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Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-EPT1-003		Course name: (E)motion – movement ataneč in emotions 1	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 101			
abs	n	p	v
83.17	16.83	0.0	0.0
Instructor:			
Last changed: 23.02.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: U-1-AP		Course name: Academy of Business	
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: doc. PhDr. Lucia Rýsová, PhD., Ing. Lenka Theodoulides, PhD., MBA			
Last changed: 14.02.2024			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-utr-219		Course name: Alpine Hiking				
Type, extent and method of instruction:						
Form of instruction: Seminar						
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 26						
Method of study: combined						
Number of credits: 3						
Recommended semester/trimester:						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PaedDr. Jaroslav Kompán, PhD.						
Last changed: 10.05.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-103	Course name: Anatomy, Traumatology, and First Aid
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 / 13 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the last week of the semester, the student demonstrates their ability to perform resuscitation techniques in practice; during the examination period, the student takes a written test. a) continuous assessment: continuous assessment: The ability to perform resuscitation techniques in practice: 20 points (min. 13 p.) b) final assessment: final assessment: Written test: 80 p. (min. 52 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - actively uses correct specialised terminology related to anatomy, traumatology, and basic first aid; - knows the positions, structure, and functions of human body parts – organs, and organs systems (the prerequisite to further develop their theoretical and practical knowledge); - has the theoretical knowledge and practical skills necessary to provide first aid in the case of typical injuries and health disorders, mainly those related to physical education and sports. - understands the importance of anatomy, traumatology, and basic first aid for health and physical development; can apply this knowledge in their own physical regime as well as to prevent civilisation diseases. 	
Brief outline of the course: Brief outline of the course: Cell and tissues – basic division and characteristics.	

The anatomy and functions of human organ systems – musculoskeletal system, respiratory system, circulatory system, vascular system, digestive system, nervous system, endocrine system, sensory system, excretory and genitourinary system, skin.
 The aetiology of injuries and their prevention.
 Endogenous and exogenous factors, accident prevention.
 Sports pathology, sports injuries.
 Symptoms of injuries and body damage. First aid – characteristics, goals, categorisation. Telephone numbers.
 Life-threatening conditions - cessation of breathing and blood circulation, unconsciousness, shock, bleeding. Kardiopulmonálna resuscitácia.
 Epilepsy, acute myocardial infarction, hypoglycaemia, stroke, fractures, wounds, acid/base burns, scalds, heatstroke, overheating, hypothermia, frostbite, car accident.
 Bandaging and transport techniques.

Recommended literature:

Recommended literature:

1. ABRAHAMAS, P., ZLATOŠ, J. 2004. Ľudské telo. Atlas anatómie človeka. Praha : CESTY, 2004, 256s. ISBN 80-718-195-65.
2. BINOVSÝ, A. 2015. Anatómia pre športovcov II. Bratislava : FTVŠ, UK, 2015, 377s. ISBN: 978-80-223-3817-2
3. DOBIÁŠ, V., 2007. Urgentná zdravotná starostlivosť. Druhé doplnené vydanie. Martin : Osveta, 2007, 178s. ISBN: 9788080632441
4. MATÚŠ, I. 2016. Základy prvej pomoci. Prešov : Prešovská univerzita, 2016. [Online] [cit. 2021-09-09]. Dostupné z internetu: <http://www.pulib.sk/web/kniznica/elpub/dokument/Matus1>
5. MELLOVÁ, Y. 2018. Anatómia človeka pre nelekárske študijné programy. Martin : Osveta, 2018, 185s. ISBN: 978-80-8063-454-4
6. ŠANTA, M. a kol. 2006. Prvá pomoc. Martin : Osveta, 179s. ISBN: 8080632073
7. BALKÓ, I. 2018. Stručný prehľad anatómie človeka. Ústí Nad Labem : UJEP PF Ústí Nad Labem, 2018, 53s. [Online] [cit. 2021-09-09]. Dostupné z internetu: <https://www.pf.ujep.cz/wp-content/uploads/2018/09/Funk%C4%8Dn%C3%AD-anatomie-I.-a-II.-komplet.pdf>

Language of instruction:

slovak

Notes:student time load:

student time load

120 h.

Combined study: 39 h. Studying for the written test: 51 h.

preparation for the evaluation of practical skills (resuscitation techniques): 30 h.

Course assessment

The final number of assessed students: 305

A	B	C	D	E	FX(0)	FX(1)	n
2.62	10.16	23.61	28.52	26.89	0.33	7.87	0.0

Instructor: doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Rastislav Kollár, PhD., MUDr. Lucia Zacharová

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-112	Course name: Anthropometrics and Sports Anthropology
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. During the semester, the student performs anthropometric measurements and proceeds to create a seminar paper. Seminar papers in the required quality focused on anthropometrics and sports anthropology must be submitted by the student, otherwise they will not be allowed to take the final written tests.	
a) continuous assessment: a) continuous assessment: - Written test focused on anthropometrics: 50 p. (min. 32.5 p.) - Written test focused on sports anthropology: 50 p. (min. 32.5 p.)	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - can use their knowledge to measure physical, functional, and motor development of a person; - can diagnose different parameters of physical, functional, and motor development in children, youth, and adults; - can apply the methods of physical anthropology to determine whether a person is growing and developing correctly; - can evaluate the biological criteria related to identifying potential talents and assess the risks; - can design a survey or research focused on physical education and sports; - can apply the anthropometric methods and instruments to physical education and sports; 	

- masters the motor skill measurement methods.

Brief outline of the course:

Brief outline of the course:

Anthropometrics – basic categories, terminology, application in PE practice. Basic concepts and research methods in anthropometrics.

Human physical attributes and motor skills. Motor skill disorders and laterality in PE and sports.

Testing physical ability and performance to tailor PE and sports.

Sports anthropology – basic concepts and categories. Anthropometry – methodology of measuring human body parameters.

Physical anthropology methods (proportional indexes, somatotype, body composition).

Human ontogenesis (definition of terms: body growth and development, development stages, ontogenesis of motor skills).

Body growth in children.

Regulation of human growth and development (genetics, endocrine factors, environmental factors, etc.). Biological criteria for selecting sporting talents (children and youth): genetic and somatic preconditions, biological age).

Evaluation of physical and motor skill development in children and youth.

Recommended literature:

Recommended literature:

1 BENCE, L. 2012. Základy antropomotoriky 2. Banská Bystrica : Univerzita Mateja Bela, 2012. 105 s. ISBN 978-80-8141-022-2. 2. ČEPIČKA, L. 2003. Modely teorie položkových odpovědi v diagnostice motoriky člověka. [online]. Plzeň : Západočeská univerzita, 2003. 165 s. [cit. 2021.13.09.] Dostupné na internetu: https://is.muni.cz/el/1451/jaro2013/bp1053/45110955/Skripta_Antropo_Mgr_2011.pdf 3.

3. KOPECKÝ, M. 2011. Somatotyp a motorická výkonnost' 7-15 ročných chlapcov a dievčat. Olomouc : Univerzita Palackého, 2011. 221 s. ISBN- 978 80 244-2618-6. 4. LACZO, E. a kol. 2013. Rozvoj a diagnostika pohybových schopností dětí a mládeže. [online]. Bratislava : Národné športové centrum, 2013. 156 s. [cit. 2021.13.09.] Dostupné na internetu: http://www.sportcenter.sk/userfiles/file/Eduka%C4%8Dny_material%20pre%20N%C5%A0C%20n%C3%A1r.%20program%20mod.%207.pdf

5. LEBL, J. – KRÁSNÍČANOVÁ, H. 1996. Růst dětí a jeho poruchy. Galén, Praha : 1996, 157 s. 6. MASAŘÍKOVÁ, H. Hodnocení kostního věku. Klinika dětské radiologie, FN Brno LF MU Brno [online]. Dostupné na internetu: <https://telemedicina.med.muni.cz/pdm/detska-radiologie/res/f/hodnoceni-kostniho-veku.pdf> 7. NOVOTNÝ, J. 2013. Sportovní antropologie. [online]. Dostupné na internetu: http://www.fsps.muni.cz/~novotny/SA_text.pdf 8. RIEGEROVÁ, J. - PŘÍDALOVÁ, M., ULBRICHOVÁ, M. 2006. Aplikace fyzické antropologie. Olomouc: Hanex, 2006. 261 s. ISBN 80-85783-52-5.

9. ŠELINGEROVÁ, M. – ŠELINGER, P. 2017. Športová antropológia. Bratislava : ICM agency, Bratislava, 2017. 151 s. ISBN 978-80-89257-75-1.

Language of instruction:

slovak

Notes:student time load:

student time load

120 h.

Combined study (L, S, C): 39 h.

Seminar papers focused on sports anthropology: 20 h. Seminar papers focused on

anthropometrics: 20 h. Studying for the test focused on sports anthropology: 20.5 h.

Studying for the test focused on anthropometrics: 20.5 h.

Course assessment

The final number of assessed students: 213

A	B	C	D	E	FX(0)	FX(1)	n
23.0	27.7	25.82	10.33	10.33	2.82	0.0	0.0

Instructor: doc. PaedDr. Pavol Pivovarniček, PhD., PaedDr. Martina Mandzáková, PhD., Mgr. Vladimír Franek, PhD., Mgr. Jozef Sýkora, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-VA1-003		Course name: Art studio I.	
Type, extent and method of instruction:			
Form of instruction: Practical			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 108			
abs	n	p	v
68.52	31.48	0.0	0.0
Instructor: PaedDr. Renáta Pondelíková, PhD., Mgr. Lenka Lipárová, PhD.			
Last changed: 30.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-105	Course name: Athletics
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 52 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student undergoes physical tests focused on their technique and performance in athletic disciplines; writes a test focused on their rules, and participates in the organisation and judging of an athletic competition. a) continuous assessment: a) continuous assessment: - Mastering the technique and achieving the required performance level in athletic disciplines: 70 p. - Written test focused on athletic rules and terminology: 20 p. - Active participation in organisation of an athletic competition: 10 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - navigates the basic athletic disciplines; - masters their techniques; - knows the influence of fitness training on the development of physical abilities and fitness, and can use it in their own training to improve their performance; - knows the basic rules of athletic disciplines; - understands the importance of general and specific warm-up and can use it in teaching as well as in training; - knows the terminology, procedures, and methodology of basic athletic training.	
Brief outline of the course:	

<p>Brief outline of the course: Technique, methodology of practicing basic athletic discipline preparatory exercises: short distance running, hurdles, relay running, endurance running, long jump, high jump, shot put, javelin throw, shot put, low start, special running exercises, special rebounding exercises. Performance development, measuring athletic performance. Basic rules and judging in athletics.</p>																							
<p>Recommended literature: ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9. Recommended literature: domestic/ foreign books, journals, magazines, internet sources</p>																							
<p>Language of instruction: slovak</p>																							
<p>Notes:student time load: Time load for the student: 90 h. Combined study: 52 h. Studying for the written test: 10 h. Skill and performance improvement: 18 h. Active participation in races (organiser/race official): 10 h.</p>																							
<p>Course assessment The final number of assessed students: 206</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> <th>n</th> </tr> </thead> <tbody> <tr> <td>1.94</td> <td>9.71</td> <td>13.11</td> <td>17.48</td> <td>21.36</td> <td>0.97</td> <td>35.44</td> <td>0.0</td> </tr> </tbody> </table>								A	B	C	D	E	FX(0)	FX(1)	n	1.94	9.71	13.11	17.48	21.36	0.97	35.44	0.0
A	B	C	D	E	FX(0)	FX(1)	n																
1.94	9.71	13.11	17.48	21.36	0.97	35.44	0.0																
<p>Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Miroslava Rošková, PhD.</p>																							
<p>Last changed: 05.09.2023</p>																							
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-006	Course name: Athletics and Swimming in Sports Training
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the semester, students create fitness programmes addressing the selected topics. Fitness programmes are submitted by the end of the semester. Practical presentation of the programme is required. A written test is taken during the examination period. a) continuous assessment: a) continuous assessment: - Creating athletic and swimming fitness programmes addressing the selected topics: 30 p. - Practical presentation: 20 p b) final assessment: final assessment: Written exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - has basic knowledge of athletics in the context of fitness training and can apply it to create a training/teaching unit - knows the correct terminology and can effectively use games and exercises in PE and sports training - can select and follow the correct procedure to improve individual swimming skills and learn different styles - can creatively apply suitable methods, procedures, and forms of sports training to improve one's swimming performance - can design a fitness programme focused on improving specific physical abilities through swimming 	

- can use swimming to compensate specific load

Brief outline of the course:

Brief outline of the course:

Athletics in fitness training – definition, athlete’s physical potential. Focus, contents, and forms of fitness training involving athletic exercises focused on developing speed, strength, and endurance. Starting points and current tendencies in fitness training. Fitness for women and children – specificities.

Athletic tools and their use in fitness training. Fitness swimming – characteristics.

Fitness swimming tools. The principles of fitness swimming programme creation. Using fitness swimming in training.

Using different swimming elements to improve performance in practice.

Specific swimming methods in practice (volume, intensity, alternating load, interval training, fartleks, repeated sequences, series, hypoxic training, etc.).

Children and youth training

Recommended literature:

Recommended literature:

1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9.

2. HOFER, Z. et al. 2003. Technika plaveckých způsobů. Dotisk 1. vyd. Praha: Karolinum, 2003. 100 s. ISBN 978-80-246-3263-6.

3. LEDNICKÝ, A. 2008. Pohybové hry v kondičnej príprave. Bratislava : SVSTVŠ, 2008.

4. BENEC, M. - MERICA, M. - HLA VATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.

5. MANDZÁK, P. a kol. 2011. Návuk plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.

6. RUŽBARSKÝ, P. – TUREK, M. 2006. Didaktika, technika a tréning v plávaní. Prešov: PUPFŠ, 2006. 136 s. ISBN 80-8068-532-0.

7. SEDLÁČEK, J., LEDNICKÝ, A. 2010. Kondičná atletická príprava. Bratislava: SVSTVŠ, 2010. 167 s. ISBN 80-89075-34-8.

Language of instruction:

Notes: student time load:

Notes: student time load

120 hours:

Combined study (L, S, C): 39 h.

Creation of an athletic fitness programme: 15 h.

Creation of a swimming fitness programme: 15 h.

Practical presentation (athletics): 10 h.

Practical presentation (swimming): 10 h.

Studying for the written test: 31 h

Course assessment

The final number of assessed students: 111

A	B	C	D	E	FX(0)	FX(1)
23.42	31.53	31.53	5.41	0.0	5.41	2.7

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Zuzana Pupišová, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-101	Course name: Basics Sports Terminology in English
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 6 classes per semester. This applies to students without an individual study plan. To complete the course, the student has to master the theoretical as well as practical topics. a) continuous assessment: continuous assessment: Completion of the assignments and their presentation 15 p. b) final assessment: Creation of a specialised text addressing the selected topic in English. 25 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - knows basic sport science terminology in Slovak and English - can discuss sports and sport sciences in English - understands specialised that use sports terminology in English - can use explanatory and translation sports dictionaries. 	
Brief outline of the course: Brief outline of the course: Sport sciences – basic terminology in English and Slovak. Sports terminology: body parts, physical abilities, physiology of exercises, nutrition, regeneration.	
Recommended literature: Recommended literature: 1. BUCKOVÁ, M. 2011. Interkultúrna komunikácia v oblasti športu. Terminológia (Zimné Olympijské Hry). [online]. Prešov: Prešovská univerzita v Prešove, 2011. 169 s. ISBN 978-80-555-0414-8. Dostupné na: https://www.pulib.sk/web/kniznica/elpub/dokument/Buckova1	

<p>2. JANČOKOVÁ, L. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, 2018. 190 s. ISBN 978-80-89902-12-5.</p> <p>3. KANDRÁČ, R. 2017. Anglicko-slovenský slovník vied o športe. 1st Ed. Prešov: Filozofická fakulta a Fakulta športu PU, 2017. 242 s. ISBN 978-80-555-1784-1.</p> <p>4. KANDRÁČ, R., 2013. Slovensko-anglický slovník vied o športe. 1st Ed. Prešov: FŠ PU, 2013. 155 s. ISBN 978-80-555-0922-8.</p> <p>5. MAČURA, P. a kol., 2013. English for Slovak Sports Experts. 1st Ed. Bratislava: FTVŠ UK, 2013. 420 s. ISBN 978-80-223- 3493-8.</p>																				
<p>Language of instruction: Slovak, English</p>																				
<p>Notes:student time load: student time load 90 h. combined study (S): 26 h. individual improvement: 34 h. completion of assignments: 10 h. creation of a specialised text addressing the selected topic in English: 20 h.</p>																				
<p>Course assessment The final number of assessed students: 13</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> </tr> </thead> <tbody> <tr> <td>15.38</td> <td>38.46</td> <td>15.38</td> <td>0.0</td> <td>0.0</td> <td>23.08</td> <td>7.69</td> </tr> </tbody> </table>							A	B	C	D	E	FX(0)	FX(1)	15.38	38.46	15.38	0.0	0.0	23.08	7.69
A	B	C	D	E	FX(0)	FX(1)														
15.38	38.46	15.38	0.0	0.0	23.08	7.69														
<p>Instructor: Mgr. Bc. Jana Daubnerová, PhD.</p>																				
<p>Last changed: 23.03.2023</p>																				
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																				

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-106	Course name: Basics of Gymnastic Sports and Combat Exercises
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 52 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per each thematic block. This applies to students without an individual study plan. During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports.	
a) continuous assessment: a) continuous assessment: - Mastering practical skills in artistic gymnastics: 35 p. - Written test focused on artistic gymnastics: 5 p. - Mastering practical skills in rhythmic gymnastics: 20 p. - Written test focused on rhythmic gymnastics: 10 p. - Mastering practical skills in combat sports: 30 p.	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per each thematic block. This applies to students without an individual study plan. During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports.	
Brief outline of the course: Brief outline of the course: Preparatory and imitation exercises, the methodological procedure of learning gymnastic shapes, combinations, and series.	

Motor learning in gymnastics.
 Types of exercises and women's/men's gymnastic combinations, modern gymnastics. Safety principles, assistance, rescue.
 Preparation and organisation of a competition.
 Preparatory combat exercises and games. Correct falling techniques (backward, sideways, forward).
 Basic technical activities in combat sports (karate, wrestling, judo). Basic self-defence techniques.

Recommended literature:

Recommended literature:

1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. BARTÍK, P. et al. 2010. Teória a didaktika úpolov pre základné a stredné školy. Banská Bystrica: FHV UMB, 2010. 241 s. ISBN 978-80-557-0004-5.
4. NOVOTNÁ, N. – NOVOTNÁ, B. – KRŠKA, P. 2011. Gymnastika (vybrané kapitoly). Ružomberok: PF KU, 2011, 121 s. ISBN 978 – 80 – 8084 – 755 – 5
5. Pravidlá ŠG muži – ženy. Vydáva Medzinárodná gym. Federácia Technická komisia muži – ženy
6. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-08]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf
7. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách, metodické materiály, internetové zdroje.

Language of instruction:

slovak

Notes:student time load:

student time load

120 h.

Combined study (L, S, C): 52 h.

Preparation for completing the practical assignments: 38 h. Studying for the written test: 30 h.

Course assessment

The final number of assessed students: 205

A	B	C	D	E	FX(0)	FX(1)	n
4.88	16.1	40.98	7.8	1.95	0.0	28.29	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., Mgr. Juraj Kremnický, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Michaela Slováková, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-234	Course name: Basics of Movement Training
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The subject is intended exclusively for students of the 1st year of the bachelor study. a) continuous assessment: - active participation and demonstration of basic skills in sport games, athletics, strengthening and hiking - 70 points - active participation in two organized sport events - 30 points b) final assessment: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student: - is able to implement basic skills from performed movement activities.	
Brief outline of the course: During the lessons, the student will become acquainted with the basics of movement training in selected sports in terms of the teaching process requirements. During the implementation of the subject, he will have the opportunity to acquire basic skills and subsequently demonstrate them during the implemented competitive organized activities.	
Recommended literature: ARGAJ, G. - REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : UK, 2007. 137s. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica : Slovenský atletický zväz., 2020. 245 s. JARKOVSKÁ, H. – JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha: Grada. 2009. 208 s. ISBN 9788024725352 KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7 NEMEC, M. a kol. 2013. Športové hry 1. časť. Banská Bystrica : UMB FHV - Belianum, 202s. 2013 ONDRUŠ, D. 2010. Florbal, ako trénovať a hrať. Žilina : ŠK Juventa Žilina, 2010. 117s. PERÁČEK, P. a kol. 2004. Teória a didaktika športových hier 1. Bratislava : PEEM, 2004. 184s. PŘÍBRAMSKÝ, M. 2001. Lyžování. Praha : Grada, 2001. 187s.	

