, achieves the required swimming performance, demonstrates practical skills during the semester - applies the required technique of freestyle swimming (crawling technique) and breaststroke. Swimming under water. Continuous assessment of movement performance and quality of learning specific movement activities (max. 40 + 40 + 20%) 100%. 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 clarify and acquire basic knowledge and skills in swimming, to be able to explain the technique and apply the didactics of selected basic swimming methods when teaching non-swimmers. Learn basic swimming skills. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student gets a comprehensive overview of games in the water environment, acquires knowledge in the field of hydrodynamics and hydrostatics, - acquires and applies acquired didactic knowledge and skills in teaching swimming in selected swimming methods, - masters swimming skills and the required technical level of breaststroke and freestyle swimming (crawling technique) and underwater swimming, manages the block start, pendulum turn and underwater swimming,	

- precisely and dynamically controls the processes necessary to teach basic swimming to non-swimmers.

**Course contents:**

Course contents:

1. Introduction to the theory and didactics of swimming - safety and hygiene requirements
2. Basic swimming and water games - division of games
3. Diagnostics of the entry level of students' swimming ability
4. Freestyle technique (crawling technique)
5. Didactics free style (crawling technique)
6. Breast method technique
7. Breast method technique
8. Pendulum turn
9. Starting jump from the blocks
10. Technique of swimming under water
11. Basics of first aid for drowning
12. Evaluation of the effectiveness of swimming methods
13. Evaluation of swimming performance

**Recommended or required literature:**

Recommended reading:

1. ČECHOVSKÁ, I. – MILER, T. 2008. Swimming. Prague: Grada, 2008. 127 p. ISBN 978-80-247-2154-5.
2. HOCH, M., ČERNUŠÁK, V. et al. 1968. Swimming. Prague: SPN, 1968. 249 p. ISBN 83-08-09.
3. HOHMANN, A., LAMES, M., LETZELTER, M. 2010. Introduction to sports training. Prostějov: Sport and Science Association, 2010.
4. THOMAS, D. G. 2005. Swimming. Steps to success. Leeds: Human Kinetics, 2005. 190 p. ISBN 0-7360-5436-7.
5. MACEJKOVÁ, Y. - BENČURIKOVÁ, Ľ. 2014. Swimming. Bratislava: STIMUL, 1st edition, teaching texts for trainers, 2014. 103 p. ISBN 978-80-8127-100-7.
6. MACEJKOVÁ, Y. et al. 2005. Didactics of swimming. Bratislava: ICM AGENCY, 2005. 152 p. ISBN 80-969268-3-7.

**Language of instruction:**

Slovak and English language

**Notes:**

**Course evaluation:**

Assessed students in total: 45

A	B	C	D	E	FX
6.67	6.67	26.67	15.56	4.44	40.0

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

**Last modification:** 18.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD116A/22	<b>Course title:</b> Swimming 2
<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> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b> KTVS/Tx-BD106A/22	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: During the semester, the student demonstrates practical skills through active physical participation in exercises. Verification of the degree of acquisition of the relevant knowledge, skills and competencies of the student is carried out on the basis of the final written test Final rating: total percentage profit: - demonstration of ability and technique of swimming methods (15%), - demonstration of skill in rescuing and helping a drowning person (15%). - demonstration of individual water polo and diving skills (10+10%), - written test (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: To acquire knowledge of the theory and didactics of swimming of all swimming styles. To acquire all the necessary skills and learn the laws of biomechanics of swimming styles. Master the didactics of swimming and water polo. Master and improve the technique of basic swimming methods and selected swimming skills from swimming sports, as well as master their basic decision-making rules. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences:	

- has basic knowledge about the impact of the aquatic environment on the organism and the impact on the individual's health. He controls the knowledge needed to save a drowning person and help a tired swimmer, knows the didactics of water polo,
- possesses knowledge about standard and specific development of individuals, which indirectly and directly affect performance in swimming. Based on them, he can effectively cooperate with other experts or institutions during the implementation of the educational process and follow their professional recommendations,
- is able to plan, organize, lead and analyze the physical education and sports process at ISCED 2 and 3 levels in the areas of the aquatic environment. Can evaluate, classify and organize swimming events at the school level. Has the necessary fitness prerequisites and movement skills from swimming sports at the school and regional level,
- possesses basic professional competences for effective work in the social-scientific, professional-subject, information-communication technology, academic and managerial context of teaching and sports sciences,
- is able to create movement training programs from sports swimming, plan and lead training units from water polo.