<p>PŘIDAL, V. - ZAPLETALOVÁ, L. 2003. Volejbal. Bratislava : PEEM, 2003. 180s. STOPPANI, J. 2016. Velká kniha posilování. Praha: Grada 2. vyd. 2016. 640 s. ISBN 978-80-247-5643-1. 9.</p>						
<p>Language of instruction: slovak</p>						
<p>Notes:student time load: 90 hrs., of which: combined study: 26 hrs. individual preparation for demonstrating practical skills: 32 hrs. individual theoretical preparation necessary for the implementation of practical and competitive activities: 32 hrs.</p>						
<p>Course assessment The final number of assessed students: 100</p>						
A	B	C	D	E	FX(0)	FX(1)
46.0	1.0	0.0	0.0	21.0	27.0	5.0
<p>Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Jaroslav Kompán, PhD.</p>						
<p>Last changed: 04.10.2023</p>						
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-utr-235		Course name: Basics of aerobics				
Type, extent and method of instruction:						
Form of instruction: Seminar						
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 26						
Method of study: combined						
Number of credits: 3						
Recommended semester/trimester:						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Michaela Slováková, PhD.						
Last changed: 06.02.2024						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-117		Course name: Biodiversity - news in its protection	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 7			
abs	n	p	v
71.43	28.57	0.0	0.0
Instructor:			
Last changed: 30.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-110	Course name: Biomechanics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. During the semester, the student creates and submits two seminar papers, and takes a test during the examination period. a) continuous assessment: continuous assessment: Seminar papers 1 and 2 in the required quality are submitted during the final week of the semester. b) final assessment: b) final assessment: - Written test (min. 65%) Grading scale: A (100–94%), B (93–86%), C (85–79%), - D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - can explain the basic mechanical and physical principles; - can explain how physical and biological subsystems cooperate in human movement; - can apply their knowledge and skills in practice to improve their sports performance.	
Brief outline of the course: Brief outline of the course: Introduction to biomechanics, basic terminology related to sports and physical exercises. The biological basis of biomechanics – human body model, body segments, centre of gravity, muscle mechanics, kinematic chains, mechanics of musculoskeletal system. Movement principle and lever mechanisms. Physics in biomechanics (the base). Kinematics – point of mass, kinematic characteristics of motion, uniform rectilinear motion, uniformly accelerated motion, circular motion.	

Dynamics – Newton's laws of motion, principle of force triad, effects of internal and external forces, inertial forces.
 Rigid body mechanics – moment theorem, lever mechanisms, equilibrium positions.
 Mechanical work, performance, energy conservation law.
 Biomechanical characteristics of movements and equilibrium positions. Methods applied in biomechanical research.

Recommended literature:

Recommended literature:

1. HAMILL, J. – KNUTZEN, K. M. 2009. Biomechanical basis of human movement. 3. vyd. Philadelphia: Lippincott Williams & Wilkins, 2009. 491 s. ISBN 978-0-7817-2329-19-x
2. HUČKO, B. et al. 2019. Športová biomechanika. Bratislava: Spektrum STU, 2019. 70 s. ISBN 978-80-227-4920-6
3. JANURA, M. – ZAHÁLKA, F. 2004. Kinematická analýza pohybu človeka. 1. vyd. Olomouc: Univerzita Palackého, 2004. 206 s. ISBN 80-244-0930-5.
4. KALICHOVÁ, M. et al. 2011. Základy biomechaniky tělesných cvičení. [online]. Brno : Masarykova univerzita Brno, 2011. 193 s. [cit. 2021.13.09.] Dostupné na internete: https://is.muni.cz/el/1451/jaro2017/bp2054/um/SKRIPTA_KALICHOVA_-_zrecenzovane.pdf.
5. KONIAR, M. - LEŠKO, M. 1990. Biomechanika. VŠ učebnica pre FTVŠ UK. Bratislava: SPN. 1990. 310 s. ISBN 80-08-00331-6

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 26 h.

Seminar paper preparation: 24 h. Preparation for the written test focused on biomechanics: 40 h.

Course assessment

The final number of assessed students: 216

A	B	C	D	E	FX(0)	FX(1)	n
36.11	35.65	18.98	6.02	0.46	0.0	2.78	0.0

Instructor: Mgr. Jozef Sýkora, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-uSDP	Course name: Brief History of Law
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: The prerequisite for passing the course is attendance at a minimum of 90% of the teaching and active participation of students in class. The evaluation is in accordance with the classification scale according to the Study Regulations of Matej Bel University. a) continuous assessment: Continuous evaluation is not performed. b) final assessment: The basis for the award of the final grade is the demonstration of mastery of the knowledge of the lecture material, which is demonstrated in an active dialogue with the teacher in the teaching of the subject.	
Learning objectives: The aim of the subject is to present the basic features of the development of the state and law from ancient times to the 20th century. It is intended to clarify to the student how law was born, what stages of development it went through in terms of form and content, with an emphasis on the development of public and private law (basically) in the countries of Europe and the USA. After completing the subject, the student should be able to understand the historical context, understand the authentic meaning and content of contemporary terms, clarify the meaning and content of legal institutes, critically evaluate historical legal institutes, the philosophical and value roots of law, and on their basis should be able to create his own opinion on current law and legal systems (not only) in the European area.	
Brief outline of the course: Basic characteristics of the state establishment in the Greek poleis. Greek ancient law. Ancient Rome – constitutional development in individual periods. Brief basics of Roman law - selected institutes. Medieval state and law; feudalism and the feudal system. Sources of medieval law in Europe. Reception of Roman law. Medieval public and private law. Specifics of the Anglo-Saxon legal system. Modern age - anti-feudal revolutions, constitutionalism, modern law codifications. The origin and development of the United States of America. US law. The French Revolution, the codification of law during the reign of Napoleon, the influence on the development of modern law.	
Recommended literature: ŠOŠKOVÁ, I.: Praktikum k štúdiu dejín práva štátov Európy a USA. 2. dopl. a preprac. vydanie. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2022. 132 s.	

<p>ISBN 978-80-557-1968-9; SKALOŠ, M. – ŠOŠKOVÁ, I.: Vývoj inštitútov súkromného práva (vybrané problémy). 1. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2023. 224 s. ISBN 978-80-557-2081-4</p> <p>ŠOŠKOVÁ, I. - LETKOVÁ, A.: Dejiny práva štátov Európy a USA. Banská Bystrica : Belianum - Vydavateľstvo Univerzity Mateja Bela v Banskej Bystrici, 2021. ISBN 978-80-557-1869-9.</p> <p>Kol. autorů Právnické fakulty UK: Dějiny evropského kontinentálního práva. 3. vydání. Praha : Leges, 2010. 808 s. ISBN 978-80-87212-54-7. SELTENREICH, R. – KUKLÍK, J.: Dějiny angloamerického práva. 2.vydání. Praha : Leges, 2011. 872 s. ISBN 978-80-87212-87-5.</p>			
<p>Language of instruction: Slovak language</p>			
<p>Notes:student time load: 90 hours combined study (L, C): 26 hours self-study: 64 hours</p>			
<p>Course assessment The final number of assessed students: 2</p>			
abs	n	p	v
100.0	0.0	0.0	0.0
<p>Instructor: doc. JUDr. Ivana Šošková, PhD.</p>			
<p>Last changed: 05.02.2024</p>			
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-KTPM1-003	Course name: Ceramics and creations from natural materials 1		
Type, extent and method of instruction: Form of instruction: Practical Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 95			
abs	n	p	v
85.26	14.74	0.0	0.0
Instructor: Mgr. Lenka Lipárová, PhD.			
Last changed: 04.04.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-203	Course name: Children's Athletics 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student presents min. 3 games using the aids provided by the Kids' Athletics programme. Attends 1 children's athletics competition. a) continuous assessment: a) continuous assessment: Presentation of 3 children's games: 50 p. Participation in the competition: 50 p. b) final assessment: b) final assessment: Based on continuous assessment.	
Learning objectives: Learning outcomes: The student: 1) has knowledge of athletics, mainly children's athletics 2) can apply this knowledge in project creation 3) navigates children's athletics as a field 4) applies their knowledge at a primary school 5) can evaluate the course of children's athletics teaching in terms of methodology 6) uses their knowledge in the teaching process	
Brief outline of the course: Brief outline of the course: Introduction. The world Kids' Athletics project. The Slovak Kids' Athletics project. Specificities of training children. Kids' Athletics project aids and their use. Participation in children's competitions. Practical output.	
Recommended literature: Recommended literature: Čillík, I. a kol. Detská atletika I. Bratislava, 2018. Slovenský atletický zväz. Čillík, I. a kol. Detská atletika II. Bratislava, 2020. Slovenský atletický zväz.	
Language of instruction:	
Notes:student time load: student time load Total: 60 h. Presence study: 26 h. Output creation: 10 h. Participation in the children's competition + analysis: 14 h. Studying theory: 10 h.	

Course assessment						
The final number of assessed students: 45						
A	B	C	D	E	FX(0)	FX(1)
84.44	0.0	6.67	0.0	0.0	8.89	0.0
Instructor: prof. PaedDr. Ivan Čillík, CSc.						
Last changed: 05.09.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-313/23	Course name: Chémia naša každodenná		
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: RNDr. Barbora Benická, PhD., doc. RNDr. Jarmila Kmet'ová, PhD., MBA, doc. RNDr. Marek Skoršepa, PhD.			
Last changed: 29.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-CCS-513		Course name: Civil society and non-profit organizations in democratic societies					
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined							
Number of credits: 3							
Recommended semester/trimester:							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment The final number of assessed students: 1							
A	B	C	D	E	FX(0)	FX(1)	n
0.0	0.0	0.0	0.0	0.0	100.0	0.0	0.0
Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD.							
Last changed: 08.09.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-106	Course name: Coaching Practice 1
Type, extent and method of instruction: Form of instruction: Prax Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student conducts part of a training unit, evaluates other methodological procedures, and drafts sitting-in reports on the coaching practice completed. a) continuous assessment: a) continuous assessment: - conducting part of a training unit: 60 p. - written preparation for conducting of the training unit: 20 p. - sitting-in reports: 20 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - acquires practical knowledge - applies their theoretical knowledge and practical skills to conduct a training unit - the student learns how to conduct a training unit - applies their knowledge of their sports specialisation in coaching - evaluates individual parts of the training unit, course of training, contents, methods, forms, and training instruments - develops complex understanding of how training units should be conducted in youth categories.	
Brief outline of the course: Brief outline of the course: Conducting a training unit within the student's sports specialisation. Analysis of the training unit as a complex of different components and as a whole. Participation in min. 10 training units.	

Recommended literature:

Recommended literature:

- 1 ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
2. DOVALIL, J. a kol. 2009. Výkon a tréning ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T. a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
4. Journals, books, and online resources (Slovak and foreign) addressing the student's personal sports specialisation.

Language of instruction:

slovak

Notes:student time load:

student time load

60 h.

Combined study: 26 h. Preparation for coaching: 14 h.

Analysis of the practical performance, training evaluation: 10 h. Preparation of the sitting-in reports: 10 h.

Course assessment

The final number of assessed students: 108

A	B	C	D	E	FX(0)	FX(1)
56.48	9.26	9.26	7.41	7.41	2.78	7.41

Instructor: PaedDr. Zuzana Pupišová, PhD., prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Pavol Bartík, PhD., PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Miroslav Nemeč, PhD., Mgr. Jaroslav Popelka, PhD., Mgr. David Brúnn, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Andrea Izáková, PhD., doc. PhDr. Peter Šťastný, Ph.D., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Jiří Michal, PhD.

Last changed: 23.03.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-tre-108		Course name: Coaching Practice 2				
Type, extent and method of instruction:						
Form of instruction: Prax						
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 26						
Method of study: combined						
Number of credits: 2						
Recommended semester/trimester: 6.						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PaedDr. Zuzana Pupišová, PhD., prof. PaedDr. Ivan Čillík, CSc., doc. PaedDr. Jiří Michal, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 28.04.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: D_1_PG_cuyp	Course name: Computer Graphics for Economists
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Final assessment is based on tasks, test, and final project. a) continuous assessment: tasks 0-40, test: 0-20 b) final assessment: project: 0-40	
Learning objectives: After successful completion of the course, the student can: <ol style="list-style-type: none"> 1. apply design principles to evaluate, modify or create business graphics like logo, poster, brochure, newsletter, social media graphics or other 2. compare various graphics file formats according to their practical usage in business 3. use various graphics application for creation & modification of both vector & bitmap graphics 4. create graphics that can be used in business practice 	
Brief outline of the course: Basic design principles. Computer graphics applications. Graphics fileformats. Vector graphics editors: Inkscape, ... Object creation and manipulation, text editing, color models, layers and styles. Import and export between various graphic fileformats. Bitmap manipulation applications. Computer usage in creation of classic and electronic publications, on-line publishing.	
Recommended literature: <ol style="list-style-type: none"> 1. WILLIAMS, R. 2008. The Non-Designer's Design Book. Berkeley : Peachpit Press, 3rd edition, 2008. ISBN 978-0321534040. 2. Internet graphics standards World Wide Web: www.w3c.org. 3. Inkscape on-line tutorials and documentation: https://inkscape.org/en/learn/ 	
Language of instruction: slovak	
Notes:student time load: 90 hours combined study: S: 26 self-study: 64	

Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: Ing. Peter Laco, PhD.			
Last changed: 24.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-104	Course name: Coordination Basics in Sports
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 5	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. During the semester, the student proves their theoretical knowledge and practical skills. They create a training plan focused on developing skills necessary for a variety of sports. a) continuous assessment: a) continuous assessment: - presentation of the topic during the seminar (training unit): 10 p. - creation of a training programme (seminar paper): 30 p. b) final assessment: final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - has theoretical knowledge of the subject matter - can use this knowledge in practice and to evaluate - understands how coordination skills are developed - uses their skills in the training process - can create a training plan focused on developing coordination skills - can evaluate whether the coordination exercises are performed correctly	
Brief outline of the course: Brief outline of the course: Theory of coordination skills. Practical exercises: balance, spatial orientation, kinaesthetics and differentiation skills, speed, rhythm.	

Diagnosing motor docility (IOWA-BRACE test).
Creation of a training plan focused on developing coordination skills necessary for a variety of sports
(including age and sex-related specificities)

Recommended literature:

Recommended literature:

1. JEBAVÝ, R. – ZUMR, T. 2009. Posilování s balančními pomůckami. Praha: Grada. 2009. 176 s.
2. HAJDÚKOVÁ, R. - UCHAL, J. 2009. Vplyv netradičných športov na rozvoj koordinačných schopností. MPC Prešov. 2009. 91 s. dostupne: https://www.statpedu.sk/files/articles/dokumenty/sutaze/pedagogicke_citanie_hajdukova_uchal.pdf
3. Kolektív autorov, 2008. Normy koordinačných schopností pre 11-15 ročných športovcov. Nitra: PF UKF.2008 107 s.
4. KRIŠTOFIČ, J. 2004. Gymnastická príprava športovce. Praha: Grada. 2006. 112 s.
5. KRIŠTOFIČ, J. 2006. Pohybová príprava detí. Praha: Grada. 2006. 112 s.
6. NEUMAN, J. 2003 Cvičení a testy obratnosti, vytrvalosti a síly. Praha: Portál,2003, 160s. ISBN 80-7178-730-2
7. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách, metodické materiály, internetové zdroje.

Language of instruction:

Slovak

Notes:student time load:

student time load

150 hours:

Combined study (L, S, C): 39 h.

Preparation for conducting of the training unit: 10 h. Seminar paper: 20 h.

Preparation for the evaluation of physical performance: 30 h.

Preparation for the final written exam (45 minute): 51 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD., Mgr. Vladimír Franek, PhD.

Last changed: 07.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-001	Course name: Creation of Movement Programmes for Disabled Athletes
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: The condition for the evaluation of the course is mandatory, active participation of the student in the class. The student shall during the semester systematically prepares for practical seminar outcomes according to the assigned topics at each class, which he/she works into a portfolio for his/her own needs in terms of sport practice. At the request of the instructor during the semester, the student may be asked to submit (partial part) of the portfolio in terms of quality as well as consolidating the ability to work independently, personal responsibility and the student's approach to the subject. The student's final assessment of the course must master the practical and theoretical requirements set.	
a) continuous assessment: No	
b) final assessment: Final test: 100 points. The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100.	
Learning objectives: Student: <ul style="list-style-type: none"> - knows the basics of neural control of movement, - knows the importance of compensatory exercises in the prevention of injuries and pain in the musculoskeletal system, - knows the issues of education and training of children and pupils with special educational needs, i.e., with mental, physical, visual, hearing disabilities, with impaired communication skills, autism, developmental learning disabilities, learning disabilities behavioral disabilities, children and pupils who are sick and disabled and intellectually gifted, - can apply the basics of compensatory movement programs, - is familiar with medical disorders and the specifics of creating movement programs for individual groups of medically disadvantaged pupils and athletes, - can apply the compensatory effect of physical exercises and knows the appropriate exercises for its achieve, - is familiar with the basic therapies applied in sports rehabilitation. 	

Brief outline of the course:**Recommended literature:**

1. BARTÍK, P. 2005. Zdravotná telesná výchova I. Banská Bystrica : PF UMB, 2005. 124 s. ISBN 80-8083-132-7
2. BENDÍKOVÁ, E. 2011. Oporný a pohybový systém, jeho funkcia, diagnostika a prevencia porúch. Banská Bystrica : FHV UMB, 2011. 132 s. ISBN 978-80-557-0124-0
3. BEŇUŠ, P. - KOVÁČ, J. - GURÍN, D. - LÍŠKA, D. 2019 Využitie špeciálneho konceptu vo fyzioterapii. In Rehabilitácia, 2019, roč. 56, č. 3.
4. BIELIK, V. 2014. Regenerácia v športe. 1. vyd. Senec : Sportdiag, 2014. 139 s. ISBN 97880970324238
5. BLAHUTKOVÁ, M. - ŘEHULKA, E. - DVOŘÁKOVÁ, Š. 2005. Pohyb a duševní zdraví. Brno : MU, 2005. 78 s. ISBN: 80-7315-108-1
6. BURSOVÁ, M. 2005. Kompenzační cvičení. Praha : Grada Publishing, 2005. 194 s. ISBN 8024709481
7. HALMOVÁ, N. 2012. Ako si udržať kondíciu a vytvarovať postavu. Nitra : UKF, 2012. 157 s. ISBN 978-80-558-0061-5
8. JANČOKOVÁ, Ľ. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina : IPV, 2018. 190 s. ISBN 978-80-89902-12-5
9. LIBA, J. 2009. Výchova k zdraviu. Prešov : PU, 2009. 290 s. ISBN 978-80-555-1612-7
10. LÍŠKA, D. 2019. Aplikácia kompenzačných cvičení v športovom tréningu. Metodika akadémie Mateja Tótha, 2019.
11. RAISIN, L. 2007. Cvičení pro pružnou postavu. Praha : Portál, 2007. 160 s. ISBN 8073670682
12. THURZOVÁ, E. - KOMADEL, Ľ. 1994. Telovýchovné lékařstvo. Regenerácia a športová masáž. Bratislava : FTVŠ UK, 1994. 112 s.

Language of instruction:

slovak

Notes: student time load:**Course assessment**

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.**Last changed:** 08.09.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-202	Course name: Cross-Country Skiing Exercises 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: The student proves their ability to use the correct cross-country skiing technique. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. B=93-86%; C=85-79%; D=78-72%; E=71-65%). a) continuous assessment: N/A b) final assessment: final assessment: Demonstration of two cross-country skiing techniques.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. knows the cross-country skiing techniques and can explain them 2. masters the two cross-country skiing techniques in practice 3. knows the influence of cross-country skiing on the development of physical abilities and fitness, and can use it in their own training to improve their performance 4. knows the basic rules of the cross-country skiing competitions 5. understands the importance of general and specific warm-up and can use it in teaching as well as in training 6. knows the terminology, procedures, and learning methods. 	
Brief outline of the course: Brief outline of the course: Cross-country skiing – preparatory games and exercises. Improving classic and skating techniques. Ski hiking. Night cross-country skiing and hiking. Safety rules and winter outdoor survival.	
Recommended literature: Recommended literature: <ol style="list-style-type: none"> 1. BRTNÍK, J. – NEUMAN, J. 1999. Zimní hry na sněhu i bez něj. Praha : Grada, 1999. 2. PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. Učebné texty pre študentov telesnej výchovy. Banská Bystrica : UMB, FHV, SLZ, 2004. 237 s. 3. PŘÍBRAMSKÝ, M. 1999. Bežecké lyžování. Praha : Grada, 1999 	

Language of instruction: Slovak, Czech						
Notes:student time load: Notes: student time load 90 h. 26 h. – combined study. 14 h. – self-study. 50 h. – skill and performance improvement.						
Course assessment The final number of assessed students: 33						
A	B	C	D	E	FX(0)	FX(1)
78.79	0.0	0.0	0.0	0.0	21.21	0.0
Instructor: Mgr. Bc. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.						
Last changed: 07.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: D_1_KvOF_cuyp	Course name: Cryptocurrencies in Personal Finances
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment – active participation 50 points; b) final assessment – presentation of current topics 50 points.	
Learning objectives: The student will: <ol style="list-style-type: none"> 1. be able to describe what cryptocurrencies and blockchain technology are, i.e. cryptographic functions (hash), the process of mining and issuing new currency, various consensus mechanisms including Proof-of-Work and Proof-of Stake used in the Bitcoin and Ethereum blockchains. 2. understand how cryptocurrencies work, distinguish the basic characteristics and key metrics of Bitcoin and altcoins such as Ethereum, Tether, XRP, BNB Cardano, Dogecoin, etc. 3. identify the advantages of cryptocurrencies, distinguishes between different types and features of centralized, decentralized and hybrid blockchains and appropriately assesses which one is suitable for which purposes. 4. evaluate how cryptocurrencies can be stored, searched and analyzed for real transactions in open blockchain networks. 5. examine how cryptocurrencies can be secured, identifies selected risks, including legal, regulatory and tax aspects 6. identify selected uses of cryptocurrencies in personal finances, such as means of payment, trading, investing or hedging. 7. understand more advanced uses of blockchain, such as smart contracts, digital assets, tokenization, CBDC, DeFi and others. 	
Brief outline of the course: The course provides an introductory understanding of cryptocurrencies such as bitcoin or ethereum and blockchain technology in the context of personal finance. The course will: <ul style="list-style-type: none"> - examine the theory and principles of functioning of digital currencies; - provide practical examples of basic transactions and operations of blockchain or distributed ledger-based systems; - examine the current and future interaction of digital currencies with banking, financial, legal and regulatory systems; 	

- will help students understand the disruptive potential of blockchain and how this ecosystem can be seen as an innovation;
- discuss the latest developments (such as tokenization, DeFi and CBDC).

The course will consist of the following topics:

1. Theoretical introduction to cryptocurrencies and their history. Decentralized consensus proof-of-work and proof-of-stake, cryptocurrency overview.
2. A practical introduction to cryptocurrencies. Hands-on exercises in using and creating transactions with digital currencies. Working with a digital wallet, crypto exchanges, crypto ATMs.
3. Examples of the use of cryptocurrencies. Domestic and foreign payments. Trading and investing. Hedging and prediction markets. Tokenization. DeFi. CBDC.
4. Taxes, regulations and risks of cryptocurrencies.

Recommended literature:

1. AMMOUS, S. 2018. The Bitcoin standard. Hoboken, New Jersey : John Wiley & Sons, 286 p. ISBN 978-1-119-47386-2.
2. AZHAR, A. 2021. Exponential. London : Cornerstone, 384 p. ISBN 978-1847942913.HOSP,
- J. 2018. Kryptomeny. Bratislava : Tatran, 172 s. ISBN 978-80-222-0945-8.
3. HARARI, Y., N. 2018. Money. London : Vintage Books, 133 p. ISBN 978-1-78487-402-5.
4. HAYEK, F. A. 1990. Denationalisation of Money The Argument Refined An Analysis of the Theory and Practice of Concurrent Currencies (3rd ed.). London, UK: The Institute of Economic Affairs.
5. CHOVCANULIAK, R. 2019. Pokrok bez povolenia. Bratislava : INESS, 288 s. ISBN 978-8-089-82007-8.
6. KRAVCHENKO, P., SKRIABIN, B., DUBININA, O. 2019. Blockchain And Decentralized Systems. Київ, Ukraine: Distibuted Lab.
7. NAKAMOTO, S. 2008. Bitcoin: A Peer-to-Peer Electronic Cash System. Retrieved from <https://bitcoin.org/bitcoin.pdf>
8. NARAYANAN, A., BONNEAU, J., FELTEN, E., MILLER, A., GOLDFELDER, S. 2016. Bitcoin and Cryptocurrency Technologies: A Comprehensive Introduction. Princeton, NJ: Princeton University Press.
9. SHRIER, D., L. 2020. Basic blockchain. London : Robinson, 182 p. ISBN 978-1-4721-4483-6.
10. TAPSCOTT, D., TAPSCOTT, A. 2018. Blockchain revolution. New York : Portfolio/Penguin, 358 p. ISBN 978-0-241-23786-1.

Language of instruction:

Slovak, English

Notes:student time load:

90 hours

Combined study: 26 h.

Self-study: 50 h.

Presentation preparation: 14 h.

Course assessment

The final number of assessed students: 49

abs	n	p	v
53.06	44.9	0.0	2.04

Instructor: Ing. Ivan Sedliačik, PhD., doc. Ing. Ján Huňady, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-fpv-227		Course name: Cultural Regions of the World					
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined							
Number of credits: 3							
Recommended semester/trimester: 2., 4., 6.							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment The final number of assessed students: 90							
A	B	C	D	E	FX(0)	FX(1)	n
76.67	6.67	5.56	3.33	0.0	7.78	0.0	0.0
Instructor:							
Last changed: 03.02.2017							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ksc-201	Course name: Cultural and social inclusion of foreign students 1
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. a) continuous assessment: Active participation in project organizations related to the foreign MBU students. b) final assessment: Portfolio of materials from the organized projects:	
Learning objectives: Students will gain practical organizing skills related to foreign students integration (persons with other than Slovak citizenship studying at MBU). They are able to adequately use foreign terminology related to academia. Volunteering provides students with self-realization, they will learn to effectively use their spare time, they will feel useful, needed and meaningful. They will improve their self-confidence or their sense of self-assessment. They will find new friends, gain new knowledge and skills. They will improve their language proficiency. They will gain international and intercultural skills.	
Brief outline of the course: Students will actively participate in the activities related to education, culture, sport and other activities related to the community of foreign MBU students. Students will help with the education processes and with leisure activities or competitions for foreign MBU students. They will integrate foreign students into the communities of other students organizations within MBU and show them other extra-curricular educational activities within MBU.	
Recommended literature: BROZMANOVÁ GREGOROVÁ Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4. BROZMANOVÁ GREGOROVÁ, A., MATULAYOVÁ, T., MRAČKOVÁ, A., VAVRINČÍKOVÁ, L., VLAŠIČOVÁ, J.: Dobrovoľníctvo keď pomoc baví a zábava pomáha. Bratislava: ŠEVT, a.s. pre Úrad vlády SR, 2011. ISBN 978-80-8106-049-6.	

BROZMANOVÁ GREGOROVÁ, A.: Dobrovoľníctvo ako prostriedok rozvoja mladého človeka. In: ZOOM - M Zaostrené na mladých, 2008, č. 4, s. 11-14.

BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.

DLOUHÁ, Regina, e.al. Dobrovolnictví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.

GREGOROVÁ, A.: Centrum dobrovoľníctva a jeho úloha pri rozvoji dobrovoľníctva. In: Dobrovoľníctvo v meste Banská Bystrica (zborník). Banská Bystrica: PF UMB, 2003. s. 22 - 24. ISBN 80-8055-750-0.

HAPALOVÁ, M. 2017. Dobrovoľnícke programy a podpora dobrovoľníctva. Bratislava : Implementačná agentúra MSVaR SR, 2017. 12 s. ISBN 978-80-89837-03-8. . [dostupné online 12. 6. 2019] https://www.ia.gov.sk/npkiku//data/files/np_kiku/dokumenty/Dobrovolnicke%20programy%20brozura%20Jun2017%20blok.pdf

KOLEKTIV, autorů, et al. Dobrovolníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.

KRÁLIKOVÁ, N. (zost.) 2006. Ja nie som dobrovoľník! Ja to robím iba tak... Bratislava : IUVENTA, 2006. 28 s. ISBN 80-8072-0054-1

MYDLÍKOVÁ, E. a kol. 2002. Dobrovoľníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.

NAZAREJOVÁ, V. – ROTH, P. (zost.). 2012. Dobrovoľníctvo a čo ty? Prešov : Domka – Združenie saleziánskej mládeže. 2012. 16 s. [dostupné online 12. 6. 2019] http://dobrovolnictvo.sk/subory/publikacie/Dobrovolnictvo_a_co_TY_1.pdf

OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovoľníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.

ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.

TOŠNER, J. - SOZANSKÁ, O. (eds.) 2006. Dobrovoľníci a metodika práce s nimi v organizacích. Praha : Portál 2006. 149 s. ISBN 80-7367-178-6.

Language of instruction:

Slovak, English

Notes:student time load:

student time load 90 hours;
preparation of the projects: 75 hours;
portfolio preparation: 15 hours

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)	n
50.0	0.0	0.0	0.0	0.0	50.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.

Last changed: 07.10.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ksc-202	Course name: Cultural and social inclusion of foreign students 2
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. a) continuous assessment: Active participation in project organizations related to the foreign MBU students. b) final assessment: Portfolio of materials from the organized projects:	
Learning objectives: Students will gain practical organizing skills related to foreign students integration (persons with other than Slovak citizenship studying at MBU). They are able to adequately use foreign terminology related to academia. Volunteering provides students with self-realization, they will learn to effectively use their spare time, they will feel useful, needed and meaningful. They will improve their self-confidence or their sense of self-assessment. They will find new friends, gain new knowledge and skills. They will improve their language proficiency. They will gain international and intercultural skills.	
Brief outline of the course: Students will actively participate in the activities related to education, culture, sport and other activities related to the community of foreign MBU students. Students will help with the education processes and with leisure activities or competitions for foreign MBU students. They will integrate foreign students into the communities of other students organizations within MBU and show them other extra-curricular educational activities within MBU.	
Recommended literature: BROZMANOVÁ GREGOROVÁ Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4. BROZMANOVÁ GREGOROVÁ, A., MATULAYOVÁ, T., MRAČKOVÁ, A., VAVRINČÍKOVÁ, L., VLAŠIČOVÁ, J.: Dobrovoľníctvo keď pomoc baví a zábava pomáha. Bratislava: ŠEVT, a.s. pre Úrad vlády SR, 2011. ISBN 978-80-8106-049-6.	

BROZMANOVÁ GREGOROVÁ, A.: Dobrovoľníctvo ako prostriedok rozvoja mladého človeka. In: ZOOM - M Zaostrené na mladých, 2008, č. 4, s. 11-14.

BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.

DLOUHÁ, Regina, e.al. Dobrovolnictví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.

GREGOROVÁ, A.: Centrum dobrovoľníctva a jeho úloha pri rozvoji dobrovoľníctva. In: Dobrovoľníctvo v meste Banská Bystrica (zborník). Banská Bystrica: PF UMB, 2003. s. 22 - 24. ISBN 80-8055-750-0.

HAPALOVÁ, M. 2017. Dobrovoľnícke programy a podpora dobrovoľníctva. Bratislava : Implementačná agentúra MSVaR SR, 2017. 12 s. ISBN 978-80-89837-03-8. . [dostupné online 12. 6. 2019] https://www.ia.gov.sk/npkiku//data/files/np_kiku/dokumenty/Dobrovolnicke%20programy%20brozura%20Jun2017%20blok.pdf

KOLEKTIV, autorů, et al. Dobrovolníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.

KRÁLIKOVÁ, N. (zost.) 2006. Ja nie som dobrovoľník! Ja to robím iba tak... Bratislava : IUVENTA, 2006. 28 s. ISBN 80-8072-0054-1

MYDLÍKOVÁ, E. a kol. 2002. Dobrovoľníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.

NAZAREJOVÁ, V. – ROTH, P. (zost.). 2012. Dobrovoľníctvo a čo ty? Prešov : Domka – Združenie saleziánskej mládeže. 2012. 16 s. [dostupné online 12. 6. 2019] http://dobrovolnictvo.sk/subory/publikacie/Dobrovolnictvo_a_co_TY_1.pdf

OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovoľníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.

ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.

TOŠNER, J. - SOZANSKÁ, O. (eds.) 2006. Dobrovoľníci a metodika práce s nimi v organizacích. Praha : Portál 2006. 149 s. ISBN 80-7367-178-6.

Language of instruction:

Slovak, English

Notes:student time load:

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.

Last changed: 07.10.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-DEP -513		Course name: Digital empowerment and participation	
Type, extent and method of instruction:			
Form of instruction: Practical			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 2			
Recommended semester/trimester:			
Level: I, P			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD., Mgr. Zuzana Heinzová, PhD.			
Last changed: 08.09.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-DZP-513		Course name: Dizajny záverečných prác v štruktúre IMRAD					
Type, extent and method of instruction:							
Form of instruction: Seminar							
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
Recommended number of periods: 156							
Method of study: combined							
Number of credits: 3							
Recommended semester/trimester:							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment							
The final number of assessed students: 7							
A	B	C	D	E	FX(0)	FX(1)	n
42.86	0.0	0.0	0.0	0.0	0.0	57.14	0.0
Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD.							
Last changed:							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1e-DZP-513		Course name: Dizajny záverečných prác v štruktúre IMRAD					
Type, extent and method of instruction:							
Form of instruction: Seminar							
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
Recommended number of periods: 156							
Method of study: combined							
Number of credits: 3							
Recommended semester/trimester:							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment							
The final number of assessed students: 13							
A	B	C	D	E	FX(0)	FX(1)	n
69.23	0.0	0.0	0.0	7.69	23.08	0.0	0.0
Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD.							
Last changed:							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-esn-200	Course name: ESN MBU Volunteer 1
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. a) continuous assessment: - Active participation in project organizations related to the foreign MBU students. Creation of databases, time schedules and budgets. - Processing and evaluation of on-line surveys during and after the semester (the goal is to fulfil the needs of foreign students). - Being tutors for foreign students. b) final assessment: Portfolio of materials from the organized projects: - written report, - photo-documentation, - attendance lists..	
Learning objectives: Students will receive practical organizing skills. They are able to adequately use foreign terminology related to academia. They develop specific skills needed for work related to civic organizations and public service. They are able to assess initial situation, the goals of activities, time schedule, to identify problems, to find partners, to pick adequate propagation materials, to prepare budgets, to analyse personal sources, to realize and evaluate activities. The course motivates student to participate in the voluntary activities and to improve their cultural understanding.	
Brief outline of the course: Students will actively participate in the Erasmus Student Network, a non-profit student organization, with the goal to represent foreign students and to provide cultural understanding and personal development according to the principle: “students to students”. The volunteers help foreign students in the education activities, with leisure activities and with competitions from MBU partner universities. Integrating foreign students into the communities of other students’ organizations within MBU.	

Recommended literature:

- BROZMANOVÁ GREGOROVÁ Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4.
- BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.
- DLOUHÁ, Regina, e.al. Dobrovoľníctví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.
- FRIČ, Pavol. Dárcovství a dobrovoľníctví v České republice. Praha : AGNES a NROS, 2001. 115 s. ISBN 80-902633-7-2.
- Ja nie som dobrovoľník! Ja to robím len tak... KRÁLIKOVÁ, Nadežda (zost.) Bratislava : IUVENTA, 2006, ISBN 80-8072-054-1.
- KOLEKTIV, Autorů, et al. Dobrovoľníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.
- MYDLÍKOVÁ, E. a kol. 2002. Dobrovoľníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.
- OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovoľníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.
- ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.
- Průručka pro dobrovoľníky. Klikatá 90c, Praha 5 : Občanské združení ADRA, 1997. 35 s. vydáno s podporou MVČR
- TOŠNER, Jiří, SOZANSKÁ, Olga. Dobrovoľníci a metodika práce s nimi v organizacích. Dominik Dvořák; Michal Kaplánek, Th.D.,SDB. 2. vyd. Praha : Portál, s. r. o., 2006. 149 s. ISBN 80-7367-178-6.
- Helcom.cz [online]. 2004 [cit. 2010-06-25]. Dobrovoľníci. Dostupné z WWW: <<http://www.helcom.cz/download/sborniky/dobrovolnici.doc>>.
- Www.dobrovolnik.cz [online]. 2006 [cit. 2010-03-16]. Dobrovoľník. Dostupné z WWW: <http://www.dobrovolnik.cz/d_druhy.shtml>.
- Www.dcul.cz [online]. 2005 [cit. 2010-03-16]. Dostupné z WWW: <<http://www.dcul.cz/stranky/dobrovolnik.htm>>.
- E-cvns.cz [online]. 2009 [cit. 2010-06-25]. Konference Pardubice. Dostupné z WWW: <http://www.e-cvns.cz/soubory/Konference_Pardubice_Hladka.pdf>.
- Dobrovoľn%C3%ADk In Wikipedia : the free encyclopedia [online]. St. Petersburg (Florida) : Wikipedia Foundation, , [cit. 2010-03-16]. Dostupné z WWW: <<http://cs.wikipedia.org/wiki/Dobrovoľn%C3%ADk>>.
- Portal [online]. 2005 [cit. 2010-03-18]. Dostupné z WWW:<<http://www.portal.cz/scripts/detail.php?id=2982>>

Language of instruction:

Slovak, English

Notes:student time load:

90 hours;
 preparation of the projects: 75 hours;
 portfolio preparation: 15 hours

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)	n
40.0	40.0	0.0	20.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.
Last changed: 07.10.2022
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-esn-201	Course name: ESN MBU Volunteer 2
Type, extent and method of instruction:	
Form of instruction:	
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)	
Recommended number of periods:	
Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
<p>Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements.</p>	
a) continuous assessment:	
Notes: student time load 90 hours;	
preparation of the projects: 75 hours;	
portfolio preparation: 15 hours	
Learning objectives:	
<p>Students will gain practical organizing skills. They are able to adequately use foreign terminology related to academia. They develop specific skills needed for work related to civic organizations and public service. They are able to assess initial situation, the goals of activities, time schedule, to identify problems, to find partners, to pick adequate propagation materials, to prepare budgets, to analyse personal sources, to realize and evaluate activities. The course motivates student to participate in the voluntary activities and to improve their cultural understanding.</p>	
Brief outline of the course:	
<p>Students will actively participate in the Erasmus Student Network, a non-profit student organization, with the goal to represent foreign students and to provide cultural understanding and personal development according to the principle: “students to students”. The volunteers help foreign students in the education activities, with leisure activities and with competitions from MBU partner universities. Integrating foreign students into the communities of other students organizations within MBU.</p>	
Recommended literature:	
<p>Brozmanová Gregorová, A. et al. Service learning Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4.</p> <p>BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.</p> <p>DLOUHÁ, Regina, e.al. Dobrovolníctví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.</p>	

FRIČ, Pavol. Dárcovství a dobrovolnictví v České republice. Praha : AGNES a NROS, 2001. 115 s. ISBN 80-902633-7-2.

Ja nie som dobrovoľník! Ja to robím len tak... KRÁLIKOVÁ, Nadežda (zost.) Bratislava : IUVENTA, 2006, ISBN 80-8072-054-1.

KOLEKTIV, Autorů, et al. Dobrovolníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.

MYDLÍKOVÁ, E. a kol. 2002. Dobrovolníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.

OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovolníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.

ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.

Příručka pro dobrovolníky. Klikatá 90c, Praha 5 : Občanské združení ADRA, 1997. 35 s. vydáno s podporou MVČR

TOŠNER, Jiří, SOZANSKÁ, Olga. Dobrovolníci a metodika práce s nimi v organizacích.

Dominik Dvořák; Michal Kaplánek, Th.D., SDB. 2. vyd. Praha : Portál, s. r. o., 2006. 149 s. ISBN 80-7367-178-6.

Helcom.cz [online]. 2004 [cit. 2010-06-25]. Dobrovolníci. Dostupné z WWW: <<http://www.helcom.cz/download/sborniky/dobrovolnici.doc>>.

Www.dobrovolnik.cz [online]. 2006 [cit. 2010-03-16]. Dobrovolník. Dostupné z WWW: <http://www.dobrovolnik.cz/d_druhy.shtml>.