**Course contents:**

Course contents:

Lectures:

1. Introduction to the theory of swimming, the health significance of swimming and movement in the water environment.
2. Mastering movement activities in swimming.
3. Biomechanical basics of swimming - kinematics.
4. Biomechanical basics of swimming - dynamics - hydrostatics.
5. Technique and didactics of freestyle swimming (crawl).
6. Technique and didactics of swimming style (character).
7. Technique and didactics of swimming method (breaststroke).
8. Technique and didactics of swimming style (bow tie).
9. Basic and sports swimming.
10. Rescue of a drowning person.
11. Water polo.
12. -13. Jumps into the water, synchronized swimming.

Exercise:

1. Improving movement activities in the water environment.
2. Use of swimming aids for practicing swimming skills.
3. Crawl.
4. Breasts.
5. Emblem – example.
6. Bow tie – example.
7. Sports swimming.
8. Water polo.
9. Jumps into the water, synchronized swimming.
10. Helping a tired swimmer
11. Rescue of a drowning person.
12. – 13. First aid for saving a drowning person.

**Recommended or required literature:**

Recommended reading:

1. ČECHOVSKÁ, I. – MILER, T. 2008. Swimming. Prague: Grada, 2008. 127 p. ISBN 978-80-247-2154-5.
2. HOCH, M., ČERNUŠÁK, V. et al. 1968. Swimming. Prague: SPN, 1968. 249 p. ISBN 83-08-09.
3. HOHMANN, A., LAMES, M., LETZELTER, M. 2010. Introduction to sports training. Prostějov: Sport and Science Association, 2010.
4. THOMAS, D. G. 2005. Swimming. Steps to success. Leeds: Human Kinetics, 2005. 190 p. ISBN 0-7360-5436-7.
5. BARAN, I., 2006. Saving the drowning. Bratislava: Fo art, 1st ed. 2006.158 p. ISBN 80-88973-20-1.
6. MACEJKOVÁ, Y. - BENČURIKOVÁ, Ľ. 2014. Swimming. Bratislava: STIMUL, 1st edition, teaching texts for trainers, 2014. 103 p. ISBN 978-80-8127-100-7.
7. MACEJKOVÁ, Y. et al. 2005. Didactics of swimming. Bratislava: ICM AGENCY, 2005. 152 p. ISBN 80-969268-3-7.
8. VIDUMANSKÝ, L. - KALEČÍK, Ľ. 2006. Theory and didactics of water polo. Bratislava: Comenius University, 1st ed. 2006. 72 p. ISBN 80-223-2169-9.
9. BENČURIKOVÁ Ľ. - LABUDO VÁ, J. et al. 2021. Swimming sports and saving a drowning person. Bratislava: Slovak Scientific Society for Physical Education and Sport, 2021 - 1st edition, 166 p. ISBN 978-80-8251-000-6.

**Language of instruction:**

Slovak language

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

Assessed students in total: 31

A	B	C	D	E	FX
16.13	19.35	12.9	16.13	19.35	16.13

**Name of lecturer(s):** PaedDr. Andrej Hubinák, PhD., PaedDr. Peter Krška, PhD.**Last modification:** 19.07.2022**Supervisor(s):**Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD106B/22	<b>Course title:</b> 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> 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., 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of relevant knowledge, skills and competences of the student is carried out on the basis of continuous fulfillment of performance requirements and the quality of acquisition of movement activities (50%), final exam on the rules (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: Acquisition of theoretical knowledge and acquisition of basic practical skills required for the 3rd class coaching and referee qualification level. Basic mastery of the rules and technique of basic strokes. Mastering the technique of basic strokes. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - acquire basic cross-sectional and relevant knowledge about the development of general and special skills and basic rules in table tennis, - has the necessary fitness prerequisites and movement skills and possesses the basic skills of preparation, organization, management and decision-making of sports, social, educational and entertainment recreational events at the school and regional level, - is able to respond promptly and adequately 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.	
<b>Course contents:</b>	



<p>Course contents:</p> <ol style="list-style-type: none"> <li>1. History and development; systematics of game activities</li> <li>2. Biomechanics and technique of basic table tennis strokes</li> <li>3. Peculiarities in the preparation of children and youth</li> <li>4. Practice of basic game activities</li> <li>5. Improving basic game activities</li> <li>6. Practicing and improving the forehand</li> <li>7. Practicing and improving the backhand</li> <li>8. Training and improving the service</li> <li>9. Basics of rules and decision-making in table tennis</li> <li>10. Basics of tactics, strikes with upper, lower and side rotation</li> <li>11. Influence of materials (covers and sponges, type of wood on rackets) on the game</li> <li>12. Own game (singles)</li> <li>13. Own game (doubles)</li> </ol>																	
<p><b>Recommended or required literature:</b></p> <ol style="list-style-type: none"> <li>1. DEMETROVIČ, E., KOPRDA, J. 2003. Curriculum of ŠT table tennis. ŠPÚ Bratislava, 2003.</li> <li>2. DEMETROVIC, E. et al. 2003. Table tennis - sports training of talented youth. Bratislava, 2003.</li> <li>3. MIŠIČKOVÁ, L. 2010. Table tennis. Prague: GRADA Publishing, 2010. 140 p. ISBN 978-80-247-3363-0.</li> </ol>																	
<p><b>Language of instruction:</b> Slovak language</p>																	
<p><b>Notes:</b></p>																	
<p><b>Course evaluation:</b> Assessed students in total: 27</p> <table border="1" style="width: 100%; text-align: center;"> <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>51.85</td> <td>25.93</td> <td>14.81</td> <td>0.0</td> <td>7.41</td> <td>0.0</td> </tr> </tbody> </table>						A	B	C	D	E	FX	51.85	25.93	14.81	0.0	7.41	0.0
A	B	C	D	E	FX												
51.85	25.93	14.81	0.0	7.41	0.0												
<p><b>Name of lecturer(s):</b> PaedDr. Andrej Hubinák, PhD.</p>																	
<p><b>Last modification:</b> 18.07.2022</p>																	
<p><b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.</p>																	

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD113B/22	<b>Course title:</b> The fundamentals of alpine 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> 2 / 2 <b>hours per semester:</b> 26 / 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 4	<b>Working load:</b> 100 hours
<b>Recommended semester/trimester:</b> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (50%) Theory test (25%) Seminar work (25%) 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 knowledge about the basic issues of alpine tourism. Learning basic skills for movement in high-altitude terrain. Preparation for mastering the instructor's course. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - will have relevant knowledge about the necessary equipment and movement in high-altitude terrain, - will be able to anticipate the development of the weather and thereby eliminate the related danger, - has basic skills when moving in difficult and rocky terrain, - knows the basic belaying and rappelling techniques, - he orients himself in the issue of proceeding along secured roads (Ferrata), - is capable of creating exercise training programs with a focus on high-altitude tourism.	

**Course contents:**

Course contents:

Lectures:

1. principles of activities of alpine tourists
2. danger in the mountains
3. principles of first aid
4. equipment of alpine tourists
- 5th – 13th climbing and belaying technique, movement in winter terrain

Practical part:

1. Walking in difficult terrain
2. Procedure in rocky terrain, free climbing technique
3. Protection
4. Procedure after fixed securing means
5. – 13. Rappelling

**Recommended or required literature:**

Recommended reading:

1. BALATKA, B., et al. 1986. Small encyclopedia of tourism. Prague: Olympia. 346 p.
2. HEJL, I., et al. 1990. Tourism in the mountains. Prague: Olympia. 205 p. 80-7033-343-X.
3. JIRÁSKO, L. 1990. Safety in high-altitude tourism. Prague: STČSTV.
4. JIRÁSKO, L. 1990. High-altitude tourism, the Alps of St. 1,2,3, Lysá nad Labem.
5. KREJČÍ, V. 1990. The principle of safe insurance. Prague: ÚVČSTV. Methodical description of the Mountaineering Association, Prague.
6. NOVOTNÝ, M. 2008. Basics of mountaineering. Žilina: Institute of Alpine Biology, ŽU. 138 p. ISBN 9788088923206.