Www.dcul.cz [online]. 2005 [cit. 2010-03-16]. Dostupné z WWW: <<http://www.dcul.cz/stranky/dobrovolnik.htm>>.

E-cvns.cz [online]. 2009 [cit. 2010-06-25]. Konference Pardubice. Dostupné z WWW: <http://www.e-cvns.cz/soubory/Konference_Pardubice_Hladka.pdf>.

Dobrovoln%C3%ADk In Wikipedia : the free encyclopedia [online]. St. Petersburg (Florida) : Wikipedia Foundation, , [cit. 2010-03-16]. Dostupné z WWW: <<http://cs.wikipedia.org/wiki/Dobrovoln%C3%ADk>>.

Portal [online]. 2005 [cit. 2010-03-18]. Dostupné z WWW: <<http://www.portal.cz/scripts/detail.php?id=2982>>

Language of instruction:

Slovak, English

Notes: student time load:

90 hours;

preparation of the projects: 75 hours;

portfolio preparation: 15 hours

Course assessment

The final number of assessed students: 11

A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.

Last changed: 07.10.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-esn-202	Course name: ESN MBU Volunteer 3
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. a) continuous assessment: - Active participation in project organizations related to the foreign MBU students. Creation of databases, time schedules and budgets. - Processing and evaluation of on-line surveys during and after the semester (the goal is to fulfil the needs of foreign students). - Being tutors for foreign students. b) final assessment: Portfolio of materials from the organized projects: - written report, - photo-documentation, - attendance lists.	
Learning objectives: Students will gain practical organizing skills. They are able to adequately use foreign terminology related to academia. They develop specific skills needed for work related to civic organizations and public service. They are able to assess initial situation, the goals of activities, time schedule, to identify problems, to find partners, to pick adequate propagation materials, to prepare budgets, to analyse personal sources, to realize and evaluate activities. The course motivates student to participate in the voluntary activities and to improve their cultural understanding.	
Brief outline of the course: Students will actively participate in the Erasmus Student Network, a non-profit student organization, with the goal to represent foreign students and to provide cultural understanding and personal development according to the principle: The volunteers help foreign students in the education activities, with leisure activities and with competitions from MBU partner universities. Integrating foreign students into the communities of other students organizations within MBU.	
Recommended literature:	

BROZMANOVÁ GREGOROVÁ Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4.

BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.

DLOUHÁ, Regina, e.al. Dobrovolníctví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.

FRIČ, Pavol. Dárcovství a dobrovolnictví v České republice. Praha : AGNES a NROS, 2001. 115 s. ISBN 80-902633-7-2.

Ja nie som dobrovoľník! Ja to robím len tak... KRÁLIKOVÁ, Nadežda (zost.) Bratislava : IUVENTA, 2006, ISBN 80-8072-054-1.

KOLEKTIV, Autorů, et al. Dobrovolníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.

MYDLÍKOVÁ, E. a kol. 2002. Dobrovoľníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.

OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovoľníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.

ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.

Příručka pro dobrovolníky. Klikatá 90c, Praha 5 : Občanské združení ADRA, 1997. 35 s. vydáno s podporou MVČR

TOŠNER, Jiří, SOZANSKÁ, Olga. Dobrovolníci a metodika práce s nimi v organizacích. Dominik Dvořák; Michal Kaplánek, Th.D., SDB. 2. vyd. Praha : Portál, s. r. o., 2006. 149 s. ISBN 80-7367-178-6.

Helcom.cz [online]. 2004 [cit. 2010-06-25]. Dobrovolníci. Dostupné z WWW: <<http://www.helcom.cz/download/sborniky/dobrovolnici.doc>>.

Www.dobrovolnik.cz [online]. 2006 [cit. 2010-03-16]. Dobrovolník. Dostupné z WWW: <http://www.dobrovolnik.cz/d_druhy.shtml>.

Www.dcul.cz [online]. 2005 [cit. 2010-03-16]. Dostupné z WWW: <<http://www.dcul.cz/stranky/dobrovolnik.htm>>.

E-cvns.cz [online]. 2009 [cit. 2010-06-25]. Konference Pardubice. Dostupné z WWW: <http://www.e-cvns.cz/soubory/Konference_Pardubice_Hladka.pdf>.

Dobrovoln%C3%ADk In Wikipedia : the free encyclopedia [online]. St. Petersburg (Florida) : Wikipedia Foundation, , [cit. 2010-03-16]. Dostupné z WWW: <<http://cs.wikipedia.org/wiki/Dobrovoln%C3%ADk>>.

Portal [online]. 2005 [cit. 2010-03-18]. Dostupné z WWW: <<http://www.portal.cz/scripts/detail.php?id=2982>>

Language of instruction:

Slovak, English

Notes: student time load:

Notes: student time load 90 hours

Preparation of the projects: 75 hours

Portfolio preparation: 15 hours

Course assessment

The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)	n
33.33	33.33	0.0	0.0	11.11	22.22	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.
Last changed: 07.10.2022
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-esn-203	Course name: ESN MBU Volunteer 4
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Students have to participate at least in five projects. Each projects equals to 20 points. Total number of points: 100 points. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. a) continuous assessment: Notes: student time load 90 hours; preparation of the projects: 75 hours; portfolio preparation: 15 hours b) final assessment: Portfolio of materials from the organized projects: - written report, - photo-documentation, - attendance lists.	
Learning objectives: Students will gain practical organizing skills. They are able to adequately use foreign terminology related to academia. They develop specific skills needed for work related to civic organizations and public service. They are able to assess initial situation, the goals of activities, time schedule, to identify problems, to find partners, to pick adequate propagation materials, to prepare budgets, to analyse personal sources, to realize and evaluate activities. The course motivates student to participate in the voluntary activities and to improve their cultural understanding.	
Brief outline of the course: Students will actively participate in the Erasmus Student Network, a non-profit student organization, with the goal to represent foreign students and to provide cultural understanding and personal development according to the principle: “students to students”. With leisure activities and with competitions from MBU partner universities. Integrating foreign students into the communities of other students’ organizations within MBU.	
Recommended literature: BROZMANOVÁ GREGOROVÁ Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4.	

BÚTORA, M. – FIALOVÁ, Z. 1995. Neziskový sektor a dobrovoľníctvo na Slovensku. Bratislava: SAIA-SCTS.

DLOUHÁ, Regina, e.al. Dobrovolníctví a dárcovství. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 40 s.

FRIČ, Pavol. Dárcovství a dobrovolnictví v České republice. Praha : AGNES a NROS, 2001. 115 s. ISBN 80-902633-7-2.

Ja nie som dobrovoľník! Ja to robím len tak... KRÁLIKOVÁ, Nadežda (zost.) Bratislava : IUVENTA, 2006, ISBN 80-8072-054-1.

KOLEKTIV, Autorů, et al. Dobrovolníci v neziskových organizacích. Praha : Informační centrum neziskových organizací, o.p.s., 2001. 24 s. ISBN 80-86423-05-0.

MYDLÍKOVÁ, E. a kol. 2002. Dobrovoľníctvo na Slovensku alebo čo si počať s dobrovoľníkom. Bratislava: ASSP, ISBN 80-968713-0-7.

OCHMANOVÁ, M. – JORDAN, P. 1997. Dobrovolníci – cenný zdroj pomoci: Institute for Policy Studies, ISBN 1-886333-29-7.

ONDRUŠEK, D. 2000. Čítanka pre pokročilé neziskové organizácie. Bratislava: Centrum prevencie a riešenia konfliktov, ISBN 80-968095-3-9.

Příručka pro dobrovolníky. Klikatá 90c, Praha 5 : Občanské združení ADRA, 1997. 35 s. vydáno s podporou MVČR

TOŠNER, Jiří, SOZANSKÁ, Olga. Dobrovolníci a metodika práce s nimi v organizacích. Dominik Dvořák; Michal Kaplánek, Th.D., SDB. 2. vyd. Praha : Portál, s. r. o., 2006. 149 s. ISBN 80-7367-178-6.

Helcom.cz [online]. 2004 [cit. 2010-06-25]. Dobrovolníci. Dostupné z WWW: <<http://www.helcom.cz/download/sborniky/dobrovolnici.doc>>.

Www.dobrovolnik.cz [online]. 2006 [cit. 2010-03-16]. Dobrovolník. Dostupné z WWW: <http://www.dobrovolnik.cz/d_druhy.shtml>.

Www.dcul.cz [online]. 2005 [cit. 2010-03-16]. Dostupné z WWW: <<http://www.dcul.cz/stranky/dobrovolnik.htm>>.

E-cvns.cz [online]. 2009 [cit. 2010-06-25]. Konference Pardubice. Dostupné z WWW: <http://www.e-cvns.cz/soubory/Konference_Pardubice_Hladka.pdf>.

Dobrovoln%C3%ADk In Wikipedia : the free encyclopedia [online]. St. Petersburg (Florida) : Wikipedia Foundation, , [cit. 2010-03-16]. Dostupné z WWW: <<http://cs.wikipedia.org/wiki/Dobrovoln%C3%ADk>>.

Portal [online]. 2005 [cit. 2010-03-18]. Dostupné z WWW: <<http://www.portal.cz/scripts/detail.php?id=2982>>

Language of instruction:

Slovak, English

Notes: student time load:

Notes: student time load 90 hours

Preparation of the projects: 75 hours

Portfolio preparation: 15 hours

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)	n
50.0	0.0	0.0	0.0	0.0	50.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.

Last changed: 07.10.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajmL-316	Course name: English Language B2 for FF UMB Students
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: This elective course is intended for students of sports education, sports science and other humanities and philology studies at the Faculty of Arts, UMB in Banská Bystrica, except for study programmes English Language and Culture, English for Translation in Economic Practice and Teaching English Language and Literature. Students will take three written continuous assessment tests during the semester. Upon completion of the course students will take a written final test. Credits will not be awarded a student who scores less than 65% on the continuous assessment tests and the final test. The student is entitled to one re-sit exam. The assessment is in compliance with the following grading scale: A (100-94%), B (93-87%), B (93-87%), B (93-87%), C (86-80%), D (79-73%), E (72-65%). a) continuous assessment: Three continuous written tests: 30% Active participation in seminars: 10% b) final assessment: Final test: 60%	
Learning objectives: The student: <ol style="list-style-type: none"> 1. understands not only essential but also specific information in broader English texts and can communicate in more challenging communicative situations in the professional and private spheres; 2. masters upper-intermediate language activities and strategies in English (listening comprehension, speaking, writing, reading comprehension) 3. is able to identify elements of narrative style in written discourse at B2 level; 4. is able to translate from/into English texts at B2 level; 6. is able to use summarising techniques to summarise relevant data. 	
Brief outline of the course: Selected topics include: <ol style="list-style-type: none"> 1. Passions and fashions 2. No fear! 3. It depends how you look at it 4. All things high tech 5. Seeing is believing 	

6. Telling it how it is							
Recommended literature: SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Students Book. Oxford : OUP, 2010. SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Work Book. Oxford : OUP, 2010.							
Language of instruction: English							
Notes:student time load: Total: 90 hours Seminars: 13 Preparation for continuous written tests: 15 Preparation for the final written test: 30 Self-study: 32							
Course assessment The final number of assessed students: 67							
A	B	C	D	E	FX(0)	FX(1)	n
38.81	19.4	13.43	8.96	16.42	0.0	2.99	0.0
Instructor: PaedDr. Alena Štulajterová, PhD., M.A. James Ó Connell							
Last changed: 11.09.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajmZ-317	Course name: English Language B2 for FF UMB Students
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3.	
Level: I.	
Prerequisites:	
Course completion conditions: This elective course is intended for students of sports education, sports science and other humanities and philology studies at the Faculty of Arts, UMB in Banská Bystrica, except for study programmes English Language and Culture, English for Translation in Economic Practice and Teaching English Language and Literature. Students will take three written continuous assessment tests during the semester. Upon completion of the course students will take a written final test. Credits will not be awarded to a student who scores less than 65% on the continuous assessment tests and the final test. The student is entitled to one re-sit exam. The assessment is in compliance with the following grading scale: A (100-94%), B (93-87%), B (93-87%), B (93-87%), C (86-80%), D (79-73%), E (72-65%). a) continuous assessment: Three continuous written tests: 30% Active participation in seminars: 10% b) final assessment: Final test: 60%	
Learning objectives: The student: <ol style="list-style-type: none"> 1. understands not only essential but also specific information in broader English texts and can communicate in more challenging communicative situations in the professional and private spheres; 2. masters upper-intermediate language activities and strategies in English (listening comprehension, speaking, writing, reading comprehension) 3. is able to identify elements of narrative style in written discourse at B2 level; 4. is able to translate from/into English texts at B2 level; 6. is able to use summarising techniques to summarise relevant data. 	
Brief outline of the course: Selected topics include: <ol style="list-style-type: none"> 1. Passions and fashions 2. No fear! 3. It depends how you look at it 4. All things high tech 5. Seeing is believing 	

6. Telling it how it is							
Recommended literature: SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Students Book. Oxford : OUP, 2010. SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Work Book. Oxford : OUP, 2010.							
Language of instruction: English, Slovak							
Notes:student time load: Total: 90 hours Seminars: 13 Preparation for continuous written tests: 15 Preparation for the final written test: 30 Self-study: 32							
Course assessment The final number of assessed students: 80							
A	B	C	D	E	FX(0)	FX(1)	n
10.0	10.0	7.5	12.5	16.25	25.0	18.75	0.0
Instructor: PaedDr. Alena Štulajterová, PhD., Natalia Kovalchuk, PhD., Mgr. Richard Gramanich Štromajer, M.A. James Ó Connell							
Last changed: 03.05.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: ESN1	Course name: Erasmus student network 1		
Type, extent and method of instruction:			
Form of instruction:			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods:			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I., II.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 11			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: doc. Mgr. et Mgr. Ing. Miroslava Knapková, PhD.			
Last changed:			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: U-1-EUŠRMČ	Course name: European Union - structure, decision-making mechanisms, membership		
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: Mgr. Vladimír Müller, PhD., doc. PhDr. Lucia Rýsová, PhD.			
Last changed: 14.02.2024			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-fpv-211		Course name: Field course abroad					
Type, extent and method of instruction:							
Form of instruction: Practical							
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
Recommended number of periods: 120s							
Method of study: combined							
Number of credits: 6							
Recommended semester/trimester: 2., 4., 6.							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment							
The final number of assessed students: 39							
A	B	C	D	E	FX(0)	FX(1)	n
53.85	0.0	0.0	0.0	0.0	46.15	0.0	0.0
Instructor: doc. RNDr. Alfonz Gajdoš, PhD.							
Last changed: 03.02.2017							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-118		Course name: Field course in zoology	
Type, extent and method of instruction:			
Form of instruction: Practical			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 3			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: prof. RNDr. Peter Bitušík, PhD.			
Last changed: 28.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-133		Course name: Financial literacy	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 16			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Ing. Janka Crmanová			
Last changed: 28.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-210		Course name: First Aid Basics	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 114			
abs	n	p	v
95.61	4.39	0.0	0.0
Instructor:			
Last changed: 22.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-100	Course name: Fitness Basics of Sport
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 5	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 6 classes per semester. This applies to students without an individual study plan. a) continuous assessment: a) continuous assessment: - seminar paper – design of training unit and its practical implementation: 30 p. - 30 p. Seminar paper – creation of a fitness programme: 30 p. b) final assessment: final assessment: Based on the student's knowledge of weight lifting kinesiology: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - understands how physical abilities are improved through fitness training; - uses their knowledge and skills from training in practice (teaching and training); - can design an individual fitness programme (based on personal and developmental specifics) - has basic understanding of diagnostics in fitness training - understands the basic kinesiology of weight lifting exercises as well as the training unit structure from the viewpoint of general fitness training in sports.	
Brief outline of the course: Brief outline of the course: Fitness training – background, current tendencies, the principles of training programme creation. Fitness level – diagnostics and improvement. Creation of training units and plans focused on improving one's fitness (age, fitness level, health). Motor-functional training: building support, strengthening, core training, tabata,	

circuit training, station training, strengthening exercises using equipment, practical exercises developing strength, endurance, speed; getting acquainted with the kinesiology of strengthening exercises.

Recommended literature:

Recommended literature:

1. JARKOVSKÁ, H. – JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha: Grada. 2009. 208 s. ISBN 9788024725352
2. KREMnickÝ, J. 2010. Zmeny úrovně gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem: PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
3. KRIŠTOFIČ, J. 2007. 207 cvičení s medicinbaly, expandery a aerobary Praha: Grada. 2007. 196 s. ISBN 978-80-247-6230-2
4. LACZO, E. a kol. 2014. Rozvoj a diagnostika pohybových schopností dětí a mládeže, Národné športové centrum v spolupráci s Fakultou telesnej výchovy a športu Univerzity Komenského v Bratislave, Bratislava: 2014, 1.vydanie, 160 strán ISBN: 978-80-971466-0-3
5. LEHNERT, M. et al. 2010. Trénink kondice ve sportu. Olomouc: FTK UP. 2010. 143 s. ISBN 9788024426143
6. NEUMAN, J. 2003 Cvičení a testy obratnosti, vytrvalosti a síly. Praha: Portál,2003, 160s. ISBN 80-7178-730-2
7. PERIČ, T. – DOVALIL, J. 2010 Sportovní trénink, Praha: Grada. 2010. 160 s. ISBN 9788024721187
8. STOPPANI, J. 2016. Velká kniha posilování. Praha: Grada 2. vyd. 2016. 640 s. ISBN 978-80-247-5643-1.
9. TLAPÁK, P. 2010. Tvarování těla pro muže a ženy. Praha: ARSCI, 2010. 264 s. ISBN 978-80-7420-001-4.
10. VANDERKA, M. 2013. Silový trénink pre výkon. Bratislava: Slovenská vedecká spoločnosť pre Tv a šport, 2013. 270s. ISBN 978-80-89075-40-9

Language of instruction:

Slovak

Notes:student time load:

Notes: student time load

150 hours:

Combined study (L, S, C): 39 h.

Seminar paper preparation: 51 h.

Skill improvement: 30 h.

Performance improvement: 30 h.

Course assessment

The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)
16.67	0.0	16.67	8.33	0.0	16.67	41.67

Instructor: PaedDr. Jaroslav Kompán, PhD., Mgr. David Brúnn, PhD.

Last changed: 07.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-utr-220		Course name: Fitness Workout 1				
Type, extent and method of instruction:						
Form of instruction: Seminar						
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 26						
Method of study: combined						
Number of credits: 3						
Recommended semester/trimester:						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PaedDr. Jaroslav Kompán, PhD., Mgr. David Brúnn, PhD., Mgr. Jozef Sýkora, PhD., Mgr. Vladimír Franek, PhD.						
Last changed: 14.02.2024						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-227	Course name: Fitness swimming 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student masters two swimming styles on the basic level. a) continuous assessment: continuous assessment: Active participation in classes: 30 p. Endurance swimming test: 70 p. 12-minute endurance test (min. 500m). b) final assessment: final assessment: Based on the continuous assessment	
Learning objectives: Learning outcomes: The student masters at least two swimming styles, can evaluate it upon observation and provide assistance.	
Brief outline of the course: Brief outline of the course: Input swimming ability test. Fitness goals in swimming. The structure of a fitness swimming programme. Determining the load intensity in water. Training methods and principles in fitness swimming. Using swimming tools in fitness swimming Testing swimming skills and performance	
Recommended literature: Recommended literature: 1. BENČEK, M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8. 2. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545. 3. MACEJKOVÁ, Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127- 100-7 4. MANDZÁK, P. a kol. 2011. Návčik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7. 5. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wpcontent/uploads/2016/09/pravidla_plavania.pdf	

6. RUŽBARSKÝ, P. - MATÚŠ, I. 2017. Technická a kondičná príprava v plávaní. Prešov: FŠ, Prešov, 2017. 252s. ISBN 978-80-555-1978-4

Language of instruction:

slovak

Notes:student time load:

Course assessment

The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)
46.15	15.38	23.08	7.69	7.69	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., PaedDr. Martina Mandzáková, PhD.