**Language of instruction:**

Slovak language

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

Assessed students in total: 3

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

**Name of lecturer(s):** Mgr. Ľuboslav Šiška, PhD.**Last modification:** 08.08.2022**Supervisor(s):**

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

doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD105A/22	<b>Course title:</b> Track-and-field 1
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 2 <b>hours per semester:</b> 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 2	<b>Working load:</b> 50 hours
<b>Recommended semester/trimester:</b> 2.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Ongoing fulfillment of performance requirements and the quality of learning movement activities (max. 60%). Final written test (max. 40%). Final assessment: cumulative percentage gain from the interim assessment (60%) and the written test (40%). 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 acquire basic knowledge and skills from the theory and didactics of physical activity of selected (natural) athletic disciplines. Master the basics of theory and decision-making of selected athletic disciplines. Learning and improving movement of athletic disciplines, specific skills and development of movement skills - sprint and endurance running, long jump, cricket ball (grenade) throw, low start, special running, rebounding and throwing exercises. Learning outcomes: - has basic cross-sectional and relevant knowledge about the development of movement skills, general and special skills in athletic disciplines, - is able to plan, organize, lead and analyze the physical education and sports process at the ISCED 2 and 3 level in profile educational areas. He can evaluate, classify and solve pedagogical situations and processes. Has the necessary fitness prerequisites and movement skills from selected athletic disciplines and special running, rebounding and throwing exercises, knows the basics of biological, physiological, didactic and health laws of athletic disciplines with an orientation to education for a healthy lifestyle, - possesses the basic skills of preparation, organization, management and decision-making of athletic events at the school and regional level,	

- is able to respond promptly and appropriately 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,
- is able to create movement training programs with a versatile and specialized focus.

**Course contents:**

Course contents:

1. Flexibility and joint mobility - running and rebounding ABC - aerobic endurance 1
2. Running ABC – reaction and acceleration speed – long jump 1 – aerobic endurance 2
3. Running ABC - low start - long jump 2 - aerobic endurance 3
4. Low start - maximum running speed - long jump 3 - aerobic endurance 4
5. Speed endurance – long jump 4 – aerobic endurance 5
6. Check: low start – 100 m – 3000 m
7. Running and bouncing ABC - long jump 5 - cricket ball throw 1
8. Check: running ABC – long jump
9. Vrhačská ABC – cricket ball throw 2
10. Game rebounding and throwing exercises - cricket ball throw 3
11. Special flexibility - cricket ball throw 4
12. Rebound exercises - cricket ball throw 5
13. Control: cricket ball throw

**Recommended or required literature:**

Recommended reading:

1. ČILLÍK I. - PUPIŠ M. - ROŠKOVÁ M. - ROZIM R. - KRŠKA P.: Theory and didactics of athletics. Banská Bystrica: Matej Bel University Publishing House - Belianum, 2013. - 238 p. - ISBN 978-8-557-0554-5.
2. ČILLÍK, I. et al. 2009. Athletics. Banská Bystrica: FHV UMB, 2009. 200 p. ISBN 978-80-8083-892-8.
3. KAMPMILLER, T. et al. 2002. Theory and didactics of athletics I. 2nd edition. Bratislava: Comenius University, 2002. 164 p. ISBN 80-223-1701-2.
4. KAMPMILLER, T. et al. 2000. Theory and didactics of athletics II. Bratislava: Comenius University 2000. 96 p. ISBN 80-223-1413-7.

**Language of instruction:**

Slovak language

**Notes:**

**Course evaluation:**

Assessed students in total: 43

A	B	C	D	E	FX
32.56	13.95	13.95	6.98	9.3	23.26

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

**Last modification:** 18.07.2022

**Supervisor(s):**

Person responsible for the delivery, development and quality of the study programme:  
doc. PaedDr. Peter Mačura, PhD.