Last changed: 08.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-fj-001		Course name: French Language 2					
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined							
Number of credits: 3							
Recommended semester/trimester: 2., 4., 6.							
Level: I.							
Prerequisites:							
Course completion conditions: The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements. a) continuous assessment: participation and activities in classes (0-20 points) b) final assessment: final exam (0-80 points)							
Learning objectives: The student 1. uses basic language skills in French, 2. is able to talk about his interests and his plans for the future. 3. can write an e-mail asking for something. 4. can talk about events that took place in the past.							
Brief outline of the course: 1. 1. Understand interests and preferences based on recordings and then be able to talk about yours. 2. Weekend plans. 3. Description of the house/apartment and its equipment. 4. Gastronomy in France and Slovakia. 5. Tense of irregular verbs. 6. Free time.							
Recommended literature: LOISEAU, Y. - MERIEUX, R. 2009. Latitudes 1. Paris: Didier Pecníková, J. - Ráčková, L. 2023. Základy francúzštiny. Belianum, BB.							
Language of instruction: French A1							
Notes:student time load: 120 hours, of which: full-time study: 26 hours Exam preparation + written exam: 94 hours							
Course assessment The final number of assessed students: 0							
A	B	C	D	E	FX(0)	FX(1)	n
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PhDr. Jana Pecníková, PhD., Gautier Quentin Crept							

Last changed: 14.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-331	Course name: Games in Sports Training
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 4 classes per semester. This applies to students without an individual study plan. a) continuous assessment: continuous assessment: - Training unit design using games: 50 p. (min. 33 p.) - Practical outcome – conducting of a training unit: 50 p. (min. 33 p.) b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - knows and uses correct terminology - has a database of movement and sports games as a suitable tool for the development of physical abilities and specific skills - knows the system of movement games (beginner, preparatory, main, final parts of the training units) - knows the correct procedures, didactic principles, methods, and forms of using games as non-specific training tools in different sports - can evaluate their own pros and cons in terms of TU conduction focused on different sports and can use the feedback for the purpose of improvement - can explain the the importance of movement and sports games for the physical development and can integrate it into their regimen to prevent civilisation diseases	
Brief outline of the course: Brief outline of the course:	

Introduction. The system of movement and sports games.
The specificities of using movement and sports games in training
Games as a tool for the development of physical abilities.
The selection and organisation of movement and sports games for different parts of a training unit.
Game didactics in the training process. Load – intensity, volume, complexity.
How to design a training unit using games – a practical output

Recommended literature:

Recommended literature:

1. ADAMČÁK, Š. – VLADOVIČOVÁ, N. – NOVOTNÁ, N. – KOLLÁR, R. 2005. Pohybové hry a telovýchovné názvoslovie. Banská Bystrica : PF UMB, 2005. 104 s. ISBN 80-8083-079-7
2. KRŠKA, P.- ADAMČÁK, Š. 2008. Pohybové schopnosti a hry na ich rozvoj. Ružomberok : PF KU, 2008. 103 s. ISBN 978-80-8084-319-9
3. NEMEC, M. - KOLLÁR, R. 2009 Teória a didaktika futbalu, Banská Bystrica : Kollár Rastislav, 2009. 200 s. ISBN 978-80-89183-62-3
4. NEMEC, M. a kol. 2013. Športové hry 1. časť. Banská Bystrica : UMB FHV - Belianum, 2013. 202 s. ISBN 978-80-557-0608-5
5. PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-4218-2
6. ŠIMONEK, J. 2012. Hry, cvičenia a súťaže na rozvoj pohybovej koordinácie detí. Nitra : UKF, 2012. 98 s. ISBN 978-80-558-0069-1
7. VOTÍK, J. 2011. Fotbalová cvičení a hry. Praha : Grada, 2011. 152 s. ISBN 80-247-0925-2

Language of instruction:

slovak

Notes:student time load:

student time load

120 hours:

Combined study (L, S, C): 26 h.

Preparation for the practical output: 60 h.

Training unit design: 34 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-107		Course name: Geographical learning of Europe	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 1036			
abs	n	p	v
93.34	6.66	0.0	0.0
Instructor:			
Last changed: 24.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-001	Course name: German Language 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Continuous assessment. Active participation in seminars: 0–40 p. Completion of assignments and exercises: 0–20 p. Final assessment. Written exam: 0–40 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student learns the basic rules of German pronunciation, orthography, grammar, and vocabulary used in the basic common communication situations (A1 level).	
Brief outline of the course: The seminar focuses on learning basic orthoepic, orthographic, grammatical rules, and vocabulary on the A1 level. German language course book texts are used along with authentic texts, and grammatical and lexical exercises (printed and electronic). 1. Grammar – conjugation of auxiliary, weak, and strong verbs; modal verbs, declination of the determiners and nouns in 1st and 4th cases; personal pronouns, the negative, syntax in indicative, interrogative, and exclamatory sentences. 2. Topics: German in basic communication situations: introduction, travelling, family, housing, etc. 3. Training receptive and productive language skills – A1 level.	
Recommended literature: 1. ALBRECHT, U. – DANE, D. – FANDRYCH, CH.: Passwort Deutsch neu 1 – Kurs/Übungsbuch + CD. Stuttgart : Klett Verlag, 2014. ISBN 9783126764100 2. WITZLINGER, H: Deutsch. Aber Hallo! Grundstufe I A1. Online: www.deutschkurse-passau.de . 3. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Kursbuch. München : Hueber-Verlag, 2008. ISBN 978-3-19-001823-9 4. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Arbeitsbuch. München : Hueber-Verlag, 2008. ISBN 9783190118236 www.mein-deutschbuch.de www.lingolia.de	

www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne A1 – A2)

Language of instruction:

Slovak language

Notes: student time load:

Course assessment

The final number of assessed students: 56

A	B	C	D	E	FX(0)	FX(1)	n
33.93	32.14	8.93	5.36	8.93	10.71	0.0	0.0

Instructor: Mgr. Jana Štefaňáková, PhD.

Last changed: 26.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-002	Course name: German Language 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Continuous assessment. Active participation in seminars: Completion of assignments and exercises: 0–40 p. 0–20 p. Final assessment. Written exam: 0–40 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Upon successful completion of this course, the student: <ol style="list-style-type: none"> 1. masters grammar on the A1–A2 level 2. has the vocabulary to communicate in the A1–A2 level communication situations 3. can read, listen to, and write texts on the selected topics on the A1–A2 level 4. can speak on the A1–A2 level 	
Brief outline of the course: The seminar is focused on learning and training German grammar and vocabulary on the A1–A2 level. <ol style="list-style-type: none"> 1. Grammar: possessive pronouns, prepositions for the 3rd and 4th cases, adjectives, coordinating conjunctions, reflective verbs, verb „werden“; weak verbs – future tense, preterite, and perfectum. 2. Topics: daily regime, social relationships, clothes, housing, navigation in a city, hobbies 3. Development of the receptive and productive language skills through completing assignments and working with texts on the A1–A2 level. 	
Recommended literature: <ol style="list-style-type: none"> 1. ALBRECHT, U. – DANE, D. – FANDRYCH, CH.: Passwort Deutsch neu 1 – Kurs/Übungsbuch + CD. Stuttgart : Klett Verlag, 2014. ISBN 9783126764100 2. WITZLINGER, H: Deutsch. Aber Hallo! A2. Online: www.deutschkurse-passau.de. 3. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Kursbuch. München : Hueber-Verlag, 2008. ISBN 978-3-19-001823-9 4. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Arbeitsbuch. München : Hueber-Verlag, 2008. ISBN 9783190118236 www.mein-deutschbuch.de 	

www.lingolia.de							
Language of instruction: German A1, Slovak							
Notes:student time load:							
Course assessment The final number of assessed students: 27							
A	B	C	D	E	FX(0)	FX(1)	n
70.37	18.52	7.41	0.0	0.0	3.7	0.0	0.0
Instructor: Mgr. Jana Štefaňáková, PhD.							
Last changed: 26.03.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-003	Course name: German Language 3
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment: completion of exercises and short texts: 40 p. b) final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student learns the rules of the German grammatical system and vocabulary for the selected topics on the A2–B1 level. They can apply these rules in common communication situations and engage in written and spoken communication.	
Brief outline of the course: The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.	
Recommended literature: H. Funk a kol. STUDIO d A2. Plzeň: Fraus, 2006. ISBN 80-7238-580-1 L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3 http://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku)	
Language of instruction: German A2–B1, Slovak	
Notes:student time load:	

Course assessment							
The final number of assessed students: 3							
A	B	C	D	E	FX(0)	FX(1)	n
66.67	33.33	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: M.A. Jörn Nuber							
Last changed: 26.03.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-004	Course name: German Language 4
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment: Active participation in seminars: 20 p. Seminar paper: 20 p. b) final assessment: oral exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student learns the rules of the German grammatical system and vocabulary for the selected topics on the A2–B1 level. They can apply these rules in common communication situations and engage in written and spoken communication.	
Brief outline of the course: The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.	
Recommended literature: H. Funk a kol. STUDIO d A2. Plzeň: Fraus, 2006. ISBN 80-7238-580-1 L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3 http://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne A2 – B1)	
Language of instruction: German A2–B1, Slovak	
Notes:student time load:	

Course assessment							
The final number of assessed students: 6							
A	B	C	D	E	FX(0)	FX(1)	n
83.33	16.67	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: M.A. Jörn Nuber							
Last changed: 26.03.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-005	Course name: German Language 5
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment: completion of exercises and short texts: 40 b) final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student learns the rules of the German grammatical system and vocabulary for the selected topics on the B1–B2 level. They can apply these rules in common communication situations and engage in written and spoken communication.	
Brief outline of the course: The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.	
Recommended literature: H. Funk a kol. STUDIO d B1. Plzeň: Fraus, 2006. ISBN 80-7238-580-1 L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3 http://www.schubert-verlag.de/aufgaben/uebungen_b1/b1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne B1 – B2)	
Language of instruction: German B1–B2, Slovak	
Notes:student time load:	

Course assessment							
The final number of assessed students: 4							
A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: M.A. Jörn Nuber							
Last changed: 21.11.2022							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-GSP-513		Course name: Global Social Problems					
Type, extent and method of instruction:							
Form of instruction: Lecture / Seminar							
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
Recommended number of periods: 13 / 13							
Method of study: combined							
Number of credits: 3							
Recommended semester/trimester:							
Level: I.							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment							
The final number of assessed students: 0							
A	B	C	D	E	FX(0)	FX(1)	n
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Peter Jusko, PhD.							
Last changed: 08.09.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajc-300	Course name: Global skills
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Active participation in seminars, self-study of recommended materials provided by instructor. b) final assessment: Active participation in seminars, studying relevant sources recommended by the teacher.	
Learning objectives: At the end of the Global Skills course, students will be able to: <ul style="list-style-type: none"> - explain the importance of global skills in different domains of our wellbeing (intellectual, emotional, occupational, social, etc.), - analyse different sources aligned with different aspects of global skills, - use critical thinking and creativity when working on individual and group assignments, - give constructive feedback to their peers, - reflect on their peers' opinions and self-reflect their own learning, - develop their autonomy in learning, - incorporate global skills activities in their future jobs. 	
Brief outline of the course: Selected global skills: <ol style="list-style-type: none"> 1. Communication and collaboration – the ability to use verbal and non-verbal forms of communication and to work effectively with others in order to achieve shared goals; 2. Creativity and critical thinking – generating new ideas and solutions and analysing information to form a balanced judgement; 3. Intercultural competence and citizenship – the social and interpersonal skills necessary for managing cross-cultural encounters in an appropriate way, with respect and openness to others; 4. Emotional self-regulation and wellbeing – the ability to recognize and understand one's emotions and the awareness of positive physical and mental health practices; 5. Digital literacies – individual technological skills necessary for working with digital communication channels. 	
Recommended literature: SLATINSKÁ, A. 2022. Introduction To Selected Global Skills And Exploration Of Culture In EFL Context As Part Of Trainee Teachers' Professional Development: Textbook for Trainee Teachers of English and other Courses, Banská Bystrica: Belianum. ISBN: 978-80-557-2018-0	

CAROL, R. 2022. How to Develop Global Skills. [2022-11-07]. Available at: <https://www.macmillanenglish.com/se/training-events/events-webinars/event/how-to-develop-global-skills-with-pre-school-children>

CHONG SUAN, CH. 2021. Successful International Communication. Pavilion. 176 p. ISBN 978-1-912755-13-4

HANESOVÁ, D. 2014. From Learning Facts to Learning to Think. Banská Bystrica: Pedagogická fakulta UMB. 95 s. ISBN 978-80-557-0655-9

MERCER, S. et al. 2019. Creating Empowered 21st Century Citizens. Available at: <https://elt.oup.com/feature/global/expert/global-skills?cc=sk&se>

Language of instruction:

English B2-C1

Notes:student time load:

Course assessment

The final number of assessed students: 26

abs	n	p	v
57.69	42.31	0.0	0.0

Instructor: Mgr. Anna Slatinská, PhD.

Last changed: 24.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-221	Course name: Golf Exercises 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. B=93-86%; C=85-79%; D=78-72%; E=71-65%). Golf techniques, basic swings: Drive, Put, Chip, Lob. a) continuous assessment: continuous assessment: Practical skills: 100 p. (min. 65 p.) b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: Learning outcomes: - The student masters the practical golf skills on the appropriate level - masters the procedures and methods in theory and practice - understands the importance of golf for the physical development and can integrate it into their regimen to prevent civilisation diseases	
Brief outline of the course: Brief outline of the course: – Golf safety. – Golf ethic – behaviour and speed at the golfing course. – Basic golf rules. – Golf techniques, basic swings: Drive, Put, Chip, Lob. – Golf as a game – harmonising the elements.	
Recommended literature: Recommended literature: ALLIS, P. Golf. Dokonalý pruvodce hrou. Brno: Jota, 1995. 220 s. ISBN 80-85617-59-5. Z anglického The Golf handbook the complete guide to the greatest game vydaného v r. 1989 v nakladatelství MARSCHALL EDITION Ltd.	

BALLINGALL, P. 1998. Golf - 101 Praktických rád. Bratislava: Ikar, 1998. 72 s. ISBN 80-7118-445-4. Z anglického originálu 101 Essentiel Tips/Golf. 1998. London: Dorling Kindersley Limited

KALIVODOVÁ, M. Golfík má súrodenca. Golf – revue a golfe a životnom štýle. 2008, r. 4, č. 5, s. 68. ISSN 1336-7390.

PAVLÍK, M. Kondičná príprava – pevné základy. Golf – revue a golfe a životnom štýle. 2010b, r. 6, č. 1, s. 46. ISSN 1336-7390.

PAVLÍK, M. Škola pre pokročilých – sila švih. Golf – revue a golfe a životnom štýle. 2010c, r. 6, č. 1, s. 47. ISSN 1336-7390.

Language of instruction:

Notes:student time load:

student time load

90 h. Presence study: 26 h. Developing practical skills: 64 h.

Course assessment

The final number of assessed students: 23

A	B	C	D	E	FX(0)	FX(1)
30.43	56.52	0.0	0.0	0.0	13.04	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-222	Course name: Gymnastic Exercises 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active participation in seminars. Mastering basic gymnastic shapes. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: a) continuous assessment: Active participation in seminars: 70 b. Mastering basic gymnastic shapes: 30 p. Min. passing score = 65 p. (E). b) final assessment: b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student acquires theoretical knowledge of the subject matter and becomes able to perform basic gymnastic shapes; uses their knowledge and skills in the training and teaching processes; an use preparatory exercises in gymnastics; applies their knowledge to train and master more advanced gymnastic shapes.	
Brief outline of the course: Brief outline of the course: The goal is to develop physical abilities necessary for artistic gymnastics. Remove shortcomings and improve the technique.	
Recommended literature: Recommended literature: 1) FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s. 2. KREMnický, J. 2003. Prípravné cvičenia v športovej gymnastike. In: Nové trendy v súčasnom životnom štýle v oblasti fitness, gymnastiky, tancov a úpolov zo IV. vedeckej konferencie. Bratislava : FTVŠ UK. 2003. s. 53-57 ISBN 80-88901-88-X. 3. KREMnický, J. 2004.	

Spevňovacie cvičenia v etape športovej predprípravy v športovej gymnastike. In: Telesná výchova, šport a zdravie. Banská Bystrica: KTVŠ, FHV UMB B. B., 2004. s. 53 – 63. ISBN 80-8075-03-3 4. KREMnickÝ, J. 2006. Program športovej predprípravy pre 6-7 ročných chlapcov zameraný na športovú gymnastiku. In: Telesná výchova a šport na univerzitách. Nitra: SPU, 2006, s.130 - 139. ISBN 80-8069 802-30 5. KRÍŠTOFIČ, J. 2004. Gymnastická pruprava sportovce. Praha : Grada, 2004. 192 s. ISBN 80-247-1006-4 6. NOVOTNÁ, N. 2003. Gymnastika (Vybrané kapitoly). B. Bystrica : PF UMB, 2003. 121 s. 7. PELIKÁN, H. 2001. Terminológia gymnastiky. Bratislava: UK, 2001 8. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s. 9. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.

Language of instruction:

slovak

Notes:student time load:

student time load

Total: 90 h. Combined study: 26 h. Seminar paper preparation: 32 h. Preparation for the practical output: 32 h.

Course assessment

The final number of assessed students: 43

A	B	C	D	E	FX(0)	FX(1)
67.44	13.95	6.98	2.33	4.65	4.65	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., Mgr. Michaela Slováková, PhD., Mgr. Kristián Bako

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-003	Course name: Gymnastics and Combat Sports in Training
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the semester, the student proves their theoretical knowledge and practical skills in the creation of physical activity plans. They create a training plan focused on developing skills necessary for a variety of sports while using exclusively gymnastic and combat sport elements. a) continuous assessment: a) continuous assessment: - presentation of the topic during the seminar: 40 p. - designing specific training programmes: 60 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - uses their knowledge to create physical activity plans based on gymnastics and combat sports in practice - can use gymnastic and combat sport elements to develop physical abilities Knows and uses the correct terminology, can describe and use gymnastic and combat sport elements in the creation of physical activity plans - can select optimal gymnastic and combat sport elements for their physical activity programme - - can perform these elements in practice - can evaluate their peers' performance, identify technical errors, range of motion and muscle tension	

Brief outline of the course:

Brief outline of the course:

Creation of a training plan focused on developing skills necessary for a variety of sports (including age and sex-related specificities)

Gymnastic tools for developing physical abilities: motor-functional preparation, rolls, weight training with gymnastic equipment, stretching, yoga, relaxation exercises.

Combat sport tools for developing physical abilities: fighting exercises and games, correct falling, basic elements (karate, wrestling, judo).

Recommended literature:

Recommended literature:

1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.

2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X

3. BARTÍK, P. et al. 2010. Teória a didaktika úpolov pre základné a stredné školy. Banská Bystrica: FHV UMB, 2010. 241 s. ISBN 978-80-557-0004-5.

4. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-08]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf

5. KREMnickÝ, J. 2010. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.

6. KRIŠTOFIČ, J. 2004. Gymnastická príprava športovca. Praha: Grada. 2006. 112 s.

7. KRIŠTOFIČ, J. 2006. Pohybová príprava detí. Praha: Grada. 2006. 112 s.

8. KRIŠTOFIČ, J.2000. Gymnastika pro kondiční a zdravotní účely. Praha: ISV , 2000. 126 s.

9. Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:**Notes:student time load:**

Notes: student time load

120 hours:

Combined study (L, S, C): 39 h.

preparation for conducting of a training unit involving gymnastic elements: 10 h.

Preparation for conducting of a training unit involving combat sport elements 10 h.

Preparation for the gymnastic performance: 35 h.

Preparation for the combat sports performance: 26 h.

Course assessment

The final number of assessed students: 57

A	B	C	D	E	FX(0)	FX(1)
38.6	24.56	15.79	8.77	3.51	0.0	8.77

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Juraj Kremnický, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-002	Course name: Health Theory in PE and Sports
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student creates and presents a seminar paper. Active attendance is required. The student is allowed to miss 2 classes per semester. During the examination period, the student takes a written test from health theory in PE and sports. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements a) continuous assessment: a) continuous assessment: seminar paper – 40 p. b) final assessment: b) final assessment: written test – 60 points	
Learning objectives: Learning outcomes: The student <ul style="list-style-type: none"> - can identify attributes of healthy lifestyle - can identify healthy and unhealthy eating - understands the risks of addictive substances and their negative impact on human health - can explain the importance of physical activity for human health - understands the importance of accustoming one's body to cold and its methods - adheres to the hygienic requirements related to physical activity - follows the safety rules during physical activity - integrates physical activity in their daily regimen. 	
Brief outline of the course: Brief outline of the course: Healthy lifestyle principles, the importance of daily physical activity and rest during the day, drinking regimen, balanced nutrition.	

Energy intake and expenditure.
 Negative effects of risk factors (smoking, alcohol, drugs).
 The importance of physical activity for individual health and adaptation to load. Quality sleep
 Optimism and good mood.
 Avoiding stress and regular resting. The impact of physical load on physiological changes.
 accustoming one's body to cold.
 Hygienic principles and their importance. Organising exercises. Helping students complete the
 exercises correctly. Proper posture.
 Physical activity in the daily regimen.

Recommended literature:

Recommended literature:

1. HRČKA, J. - DRDÁČKA, B. 1992. Rekreačná telesná výchova a šport. Bratislava: SNP, 1992.181s.
ISBN 80-08-00486-X
2. LIBA, J. 2010. Výchova k zdraviu. Prešov: Prešovská univerzita. 2010. 260 s. ISBN 978-80-555-0070-6
3. LIBA, J. 2016. Výchova k zdraviu v školskej edukácii. Prešovská univerzita v Prešove, Pedagogická fakulta. 2016. 244 s. ISBN 978-80-555-1612-7 <https://www.unipo.sk/public/media/20082/2016-PV-LIBA-Vychova-k-zdraviu.pdf>
4. MICHAL, J. 2009. Pohybová aktivita, mládež a drogy. Univerzita Mateja Bela, KTV Banská Bystrica, 2009. 106 s. ISBN 978-80-89183-63-0
5. MICHAL, J. 2017. Lifestyle of primary scholl pupils. Gaudeamus.2017. 74 s. ISBN 978-80-7435-676-6
6. STRAŇAVSKÁ, S. – GÖRNER, K. 2018. Outdoor activities and their impact on forming lifestyle. Gaudeamus. 2018. 114 s. ISBN 978-80-7435-722-0

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 120 h.

Combined study (lectures/seminars/consultations): 26 h.

Self-study, seminar paper preparation and presentation: 94 h.

Course assessment

The final number of assessed students: 283

A	B	C	D	E	FX(0)	FX(1)	n
31.1	38.87	18.73	6.36	1.77	1.77	1.41	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-HAT1-003		Course name: Hra a tanec 1	
Type, extent and method of instruction: Form of instruction: Practical / Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 19			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Mgr. art. Martin Urban, PhD.			
Last changed: 30.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-229	Course name: Hron River Rafting
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student can swim b) final assessment: final assessment: Theoretical knowledge: 50 p. Mastering basic practical rafting skills: 50 p	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - understands the subject matter and is properly acquainted with rafting - can apply their knowledge and skills in practice - can plan and organise a short-term hiking activity in practice - uses their knowledge and skills from training in practice. 	
Brief outline of the course: Brief outline of the course: <ol style="list-style-type: none"> 1. Basic movement habits necessary to control a canoe or raft. 2. Practical training on still water. 3. Practical training on running water. 4. Getting acquainted with the river morphology, using water and river currents for the rafter's favour. 5. Getting acquainted with river rafting safety measures, self-rescue, rescue using throwing bag, resuscitation after drowning. 6. Hron River rafting 	
Recommended literature: Recommended literature: BENCE, M. – BOBULA, T. – ZBIŇOVSKÝ, P. 2008. Vodné športy. Banská Bystrica : FHV UMB, 2008. BÍLÝ, M. et al. 2001. Kanoistika. Grada publishing et al. 2001. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifická pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7	

<p>ŠTEMPROK, S. 1983. Vodní turistika. Praha : Olympia, 1983. ZAJAC, A. et al. 1983. Športy a turistika vo vode. Bratislava : Šport, 1983.</p>						
Language of instruction:						
<p>Notes:student time load: Time load for the student: 90 h. Combined study (L, S, C): 26 h. Skill improvement: 31 h., self-study: 33 h.</p>						
Course assessment						
The final number of assessed students: 80						
A	B	C	D	E	FX(0)	FX(1)
93.75	0.0	0.0	0.0	0.0	2.5	3.75
Instructor: PaedDr. Jaroslav Kompán, PhD.						
Last changed: 23.03.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-107	Course name: Human Physiology and Biochemistry
Type, extent and method of instruction: Form of instruction: Lecture Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. During the examination period, the student takes a written test focused on human physiology and biochemistry. a) continuous assessment: continuous assessment: N/A b) final assessment: final assessment: Written test: 100 points (min. (min. 65 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - actively uses correct specialised terminology related to physiology and biochemistry; - understands biochemical processes relevant for sports performance and adaptation to the training load; - understands how energy is created and transformed, metabolism of energy substrates, and hormonal regulation; - understands functions of different organs and systems during rest; - understands how body works in terms of physiology; - understands how different physiological processes are linked and how the body adapts to load. 	
Brief outline of the course: Brief outline of the course:	

The relationship between the structure and function of substances, which form the essence of the living matter.

Biological compounds: saccharides, fats, proteins, vitamins, enzymes, nucleic acids. Enzymatic catalysis in biochemical reactions, ways of acquiring energy and its transformation.

Metabolism of energy substrates, hormonal regulation.

Chemical processes in human body and the role of nutrients

General neurophysiology (general, neuroglia, resting membrane potential, stimulus, peripheral nerve, synaptic transmission).

Physiology of the central nervous system (functional division: sensory, motor, autonomic nervous system).

Physiology of the cardiovascular system (cardiac physiology, hemodynamics, blood). Physiology of the respiratory system (ventilation, mechanics, regulation of breathing).

Chronophysiology. Thermal regulation.

Recommended literature:

Recommended literature:

1. ČURDA, M. – MAŠTEROVÁ, V. 2020. Biochémia. Prešov: Rokus. 308 s. ISBN 9788089510818
2. JANČOKOVÁ, L. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, UMB FFKTVŠ. 190 s. ISBN 978-80-89902-12-5
3. JAVORKA, K. a kol. 2020. Lekárska fyziológia 1+2. Martin: Osveta. 388+385 s. ISBN: 9788080634964
4. KMEŤOVÁ, J. – SKORŠEPA, M. – VYDROVÁ, M. 2011. Chémia pre 3. ročník gymnázia so štvorročným štúdiom a 7. ročník gymnázia s osemročným štúdiom [online]. Martin: Vydavateľstvo Matice slovenskej, s. r. o., 2011. 123s. Dostupné na internete: <https://cloud8r.edupage.org/cloud/chemia3roc.pdf?z%3A%20A%20j%20h%20Z%20T%20Q%20x%20k%20N%20r%20D%20P%20q%20B%20n%20F%20d%20Q%20k%20f%208%209%20B%20D%20e%20V%20n%20E%203%20F%200%202%20W%20Y%20L%20I%20j%20U%20L%20P%20f%20w%20B%20%202%20B%20k%20B%20Q%20X%20v%20u%20Q%20R%20f%206%20t%20I%20t%203%20h%202%20N%20H>
5. LIPKOVÁ, J. 2011. Základy biochémie. Bratislava: FTVŠ, UK, 2011. 94 s. ISBN 978-80-89257-38-6
6. ŠTULRAJTER, V. 2008. Fyziológia človeka pre študentov FTVŠ. Bratislava: FTVŠ UK, 2008, 188 s.
7. E-CHEMBOOK [online], Dostupné na: <http://www.e-chembook.eu/biochemie>
8. WIKISKRIPTA. Portál: Biochemie [online], Dostupné na: <https://www.wikiskripta.eu/w/Port%C3%A1l:Biochemie>

Language of instruction:

slovak

Notes:student time load:

student time load

120 h.

Combined study (L, S, C): 26 h. Studying for the written test: 94 h

Course assessment

The final number of assessed students: 291

A	B	C	D	E	FX(0)	FX(1)	n
3.09	11.34	23.02	27.15	32.3	3.09	0.0	0.0

Instructor: prof. PaedDr. Ľudmila Jančoková, CSc., PaedDr. Martina Mandzáková, PhD., PaedDr. Stanislava Straňavská, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-fpv-504		Course name: Information Security	
Type, extent and method of instruction:			
Form of instruction: Lecture			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I., P			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 73			
abs	n	p	v
86.3	13.7	0.0	0.0
Instructor: doc. Ing. Ľudovít Trajtel', PhD., PaedDr. Mgr. Vladimír Siládi, PhD., doc. Mgr. Ján Karabáš, PhD.			
Last changed: 13.09.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-004	Course name: Information Technology in PE and Sports
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student proves their practical and theoretical knowledge by creating presentations and evaluating PE and sports data. a) continuous assessment: a) continuous assessment: - seminar paper: 40 p. (min. 26 p.) - preparation of the presentation: 60 p. (min. 39 p.) b) final assessment: final assessment: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - can use the Internet to find information about PE and sports - can use didactic tools and ICT (computer, projector, TV, screens, PDA, smartphone), - can use MS Word, MS Excel, MS Powerpoint and graphic software to create presentations can use online communication tools: e-mail, ICQ, IRC, Skype, Moodle, MS Teams, - can use ICT in their activity regimen to prevent civilisation diseases.	
Brief outline of the course: Brief outline of the course: The Internet – characteristics, history, working with it, searching for information. Browsers and security. Visual, audio, and AV technology and screens. Practical demonstrations. Collecting, processing, and evaluating research data related to PE and sports (MS Word and Excel, Google Forms). Communication channels and their use: e-mail, ICQ, IRC, Skype, Moodle, MS Teams,	

Recommended literature:

Recommended literature:

1. BERNÝ, L. 1997. Informatika Praha: Svoboda servis, 1997, 147s. ISBN 80-902300-0-8
2. BOBOT, V., JAKUBEKOVÁ, M., RURÁK, R. 2012. Využívanie informačno-komunikačných technológií vo vyučovaní. Bratislava: MPC, 2012, 66s. [Online]. [cit. 2021-09-09].
Dostupné na internete: https://lms.umb.sk/pluginfile.php/70133/mod_resource/content/1/IKT_vo_vyucovani.pdf
3. CHAJDIÁK, J. 2002. MS Excel (využití v statistice). Praha : Grada, 2002, 344s. ISBN: 9788085659498
4. STOFFOVÁ, V. A KOL. 2001. Informatika, informačné technológie a výpočtová technika. Nitra : UKF, 2001, 219s. ISBN 80-8050-450-4
5. MIŠŮT, M. 2013. IKT vo vzdelávaní. Trnava: PF TU Trnava, 2013. [Online]. [cit. 2021-09-09]. Dostupné na internete: <https://pdf.truni.sk/e-ucebnice/iktv>

Language of instruction:**Notes:student time load:**

Notes: student time load

120 hours:

Combined study: 26 h.

Seminar paper preparation: 35 h.

Preparation of the presentation: 59 h.

Course assessment

The final number of assessed students: 261

A	B	C	D	E	FX(0)	FX(1)
80.84	0.0	1.15	2.3	0.0	14.56	1.15

Instructor: Mgr. Vladimír Franek, PhD.**Last changed:** 23.03.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-226	Course name: Inline Skating 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory and practice of inline skating basics. At the end of the semester, they prove their practical skills. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: - masters the practical skills on the appropriate level - masters the procedures and methods in theory and practice - understands the importance of inline skating for the physical development and can integrate it into their regimen to prevent civilisation diseases	
Brief outline of the course: Brief outline of the course: Inline skating basics (skating forward/backward, curves, stopping and braking, crossovers, etc.)	
Recommended literature: Recommended literature: CHRIS, E. 1996 Abeceda in-line bruslení. Praha, IKAR 1996. MICHAL, J. 1998 Vybrané kapitoly zo sezónnych činností. PF UMB 1998 str.108 ISBN 80-85162-99-7 MICHAL, J. 2000 Sezónne činnosti na 1. stupni základných škôl. Banská Bystrica: UMB PF, 2000, 72 s. ISBN 80-8055-461-7 MILLAR, C. 1998. In-line bruslení: pro začátečníky: pokročilé. Praha, Knižný klub 1998	
Language of instruction: slovak	
Notes:student time load: student time load Total: 120 h. Presence study: 26 h. Developing practical skills: 94 h.	

Course assessment

The final number of assessed students: 24

A	B	C	D	E	FX(0)	FX(1)
58.33	16.67	4.17	0.0	0.0	16.67	4.17

Instructor: PaedDr. Stanislava Straňavská, PhD.**Last changed:** 08.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-itg-01	Course name: Integration of Foreigners in Practice 1
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: N/A b) final assessment: Students will create a guardianship project for a foreigner. The project has to include at least: 5 activities for 20 points each. The maximum number of points is 100. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing).	
Learning objectives: Students: are able to assess the initial situation, the goals of the activity, they are able to monitor continuous fulfilment of the goals and time-schedule, they are able to identify problems, to find new partners, to determine the adequate propagation of an activity and to evaluate activities.	
Brief outline of the course: Addressing target group and analysing their needs. Processing of the project. Assistance to the foreigners - interpreting, finding social contacts, assisting in offices and generally help them to integrate to the society. Assistance evaluation.	
Recommended literature: BROZMANOVÁ GREGOROVÁ, Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4. BROZMANOVÁ-GREGOROVÁ, Alžbeta - FRIMMEROVÁ, Alžbeta - ŠOLCOVÁ, Jana. Dobrovoľníctvo v zariadeniach sociálnych služieb: Sprievodca tvorbou dobrovoľníckeho programu. 1. vyd. Stupava: Platforma dobrovoľníckych centier a organizácií, 2019. 92 s. ISBN 978-80-973034-2-6 BROZMANOVÁ-GREGOROVÁ, Alžbeta - ŠAVRNOCHOVÁ, Michaela - ŠOLCOVÁ, Jana. Objav sa v dobrovoľníctve. 1. vyd. Bratislava : Bratislavské dobrovoľnícke centrum, 2016. 102 s. ISBN 978-80-972255-2-0 BROZMANOVÁ-GREGOROVÁ, Alžbeta - MRAČKOVÁ, Alžbeta. D-zručnosti pre zamestnanie: manuál pre dobrovoľníkov a dobrovoľníčky, dobrovoľnícke organizácie a	

dobrovoľnícke centrá. Rec. Peter Jusko, Ladislav Vaska. 1. vyd. Banská Bystrica : Univerzita Mateja Bela, 2014. 50 s. ISBN 978-80-557-0728-0							
Language of instruction: Slovak, Ukrainian or Russian or English							
Notes:student time load:							
Course assessment The final number of assessed students: 6							
A	B	C	D	E	FX(0)	FX(1)	n
83.33	0.0	0.0	0.0	0.0	16.67	0.0	0.0
Instructor: Mgr. Lujza Urbancová, PhD.							
Last changed: 07.10.2022							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-itc-02	Course name: Integration of Foreigners in Practice 2
Type, extent and method of instruction: Form of instruction: Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Students will create a guardianship project for a foreigner. The project has to include at least: 5 activities for 20 points each. The maximum number of points is 100. Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing).	
Learning objectives: Students: are able to assess the initial situation, the goals of the activity, they are able to monitor continuous fulfilment of the goals and time-schedule, they are able to identify problems, to find new partners, to determine the adequate propagation of an activity and to evaluate activities.	
Brief outline of the course: Addressing target group and analysing their needs. Processing of the project. Assistance to the foreigners - interpreting, finding social contacts, assisting in offices and generally help them to integrate to the society. Assistance evaluation.	
Recommended literature: BROZMANOVÁ GREGOROVÁ, Alžbeta et. al. Service learning. Inovatívna stratégia učenia (sa). 2014. Banská Bystrica : UMB, 2014. 200 s. ISBN 978-80-557-0829-4. BROZMANOVÁ-GREGOROVÁ, Alžbeta - FRIMMEROVÁ, Alžbeta - ŠOLCOVÁ, Jana. Dobrovoľníctvo v zariadeniach sociálnych služieb: Sprievodca tvorbou dobrovoľníckeho programu. 1. vyd. Stupava: Platforma dobrovoľníckych centier a organizácií, 2019. 92 s. ISBN 978-80-973034-2-6 BROZMANOVÁ-GREGOROVÁ, Alžbeta - ŠAVRNOCHOVÁ, Michaela - ŠOLCOVÁ, Jana. Objav sa v dobrovoľníctve. 1. vyd. Bratislava : Bratislavské dobrovoľnícke centrum, 2016. 102 s. ISBN 978-80-972255-2-0 BROZMANOVÁ-GREGOROVÁ, Alžbeta - MRAČKOVÁ, Alžbeta. D-zručnosti pre zamestnanie: manuál pre dobrovoľníkov a dobrovoľníčky, dobrovoľnícke organizácie a dobrovoľnícke centrá. Rec. Peter Jusko, Ladislav Vaska. 1. vyd. Banská Bystrica : Univerzita Mateja Bela, 2014. 50 s. ISBN 978-80-557-0728-0	
Language of instruction: Slovak, Ukrainian or Russian or English	

Notes:student time load:

60 hours:

preparation of projects and project reports: 13 hours

project realizations: 47

Course assessment

The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)	n
83.33	0.0	16.67	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Lujza Urbancová, PhD.**Last changed:** 07.10.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: D_1_DVaJO_cuvp	Course name: Intellectual and Industrial Property of an Organization
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives: Student 1. is familiar with the concept of intellectual property and understands its meaning, 2. assesses the importance of protecting intellectual property in its various forms and identifies its economic benefits, 3. is aware with the system of intellectual property law, 4. is familiar with the basic terminology of copyright and industrial law, 5. acquire knowledge of international protection of intellectual property, 6. communicates with the Industrial Property Office of the Slovak Republic, 7. applies the acquired knowledge in practice.	
Brief outline of the course: Introduction to intellectual property law. Concept and subject matter of intellectual property law. The place of intellectual property law in the Slovak Republic. Copyright. Industrial rights to the results of creative intellectual activity (patent, utility model, design). Industrial rights to designations (trademark, right of designations of origin of products and geographical indications of products). International protection of intellectual property.	
Recommended literature: 1. Babiaková, B., Lalíková, L. 2011. Ochrana duševného vlastníctva. Banská Bystrica: Vydavateľstvo UMB, 2011. ISBN 9788055701790. 2. Adamová, Z. 2020. Právo duševného vlastníctva. Bratislava: TINCT, 2020. ISBN 9788097354404. 3. Kropaj, M., Bartalská, K., Holub, D. 2017. Základy práva duševného vlastníctva pre ekonómov. Bratislava: Wolters Kluwer, 2017. ISBN 9788081687068. 4. Telec, I. 2015. Právo duševného vlastníctví v informační spoločnosti. Praha: Leges, 2015. ISBN 9788075020611. 5. Kropaj, M. Právnofilozofické východiská práva duševného vlastníctva. 2014. Bratislava: Vydavateľstvo SAV VEDA. 6. Vojčík, P. a kol. 2014. Právo duševného vlastníctva. 2. upravené vydanie. Plzeň: Aleš Čeněk, s.r.o., 2014. ISBN 9788073805272.	

7. Lazíková, J. 2012. Základy práva duševného vlastníctva. Bratislava: Iura Edition spol. s.r.o.,2012. ISBN 9788080784768.

8. Švidroň, J., Adamová, Z., Návrat, M., Škreko, A. Právo duševného vlastníctva v informačnej spoločnosti a v systéme práva. Bratislava: Vydavateľstvo SAV VEDA. 20099. ISBN 9788022410335.

9. Časopis Duševné vlastníctvo, Úrad priemyselného vlastníctva, Banská Bystrica.

Language of instruction:

Slovak

Notes:student time load:

90 hours

direct teaching: 26 hours

self-study: 64 hours

Course assessment

The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: Ing. Barbora Mazúrová, PhD.