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD112A/22	<b>Course title:</b> Track-and-field 2
<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> 4.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b> KTVS/Tx-BD105A/22	
<b>Requirements for passing the course:</b> Conditions for passing the subject and the method of verification of acquired knowledge, skills and competences: Ongoing fulfillment of performance requirements and the quality of learning movement activities (max. 50%). Final oral exam (max. 50%). Final assessment: cumulative percentage gain from the interim assessment (50%) and the oral exam (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: Master the basics of theory, didactics and diagnostics (performance evaluation and quality of acquisition) of movement activities of selected athletic disciplines. Master and improve movement activities of athletic disciplines, specific skills and development of movement skills - obstacle and relay running, anaerobic endurance (400 m), shot put, high jump, special running, rebounding and throwing exercises. Learning outcomes: - has basic cross-sectional and relevant knowledge about the development of movement skills, general and special skills in athletic disciplines, and at the same time possesses basic knowledge about the peculiarities of the development of individuals, which result from their age, health, or social disadvantages, or talents and talents, so that he can to effectively cooperate with other experts or institutions in the implementation of the educational process and follow their professional recommendations and conclusions that can be used in practice, - is able to plan, organize, lead and analyze the physical education and sports process at the ISCED 2 and 3 level in profile educational areas. He can evaluate, classify and solve pedagogical situations and processes. Has the necessary fitness prerequisites and movement skills from selected athletic disciplines and special running, rebounding and throwing exercises, knows the basics of biological,	

physiological, didactic and health laws of athletic disciplines with an orientation to education for a healthy lifestyle,

- possesses the basic skills of preparation, organization, management and decision-making of athletic events at the school and regional level,

- is able to respond promptly and appropriately 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,

- is able to create movement training programs with a versatile and specialized focus.

### **Course contents:**

Course contents:

Lectures

1. - 2. Characteristics of athletics, systematics of athletic disciplines

3. - 4. Theory of movement activity: running and long jump

5. - 6. Theory of motor activity: high jump, cricket ball throw and shot put

7. - 9. Didactics: pedaling and swing running, long jump

10. - 12. Didactics: high jump, cricket ball throw and shot put

13. Fulfillment of credit requirements (written test)

Exercise:

1. Hurdle flexibility - throwing ABC - aerobic endurance

2. Obstacle course ABC - shot put 1 - relay run 1

3. Flexibility and joint mobility - anaerobic endurance 1

4. Rhythmic obstacle exercises - shot put 2 - relay run 2

5. High jump 1 - anaerobic endurance 2

6. Obstacle course 1 – shot put 3 – relay race 3

7. High jump 2 - anaerobic endurance 2

8. Obstacle course 2 - speed endurance 1

9. High jump 3 - shot put 4

10. Obstacle course 3 - speed endurance 2

11. High jump 4 - relay run 4

12. Special running, rebounding and throwing exercises

13. Control: obstacle course in reduced conditions - high jump - shot put - 400 m

### **Recommended or required literature:**

Recommended reading:

1. ČILLÍK I. - PUPIŠ M. - ROŠKOVÁ M. - ROZIM R. - KRŠKA P.: Theory and didactics of athletics. Banská Bystrica: Matej Bel University Publishing House - Belianum, 2013. – 238 p. - ISBN 978-8-557-0554-5.

2. ČILLÍK, I. et al. 2009. Athletics. Banská Bystrica: FHV UMB, 2009. 200 p. ISBN 978-80-8083-892-8.

3. KAMPMILLER, T. et al. 2002. Theory and didactics of athletics I. 2nd edition. Bratislava: Comenius University, 2002. 164 p. ISBN 80-223-1701-2.

4. KAMPMILLER, T. et al. 2000. Theory and didactics of athletics II. Bratislava: Comenius University 2000. 96 p. ISBN 80-223-1413-7.

### **Language of instruction:**

### **Notes:**

<b>Course evaluation:</b> Assessed students in total: 25					
A	B	C	D	E	FX
8.0	24.0	16.0	32.0	4.0	16.0
<b>Name of lecturer(s):</b> PaedDr. Peter Krška, PhD.					
<b>Last modification:</b> 30.07.2022					
<b>Supervisor(s):</b> Person responsible for the delivery, development and quality of the study programme: doc. PaedDr. Peter Mačura, PhD.					