Last changed: 27.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-kom-050	Course name: International Certificate of German Language
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment: active participation in seminars: 0–30 p. Written test: 0–30 p. b) final assessment: Written and oral test: 0–40 p. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student can read and listen with comprehension, speak fluently, write, and actively participate in a conversation about general topics on the respective CEFR level (A1–C2).	
Brief outline of the course: The seminar focuses on improving language skills in the four basic areas (reading and listening comprehension, writing, speaking). The goal is to prepare the student for an international language certificate exam proving their German language skills on the respective CEFR level (A1–C2).	
Recommended literature: HELBIG, G. - BUSCHA, J. Übungsgrammatik Deutsch. Langenscheidt, 1992. ISBN 3-324-00379-2 HILPERT, S. - SCHÜMANN, A. - GOTTSTEIN-SCHRAMM, B. - KALENDER, S. – ROBERT, A. -SPECHT, F. 2008. Schritte international 1, 2, 3. München : Hueber-Verlag. KANISOVÁ, Z. – RICHTER, M. Sprache im Alltag. Ein Konversationsbuch für Fortgeschrittene. Nové prepracované vydanie, Bratislava, Remedium, 2005 WITZLINGER, H: Deutsch. Aber Hallo! A2, B1, B2. Online: www.deutschkurse-passau.de . www.mein-deutschbuch.de www.lingolia.dehttp://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm 1.	
Language of instruction: German A1 - C2	
Notes:student time load:	

Course assessment							
The final number of assessed students: 7							
A	B	C	D	E	FX(0)	FX(1)	n
57.14	42.86	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Jana Štefaňáková, PhD.							
Last changed: 25.03.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajs-306	Course name: Irish Language 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3.	
Level: I.	
Prerequisites:	
Course completion conditions: The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of preliminary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)	
Learning objectives: Irish Language Irish Language will explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology so as to enable students to form and correctly pronounce grammatical sentences with independently-learned vocabulary. Irish Language 1 aims to give students; <ul style="list-style-type: none"> - an ability to read and pronounce Irish as pronounced by native Irish-speakers - a knowledge of the International Phonetic Alphabet as applied to Irish - a knowledge of basic Irish vocabulary - a knowlede of basic Irish grammar and grammatical terminology - an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.) 	
Brief outline of the course: Introduction Irish language and its position in the Irish Constitution Characteristics of the Irish language (in comparison to other Celtic languages) Key facts about the Irish language Basic phrases in the Irish language Introducing yourself in the Irish language Sentence elements Sentence structure in the Irish language	

Recommended literature:

Irish dictionaries;

- <https://www.teanglann.ie/en/fgb/>

- https://en.wiktionary.org/wiki/Category:Irish_lemmas

- Dineen's Dictionary (pre-standardised spelling) - <http://www.scriobh.ie/page.aspx?id=26&l=2>

General Irish-language resources;

- <http://nualeargais.ie/foghlaim/>

- Bibliography of Irish Linguistics and Literature; <https://bill.celt.dias.ie/vol4/index2.html>

Irish grammar;

- <http://nualeargais.ie/gnag/gram.htm>

- Graméar na Gaedhilge (1906) - <https://en.wikisource.org/wiki/Graim>

[%C3%A9ar_na_Gaedhilge](https://en.wikisource.org/wiki/Graim)

Resources for Munster Irish;

- Myles Dillon & Donncha Ó Cróinín; 1961, Teach Yourself Irish (<https://ia801608.us.archive.org/34/items/TeachYourselfIrish/TYI1961.pdf>)

(in French)

- Marie-Louise Sjoestedt-Jonval; 1931, Phonétique d'un parler irlandais de Kerry

https://fr.wikisource.org/wiki/Phon%C3%A9tique_d%E2%80%99un_parler_irlandais_de_Kerry

- Marie-Louise Sjoestedt-Jonval; 1938, Description de un parler irlandais de Kerry

https://fr.wikisource.org/wiki/Description_d%E2%80%99un_parler_irlandais_de_Kerry

Irish-language History;

- Doyle, Aidan; 2015, A History of the Irish Language: From the Norman Invasion to Independence. Oxford.

- The Story of English (effect on Irish language) – Episode 8 “The Loaded Weapon” (in 7 parts)

<https://www.youtube.com/watch?v=hsOduU-20qk&list=PL1DAC7C41112A9B3E>

Authors of Munster Irish;

“The Basket-Island Writers”; Tomás Ó Criomhthain, Muiris Ó Súilleabháin, Peig Sayers

<https://www.youtube.com/watch?v=DM166JoI-Us> - Oileán Eile (“Another Island”)

- Tomás Ó Criomhthain; https://wikisource.org/wiki/Author:Tom%C3%A1s_

[%C3%93_Criomhthain](https://wikisource.org/wiki/Author:Tom%C3%A1s_)

An t-Oileánach (“The Islandman”)

- Muiris Ó Súilleabháin;

Fiche Bliadhain ag Fás (“Twenty Years a-Growing”)

- Peig Sayers;

Peig – A Scéal Féin (Peg – Her Own Story)

Machtnamh Seanamhná (The Reflections of an Old Woman)

- Peadar Ua Laoghaire; https://wikisource.org/wiki/Author:Peadar_Ua_Laoghaire

Mo Sgéal Féin (“My Own Story”);

https://wikisource.org/wiki/Mo_Sg%C3%A9al_F%C3%A9in (with audio of native speaker)

Irish-Language Media;

- Raidió na Gaeltachta, <https://www.rte.ie/rnag/>

- TG4, <https://www.tg4.ie/ga/>

BILOVESKÝ, V. 2012. Globalizácia ako negatívum rozvoja. In: Studia russico-slovaca 1.

Ružomberok : UC Rosenbergensis. s. 119 – 122. ISBN 978-8080-8497-02.

BILOVESKÝ, V. 2013. Does Integrating Europe Need Polylingualism and Multiculturalism? In:

European Researcher. Vol. 42, no. 2-3, s. 455-461.

DE PAOR. 1988. The People of Ireland. In: The People of Ireland. 1988. Dublin : The Appletree Press. ISBN 0-86281-198-8.

MHIC MHATHÚNA, M. 2008. Supporting children's participation in second-language stories in an Irish-language preschool. In: Early Years: An International Research Journal. 2008. vol, 28, no. 3. s. 299-309. ISSN 0957-5146.

MORIARTY, M. 2009. Normalising language through television: the case of the Irish language television channel, TG4. In: Journal of Multicultural Discourses. 2009. vol. 4, no. 2, s. 137-149. ISSN 1744-7143.

Ó HIFEARNÁIN, T. 2008. Raising Children to be Bilingual in the Gaeltacht: Language Preference and Practice. In: International Journal of Bilingual Education and Bilingualism. 2008. vol. 10, no. 4, s. 510-528. ISSN 1367-0050.

Ó LAOIRE, M. 2012. Language policy and minority language education in Ireland: re-exploring the issues. In: Language, Culture and Curriculum. 2012. vol 25, no. 1, s. 17-25. ISSN 0790-8318.

Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki. 2010. s. 262-267.

Ó TUATHAIGH, G. 1988. The Celts II. In: BBC, The People of Ireland. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.

Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: First Language. 2010. s. 199-217.

SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish. In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:

English language B2

Notes:student time load:

Student workload: 90 hrs

seminar course (S): 13 hrs

preliminary test preparation: 37 hrs

study for the final written test: 40 hrs

Course assessment

The final number of assessed students: 21

A	B	C	D	E	FX(0)	FX(1)	n
33.33	28.57	0.0	14.29	9.52	4.76	9.52	0.0

Instructor: M.A. James Ó Connell

Last changed: 29.04.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajs-316	Course name: Irish Language 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4.	
Level: I.	
Prerequisites:	
Course completion conditions: <p>The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of preliminary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)</p>	
Learning objectives: Irish Language Irish Language will explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology so as to enable students to form and correctly pronounce grammatical sentences with independently-learned vocabulary. Irish Language 1 aims to give students; <ul style="list-style-type: none"> - an ability to read and pronounce Irish as pronounced by native Irish-speakers - a knowledge of the International Phonetic Alphabet as applied to Irish - a knowledge of basic Irish vocabulary - a knowlede of basic Irish grammar and grammatical terminology - an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.) 	
Brief outline of the course: Introduction Irish language and its position in the Irish Constitution Characteristics of the Irish language (in comparison to other Celtic languages) Key facts about the Irish language Basic phrases in the Irish language Introducing yourself in the Irish language Sentence elements Sentence structure in the Irish language	

Recommended literature:

Irish dictionaries;

- <https://www.teanglann.ie/en/fgb/>

- https://en.wiktionary.org/wiki/Category:Irish_lemmas

- Dineen's Dictionary (pre-standardised spelling) - <http://www.scriobh.ie/page.aspx?id=26&l=2>

General Irish-language resources;

- <http://nualeargais.ie/foghlaim/>

- Bibliography of Irish Linguistics and Literature; <https://bill.celt.dias.ie/vol4/index2.html>

Irish grammar;

- <http://nualeargais.ie/gnag/gram.htm>

- Graméar na Gaedhilge (1906) - <https://en.wikisource.org/wiki/Graim>

[%C3%A9ar_na_Gaedhilge](https://en.wikisource.org/wiki/Graim)

Resources for Munster Irish;

- Myles Dillon & Donncha Ó Cróinín; 1961, Teach Yourself Irish (<https://ia801608.us.archive.org/34/items/TeachYourselfIrish/TYI1961.pdf>)

(in French)

- Marie-Louise Sjoestedt-Jonval; 1931, Phonétique d'un parler irlandais de Kerry

https://fr.wikisource.org/wiki/Phon%C3%A9tique_d%E2%80%99un_parler_irlandais_de_Kerry

- Marie-Louise Sjoestedt-Jonval; 1938, Description de un parler irlandais de Kerry

https://fr.wikisource.org/wiki/Description_d%E2%80%99un_parler_irlandais_de_Kerry

Irish-language History;

- Doyle, Aidan; 2015, A History of the Irish Language: From the Norman Invasion to Independence. Oxford.

- The Story of English (effect on Irish language) – Episode 8 “The Loaded Weapon” (in 7 parts)

<https://www.youtube.com/watch?v=hsOduU-20qk&list=PL1DAC7C41112A9B3E>

Authors of Munster Irish;

“The Basket-Island Writers”; Tomás Ó Criomhthain, Muiris Ó Súilleabháin, Peig Sayers

<https://www.youtube.com/watch?v=DM166JoI-Us> - Oileán Eile (“Another Island”)

- Tomás Ó Criomhthain; https://wikisource.org/wiki/Author:Tom%C3%A1s_

[%C3%93_Criomhthain](https://wikisource.org/wiki/Author:Tom%C3%A1s_)

An t-Oileánach (“The Islandman”)

- Muiris Ó Súilleabháin;

Fiche Bliadhain ag Fás (“Twenty Years a-Growing”)

- Peig Sayers;

Peig – A Scéal Féin (Peg – Her Own Story)

Machtnamh Seanamhná (The Reflections of an Old Woman)

- Peadar Ua Laoghaire; https://wikisource.org/wiki/Author:Peadar_Ua_Laoghaire

Mo Sgéal Féin (“My Own Story”);

https://wikisource.org/wiki/Mo_Sg%C3%A9al_F%C3%A9in (with audio of native speaker)

Irish-Language Media;

- Raidió na Gaeltachta, <https://www.rte.ie/rnag/>

- TG4, <https://www.tg4.ie/ga/>

BILOVESKÝ, V. 2012. Globalizácia ako negatívum rozvoja. In: Studia russico-slovaca 1.

Ružomberok : UC Rosenbergensis. s. 119 – 122. ISBN 978-8080-8497-02.

BILOVESKÝ, V. 2013. Does Integrating Europe Need Polylingualism and Multiculturalism? In:

European Researcher. Vol. 42, no. 2-3, s. 455-461.

DE PAOR. 1988. The People of Ireland. In: The People of Ireland. 1988. Dublin : The Appletree Press. ISBN 0-86281-198-8.

MHIC MHATHÚNA, M. 2008. Supporting children's participation in second-language stories in an Irish-language preschool. In: *Early Years: An International Research Journal*. 2008. vol, 28, no. 3. s. 299-309. ISSN 0957-5146.

MORIARTY, M. 2009. Normalising language through television: the case of the Irish language television channel, TG4. In: *Journal of Multicultural Discourses*. 2009. vol. 4, no. 2, s. 137-149. ISSN 1744-7143.

Ó HIFEARNÁIN, T. 2008. Raising Children to be Bilingual in the Gaeltacht: Language Preference and Practice. In: *International Journal of Bilingual Education and Bilingualism*. 2008. vol. 10, no. 4, s. 510-528. ISSN 1367-0050.

Ó LAOIRE, M. 2012. Language policy and minority language education in Ireland: re-exploring the issues. In: *Language, Culture and Curriculum*. 2012. vol 25, no. 1, s. 17-25. ISSN 0790-8318.

Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: *Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki*. 2010. s. 262-267.

Ó TUATHAIGH, G. 1988. *The Celts II*. In: BBC, *The People of Ireland*. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.

Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: *First Language*. 2010. s. 199-217.

SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish. In *European journal of social and human sciences*. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:

English language B2

Notes:student time load:

Student workload: 90 hrs

seminar course (S): 13 hrs

preliminary test preparation: 37 hrs

study for the final written test: 40 hrs

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)	n
0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: M.A. James Ó Connell

Last changed: 14.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajs-308	Course name: Irish Language 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Each student will take an in-class written and aural exam at the end of the course. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who will fail to submit the seminar work during semester or gaining less than the pass grade of 65%. The student has the right to modify the seminar work if it is considered inadequate and/or present a second time. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).	
Learning objectives: Irish Language 2 will further explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology which students will have been introduced to during Irish Language 1. Students will be enabled to further develop their communicative skills in Irish towards achieving an A1 level at the CEFR. Irish Language 2 aims to give students: <ul style="list-style-type: none"> - an ability to read and pronounce Irish as pronounced by native Irish-speakers, - a further developed vocabulary in line with an A1 level at the CEFR, - a working knowledge of basic Irish grammar and grammatical terminology, - an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.), - an ability to make simple dialogues and communicate on basic topics such as family, food, travelling. 	
Brief outline of the course: Week 1: Review of language introduced in Irish Language 1. Week 2: An tAinm Briathartha. Talking about current actions and pastimes I. Week 3: An tAinm Briathartha. Talking about current actions and pastimes II. Week 4: An tAinm Briathartha. Talking about current actions and pastimes III. Week 5: Likes and Dislikes. Prepositional pronoun: le Week 6: Likes and Dislikes II. Week 7: Talking About sickness. Going to the doctor. Week 8: An tAinm Briathartha IV. Purpose and cause. Week 9: An Aimsir Láithreach (The present habitual tense). Review.	

Week 10: Review of topics.
Week 11: Food and Drink.
Week 12: Review.
Week 13: Exam.

Recommended literature:

- Ó Domhnalláin, T. 1967, Buntús cainte: a first step in spoken Irish, Oifig an tSoláthair, Baile Átha Cliath.
- Teastas Eorpach na Gaeilge (European Certificate of Irish) Welcome to Teastas Eorpach na Gaeilge (teg.ie)
- Bibliography of Irish Linguistics and Literature: <https://bill.celt.dias.ie/vol4/index2.html>
- Irish grammar; - <http://nualeargais.ie/gnag/gram.htm>
- Raidió na Gaeltachta, <https://www.rte.ie/rnag/>
- TG4, <https://www.tg4.ie/ga/>
- SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish. In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155

Language of instruction:

English language B2

Notes:student time load:

Student workload: 90 hrs
seminar course (S): 13 hrs
self-study: 77 hrs

Course assessment

The final number of assessed students: 11

A	B	C	D	E	FX(0)	FX(1)	n
54.55	27.27	0.0	0.0	0.0	18.18	0.0	0.0

Instructor: M.A. James Ó Connell

Last changed: 31.01.2024

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajs-310	Course name: Irish Language 3
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: <p>The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of preliminary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)</p>	
Learning objectives: <p>Irish Language 1 aims to give students;</p> <ul style="list-style-type: none"> - an ability to read and pronounce Irish as pronounced by native Irish-speakers - a knowledge of the International Phonetic Alphabet as applied to Irish - a knowledge of basic Irish vocabulary - a knowlede of basic Irish grammar and grammatical terminology - an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.) -is able to make simple dialogues and communicate on basic topics such as family, food, travelling. -enhances listening and reading skills on pre-intermediate level 	
Brief outline of the course:	
Recommended literature: <p>Irish dictionaries;</p> <ul style="list-style-type: none"> - https://www.teanglann.ie/en/fgb/ - https://en.wiktionary.org/wiki/Category:Irish_lemmas - Dineen's Dictionary (pre-standardised spelling) - http://www.scriobh.ie/page.aspx?id=26&l=2 <p>General Irish-language resources;</p> <ul style="list-style-type: none"> - http://nualeargais.ie/foghlaim/ - Bibliography of Irish Linguistics and Literature; https://bill.celt.dias.ie/vol4/index2.html <p>Irish grammar;</p> <ul style="list-style-type: none"> - http://nualeargais.ie/gnag/gram.htm 	

- Graiméar na Gaedhilge (1906) - https://en.wikisource.org/wiki/Graim%C3%A9ar_na_Gaedhilge
Resources for Munster Irish;
- Myles Dillon & Donncha Ó Cróinín; 1961, Teach Yourself Irish (<https://ia801608.us.archive.org/34/items/TeachYourselfIrish/TYI1961.pdf>)
(in French)
- Marie-Louise Sjoestedt-Jonval; 1931, Phonétique d'un parler irlandais de Kerry
https://fr.wikisource.org/wiki/Phon%C3%A9tique_d%E2%80%99un_parler_irlandais_de_Kerry
- Marie-Louise Sjoestedt-Jonval; 1938, Description de un parler irlandais de Kerry
https://fr.wikisource.org/wiki/Description_d%E2%80%99un_parler_irlandais_de_Kerry
- Irish-language History;
- Doyle, Aidan; 2015, A History of the Irish Language: From the Norman Invasion to Independence. Oxford.
- The Story of English (effect on Irish language) – Episode 8 “The Loaded Weapon” (in 7 parts)
<https://www.youtube.com/watch?v=hsOduU-20qk&list=PL1DAC7C41112A9B3E>
- Authors of Munster Irish;
“The Blasket-Island Writers”; Tomás Ó Criomhthain, Muiris Ó Súilleabháin, Peig Sayers
<https://www.youtube.com/watch?v=DM166JoI-Us> - Oileán Eile (“Another Island”)
- Tomás Ó Criomhthain; https://wikisource.org/wiki/Author:Tom%C3%A1s_%C3%93_Criomhthain
An t-Oileánach (“The Islandman”)
- Muiris Ó Súilleabháin;
Fiche Blia[dha]n ag Fás (“Twenty Years a-Growing”)
- Peig Sayers;
Peig – A Scéal Féin (Peg – Her Own Story)
Machtnamh Seanamhná (The Reflections of an Old Woman)
- Peadar Ua Laoghaire; https://wikisource.org/wiki/Author:Peadar_Ua_Laoghaire
Mo Sgéal Féin (“My Own Story”);
https://wikisource.org/wiki/Mo_Sg%C3%A9al_F%C3%A9in (with audio of native speaker)
- Irish-Language Media;
- Raidio na Gaeltachta, <https://www.rte.ie/rnag/>
- TG4, <https://www.tg4.ie/ga/>
- BILOVESKÝ, V. 2012. Globalizácia ako negatívum rozvoja. In: *Studia russico-slovaca* 1. Ružomberok : UC Rosenbergensis. s. 119 – 122. ISBN 978-8080-8497-02.
- BILOVESKÝ, V. 2013. Does Integrating Europe Need Polylingualism and Multiculturalism? In: *European Researcher*. Vol. 42, no. 2-3, s. 455-461.
- DE PAOR. 1988. The People of Ireland. In: *The People of Ireland*. 1988. Dublin : The Appletree Press. ISBN 0-86281-198-8.
- MHIC MHATHÚNA, M. 2008. Supporting children’s participation in second-language stories in an Irish-language preschool. In: *Early Years: An International Research Journal*. 2008. vol, 28, no. 3. s. 299-309. ISSN 0957-5146.
- MORIARTY, M. 2009. Normalising language through television: the case of the Irish language television channel, TG4. In: *Journal of Multicultural Discourses*. 2009. vol. 4, no. 2, s. 137-149. ISSN 1744-7143.
- Ó HIFEARNÁIN, T. 2008. Raising Children to be Bilingual in the Gaeltacht: Language Preference and Practice. In: *International Journal of Bilingual Education and Bilingualism*. 2008. vol. 10, no. 4, s. 510-528. ISSN 1367-0050.
- Ó LAOIRE, M. 2012. Language policy and minority language education in Ireland: re-exploring the issues. In: *Language, Culture and Curriculum*. 2012. vol 25, no. 1, s. 17-25. ISSN 0790-8318.

Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki. 2010. s. 262-267.

Ó TUATHAIGH, G. 1988. The Celts II. In: BBC, The People of Ireland. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.

Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: First Language. 2010. s. 199-217.

SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish. In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:

English Language B2

Notes:student time load:

Student workload: 90 hrs
 seminar course (S): 13 hrs
 preliminary test preparation: 37 hrs
 study for the final written test: 40 hrs

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)	n
33.33	33.33	33.33	0.0	0.0	0.0	0.0	0.0

Instructor: M.A. James Ó Connell

Last changed: 29.04.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-uPPvK	Course name: Labour Law in a nutshell
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: The prerequisite for passing the course is attendance at a minimum of 90% of the teaching and active participation of students in class. The evaluation is in accordance with the classification scale according to the Study Regulations of Matej Bel University. a) continuous assessment: Continuous evaluation is not performed. b) final assessment: The basis for the award of the final grade is the demonstration of mastery of the knowledge of the lecture material, which is demonstrated in an active dialogue with the teacher in the teaching of the subject.	
Learning objectives: The graduate will have knowledge of the basic principles and functions of labor law, will be oriented in the basic provisions of the Labor Code, should be able to apply them to individual and collective labor relations in practical life.	
Brief outline of the course: 1. Concept and subject of labour law. Basic principles of labour law. 2. Subjects of labour law, labour law subjectivity. Pre-contractual relations. 3. Employment contract (essential elements, other arrangements). Probationary period. 4. Types of employment relationship. Fixed-term employment. Methods of termination of employment. 5. Agreement on termination of employment (subjects, form, reasons). Termination of employment (subjects, form, reasons). 6. Immediate termination of employment (subjects, form, reasons). Severance pay, severance pay. Prohibition of competing activities during and after termination of employment. 7. Working time (scheduling, length). Rest periods. 8. Overtime work, on-call time. Types of leave (brief characteristics). 9. Wages (brief characteristics). Maternity leave, parental leave. 10. Obstacles to work on the part of the employee. Obstacles to work on the employer's side. 11. Assumptions of liability for damages. Employee's liability for damages. 12. Employer's liability for damages. Agreements for work performed outside the employment relationship (brief characteristics).	

Recommended literature:

TKÁČ, V. - ŠVEC, M. - PETRÍKOVÁ, L. - POLÁČEK TUREKOVÁ, Z. - SLIVKA BEDLOVIČOVÁ, J. 2021. Pracovné právo. 1. vyd. Banská Bystrica: Belianum, 2021, 405 s. ISBN 978-80-557-1855-2.
PETRÍKOVÁ, L. 2021. Nové trendy v pracovnom práve. 1. vyd. Banská Bystrica: Belianum, 2021, 114 s. ISBN 978-80-557-1830-9. PODHOREC, I. - POLÁČEK TUREKOVÁ, Z. - PETRÍKOVÁ, L. 2016. Repetitóriium pracovného práva. 1. vydanie. Bratislava: Wolters Kluwer s. r. o., 2016, 95 s. Current wording - no. 311/2001 Coll. Labor Code as amended.

Language of instruction:

Slovak language

Notes:student time load:

90 hours
combined study (L, C): 26 hours
self-study: 64 hours

Course assessment

The final number of assessed students: 101

abs	n	p	v
83.17	16.83	0.0	0.0

Instructor: JUDr. Lucia Petriková, PhD.

Last changed: 22.05.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-his-901	Course name: Latinčina v akademickom prostredí
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Attending of contact lessons and completion of partial tasks as assigned. a) continuous assessment: Active participation and presentation of assigned tasks (searching for terms and phrases in Latin dictionaries and collections of Latin expressions, identifying Latin expressions in texts, adapting and applying assigned expressions in text or speech). b) final assessment: Only according to the continuous assessment	
Learning objectives: Students of the course will: <ol style="list-style-type: none">1. Use grammatical handbooks and dictionaries to verify the spelling and pronunciation of Latin expressions.2. Be able correctly to pronounce (to read) Latin expressions.3. Have knowledge of the historical context of Latin usage in academic and scientific environments.4. Be able to adapt Latin expressions into the Slovak language.5. Apply knowledge of the Latin language correctly in both oral and written professional communication.	
Brief outline of the course: <ol style="list-style-type: none">1. Historical context of the origin and evolution of the Latin language, its speakers, and the culture associated with it.2. Latin as a literary language in a cultural-historical overview.3. Latin as a religious language in a cultural-historical overview.4. Latin as a scientific language in a cultural-historical overview.5. The Latin alphabet and pronunciation.6. The structure of the Latin language, its relationship with other languages, and grammatical terminology.7. Working with a dictionary.8. Roman names, phrases, commonly used abbreviations.9. Roman numerals, numbers, and the Roman calendar.10. Latin inscriptions in the public space.11. Latin terminology in university life (titles, roles, student anthem).	

12. Latin in the contemporary world (media, film, online space).

13. Latin adapted into modern language.

Recommended literature:

1. STROH, W. R.: Latina je mrtvá, až žije latina. Praha : Oioymenh, 2016.

2. KEPARTOVÁ, J.: Římané a Evropa. Praha : Karolinum, 2005.

3. HRABOVSKÝ, J.: Latinsko-slovenský a slovensko-latinský slovník. Bratislava : SPN, 1998 a ďalšie vydania.

4. NAGY, I.: Náčrt latinskej gramatiky. Banská Bystrica : FiF UMB, 1998.

5. NAGY, I.: Učebný materiál pre vzdelávací kurz Latinčina. Banská Bystrica : UMB, 2011.

Language of instruction:

Slovak

Notes:student time load:

90 hrs consisting of: combined study (L,S): 26 hrs; self-study: 40 hrs; preparation of materials for contact lessons: 24 hrs

Course assessment

The final number of assessed students: 15

abs	n	p	v
46.67	53.33	0.0	0.0

Instructor: doc. Mgr. Imrich Nagy, PhD.

Last changed: 19.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-001	Course name: Methodology and Statistics in Final Theses
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student submits a seminar paper. At the end of the semester, the student presents and defends their thesis project. a) continuous assessment: continuous assessment: Seminar paper – completion of the thesis project: 40 p. b) final assessment: final assessment: Presentation and defence of the thesis project: 60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - has complex knowledge of thesis preparation and creation based including theory as well as practical skills - can find, process, and analyse the information pertaining to their field of study and understands the basics of methodology and statistics within the scope of their final thesis. 	
Brief outline of the course: Brief outline of the course: Thesis structure. Working with specialised literature and citation standards. Field-specific methodology. Content analysis. Basic observation methods. Interview, questionnaire, survey. Sociometric techniques. Evaluation and scaling. Testing motor skills and knowledge Experiment. Quantitative methods of survey result processing in research. Statistical data analysis.	

Exploratory analysis basics. Basic terms in statistics.
 Types of variable scales.
 Types of selection.
 Descriptive characteristics of statistical data.
 Qualitative methods of survey result processing in research. Basics of logic and fact-based argumentation.
 Specialised and scientific discussion.
 Thesis defence preparation.

Recommended literature:

Recommended literature:

1. BROŽÁNI, J. 2019. Základy štatistiky : vysokoškolské skriptá pre študentov vedného odboru „Vedy o športe“, Nitra : Univerzita Konštantína Filozofa, 2019. 104 s. ISBN 978-80-558-1441-4.
2. HENDL, J. 2009. Přehled statistických metod: analýza a metaanalýza dat. Praha : Portál, 2009. 695 s. ISBN 978-80-7367-482-3.
3. HINTON, P.H. - McMURRAY, I. - BROWNLOW, CH. 2014. SPSS Explained. Londýn, New York : Routledge, Taylor & Francis Group, 2014. 386 s. ISBN 9780415616027.
4. CHRÁSKA, M. 2007. Metody pedagogického výskumu. Praha : Grada, 2007. 265 s. ISBN 978-80-247-1369-4.
5. KAMP MILLER, T.- CIHOVÁ, I. – ZAPLETALOVÁ L. 2010. Základy metodológie výskumu v telesnej výchove a športe. Bratislava : Univerzita Komenského Bratislava, 2010. 192 s. ISBN 97-88089-2572-70.
6. KATUŠČÁK, D. 1998. Ako písať vysokoškolské a kvalifikačné práce. Bratislava : Stimul, 1998. 117 s. ISBN 80–85697–82–3.
7. KOMPÁN, J – PAUGSCHOVÁ, B. – VALENČÁKOVÁ, V. 2010. Vedy o športe. Ústí nad Labem : Univerzita J.E. Purkyně, Pedagogická fakulta, 2010. 162 s. ISBN 978-80-7414-274-1.
8. PIVOVARNIČEK, P. 2021. Bratislava : VEDA, vydavateľstvo Slovenskej akadémie vied & Praha : Nakladateľství Academia, Středisko společných činností AV ČR, v.v.i., 2021. 225 s. ISBN 978-80-200-3295-9 & ISBN 978-80-224-1889-4.
9. STARŠÍ, J. – GÖRNER, K. 1995. Vedeckovýskumná činnosť v telesnej výchove a športe - Učebné texty Banská Bystrica : FHV UMB, 1995. 84 s. ISBN 80-85162-88-1.
10. THOMAS, J.R., - NELSON, J.K., - SILVERMAN, S.J. 2015. Research Methods in Physical Activity. Champaign : Human Kinetics, 2015. 479 s. ISBN 978-1-4504-7044-5.

Language of instruction:

Notes: student time load:

Notes: student time load
 120 h.
 Combined study (L, S, C): 26 h.
 Thesis project preparation and presentation: 45 h.
 Preparation for the final assessment: 49 h.

Course assessment

The final number of assessed students: 160

A	B	C	D	E	FX(0)	FX(1)	n
6.88	9.38	20.0	15.0	24.38	7.5	16.88	0.0

Instructor: doc. PaedDr. Pavol Pivovarniček, PhD., PaedDr. Jaroslav Kompán, PhD., prof. PaedDr. Ľudmila Jančoková, CSc., doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Pavol Bartík, PhD., PaedDr. Boris Beňák, PhD., Mgr. David Brúnn, PhD., prof. PaedDr. Ivan Čillík, CSc.,

Mgr. Bc. Jana Daubnerová, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., MUDr. Mgr. Peter Kysel', PhD., PaedDr. Martina Mandzáková, PhD., doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Jaroslav Popelka, PhD., prof. PaedDr. Martin Pupiš, PhD., PaedDr. Zuzana Pupišová, PhD., Mgr. Miroslava Rošková, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Michaela Slovákova, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Jozef Sýkora, PhD., doc. PhDr. Peter Šťastný, Ph.D., Mgr. Vladimír Franek, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-204	Course name: Mountain Climbing Basics 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. a) continuous assessment: continuous assessment: The student proves their advanced knot-tying abilities. The student masters the alternative belaying methods (rope and other tools): 50 p. The student masters the more advanced climbing techniques on the artificial climbing wall using equipment: 50 p. b) final assessment: final assessment: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student masters the basics of climbing on an artificial wall.	
Brief outline of the course: Brief outline of the course: The student learns about the basic climbing techniques, tools, and equipment. Bouldering and rope climbing. Top Rope climbing. Advanced wall climbing techniques (3). Dynamic belaying (1st vs 2nd climber). Progressive belaying – vertical and horizontal climbing.	
Recommended literature: Recommended literature: 1. FRANK, T. - KUBLÁK, T. – a kol. 2007. Horolezecká abeceda. Praha : EPOCH A s.r.o., 2007. 664 s. ISBN 978-80-87027-35-6 2. MANDZÁK, P. – ADAMČÁK, Š. 2003. Lezecká príprava detí mladšieho školského veku na umelej horolezeckej stene v Banskej Bystrici. In.: Turistika a športy v prírode. (Súčasný stav a najnovšie trendy). Liptovský Mikuláš : Vojenská akadémia v L. Mikuláši, 2003. 77 – 82 s. ISBN 80-8040-221-3 3. MANDZÁK, P. 2006. Bouldering	

a jeho vplyv na telesnú zdatnosť a rozvoj vybraných pohybových schopností mládeže. In.: Sport a kvalita života 2006, Zborník z konferencie. Brno : Masarykova univerzita, 2006. ISBN

Language of instruction:

Slovak

Notes: student time load:

student time load

90 h. Combined study: 26 h. Individual preparation (knot-tying): 32 h. Individual preparation (wall climbing): 32 h.

Course assessment

The final number of assessed students: 77

A	B	C	D	E	FX(0)	FX(1)
76.62	1.3	1.3	1.3	0.0	19.48	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 07.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-101	Course name: Movement Games and General Gymnastics
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 39 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. In the second half of the semester, the student presents at least 1 movement game and warm-up activity. They also take a written test focused on movement games and general gymnastics. In the final week of the semester, the student proves that they have mastered individual general gymnastic shapes, positions, and movements.	
a) continuous assessment: a) continuous assessment: - Written test focused on movement games: 50 p. (min. 33 p.) - Presentation of at least 1 movement game (on at least the passing level). - Practical demonstration of basic gymnastic shapes, positions, and movements: 25 p. (min. 16 p.) - Written test focused on general gymnastics: 25 p. (min. 16 p.)	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - knows the system of movement games suitable for the preparatory, main, and final parts of the exercise units - knows the system of movement games involving equipment and aids - knows the system of movement games focused on different sport games - can organise and evaluate movement games - can use the movement games to develop physical abilities and skills 	

- can correctly name and describe exercising positions, movements and gymnastic shapes; can design and lead a warm-up
- can demonstrate the series of gymnastic exercises individually and in a group
- can prove their knowledge of organisation, safety, assistance and rescue; uses the optimal technique to perform basic gymnastic positions and shapes and locomotion
- can evaluate the technique, aesthetics, and composition (content) of a gymnastic exercise; can identify and evaluate errors in performance, incorrect posture, movement range, muscle tone vs. atony
- can realistically assess their own level of performance.

Brief outline of the course:

Brief outline of the course:

The importance of games in the education process. Motivation factors in movement games.

Selection, organisation and management of movement games.

Movement games focused on the development of speed, strength, endurance, and coordination skills using a variety of equipment and aids.

Movements focused on volleyball, basketball, football, handball, and untraditional sport games in education.

Posture principles, correct posture, incorrect posture. Basic terminology of physical exercises.

Movement components in general gymnastics.

The structure of a gymnastic unit and organisation – introduction, preparation, main and final parts of the lesson.

Preparation, imitation exercises, learning and improving positions, movements, gymnastic shapes and their series.

Recommended literature:

Recommended literature:

1. ADAMČÁK, Š. - NEMEC, M. 2010. Pohybové hry a školská telesná a športová výchova. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, Bratia Sabovci s.r.o. Zvolen, 2010. 209 s. ISBN 978-80-557-0099-1.

2. ADAMČÁK, Š. - NEMEC, M. 2014. Pohybové hry 1 - hry v telocvični : zásobník pohybových hier pre učiteľov telesnej a športovej . Žilina : EDIS-vydavateľstvo Žilinskej univerzity, 2014. 88 s. ISBN 978-80-554-0967-2.

3. ADAMČÁK, Š. - NOVOTNÁ, N. 2009. Hry v telocvični a základná gymnastika. Žilina : EDIS Žilina, 2009. 204 s. ISBN 978-80-554-0125-6.

4. ADAMČÁK, Š. - VLADOVIČOVÁ, N. - NOVOTNÁ, N. - KOLLÁR, R. 2005. Pohybové hry a telovýchovné názvoslovie. Banská Bystrica : PF UMB, 2005. 104 s. ISBN 80-8083-079-7 .

5. ARGAJ, G. 2016. Pohybové hry. Bratislava : Univerzita Komenského, 2016. 128 s. ISBN 978-80-223-4022-9.

6. NOVOTNÁ, N. - NOVOTNÁ, B. - KRŠKA, P. 2011. Gymnastika (vybrané kapitoly). Ružomberok : PF KU, 2011. 121 s. ISBN 978-80-8084-755-5. [cit. 2021-09-09]. Dostupné na internete: <https://readgur.com/doc/183584/novotn%C3%A1-b---kr%C5%A1ka-p--gymnastika--vybran%C3%A9-kapitoly->

7. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava : NŠC a FTVŠ UK Bratislava, 2014. 246 s. ISBN 978-80-971466-3-4. [cit. 2021-09-09]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf

8. KLAČEK, T. 2005. Metodika nácviku a technika priamej dopomoci v gymnastických prvkoch v školskej telesnej výchove. Metodicko-pedagogické centrum v Prešove. 1.vydanie. 31s. ISBN 80-8045-386-1.

Language of instruction:

Slovak

Notes:student time load:

student time load

90 h.

Combined study: 39 h.

Studying for the written test: 10 h. (2x5 h.)

Preparation for the evaluation of physical performance: 36 h. Preparation of the presentation: 5 h.

Course assessment

The final number of assessed students: 492

A	B	C	D	E	FX(0)	FX(1)	n
4.47	20.73	25.81	16.46	13.01	2.64	16.87	0.0

Instructor: doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Boris Beťák, PhD., PaedDr. Zuzana Pupišová, PhD., Mgr. Michaela Slováková, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-nj-006	Course name: Nemecký jazyk 6
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: a) continuous assessment: completion of exercises and short texts: 40 b) final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student learns the rules of the German grammatical system and vocabulary for the selected topics on the B1–B2 level. They can apply these rules in common communication situations and engage in written and spoken communication.	
Brief outline of the course: The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.	
Recommended literature: H. Funk a kol. STUDIO d B1. Plzeň: Fraus, 2006. ISBN 80-7238-580-1 L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3 http://www.schubert-verlag.de/aufgaben/uebungen_b1/b1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne B1 - B2)	
Language of instruction: German B1–B2, Slovak	
Notes:student time load:	

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)	n
0.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: M.A. Jörn Nuber**Last changed:** 21.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-102	Course name: Organising Leisure-Time Physical Activities
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: During the studies, the student acquires knowledge of the organization and management of a wide range of of leisure-time physical activities, gains information about the possibilities of organizing school and extracurricular sport. Plan, organize and evaluate leisure-time physical activity. a) continuous assessment: Seminar work: (evaluation of leisure-time physical activity): 0-30 points Practical output (planning and organizing leisure-time physical activity): 0-70 points Total: 0-100 points b) final assessment: On the basis of a continuous assessment. The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100.	
Learning objectives: Student: <ul style="list-style-type: none"> - is familiar with the organization and management of leisure activities for a wide range of people of interested persons; - knows the importance and application of physical activities in leisure time and in contemporary lifestyles youth and adults; - can practically plan and organise different types of leisure-time physical activities; - theoretically knows the control mechanisms for the evaluation of a completed leisure project theoretical and practical aspects of the leisure-time physical activity; - is familiar with the effects and concepts related to the implementation of a leisure-time physical activity; - is familiar with the problems of the contemporary way of life of different groups of people in leisure time and place of leisure-time physical activities in it. 	
Brief outline of the course: Characteristics of physical activity, leisure time and possibilities of its use, meaning and application of physical activities in leisure time and in the contemporary way of life of different groups of people, the impact of environmental and other factors on leisure-time physical activities, basic	

knowledge and knowledge of the theory of recreational sport, leisure time management, project development in the field of leisure-time physical activities, legislative minimum for the organization of extracurricular and public sports events, concepts of development of physical movement in leisure time, differentiation of approach to differently physically and physically able pupils.

Recommended literature:

1. Konceptcia štátnej politiky v oblasti športu – Zdroj: <https://www.minedu.sk/9027-sk/koncepciastatnej-politiky-v-oblasti-sportu-slovensky-sport-2020/>
2. Stratégia Slovenskej republiky pre mládež na roky 2021 – 2028 – Zdroj: <https://www.minedu.sk/12183-sk/dokumenty-a-predpisy/>
3. Hofbauer, B. (2004). Děti, mládež a volný čas. Praha : Portál
4. Adamčák, Š., Nemeč, M. (2020). Pohybovo-športové aktivity žiakov stredných škôl. Žilina : IPV Inštitút priemyselnej výchovy
5. Adamčák, Š., Nemeč, M., Bartík, P. (2015). Pohybové aktivity žiakov a žiačok základných škôl. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum
6. Nemeč, M. (2013). Transparency of municipal grants for sports: Slovakia = Transparentnosť mestských dotácií pre šport: Slovensko. In Acta Universitatis Matthiae Belii : physical education and sport : recenzovaný časopis vedeckých štúdií. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied
7. Slovenský zväz rekreačnej telesnej výchovy a športu – Zdroj: <http://www.szrtvs.sk/>
8. Asociácia športu pre všetkých Slovenskej republiky – Zdroj: <http://aspv.sk/>
9. Zákon č. 1/2014 Z. z. o organizovaní verejných športových podujatí – Zdroj: <https://www.slovlex.sk/pravne-predpisy/SK/ZZ/2014/1/20160101>

Language of instruction:

Slovak

Notes: student time load:

student time load: 120 hrs., of which:

combined study (s): 39 hrs.

preparation of a leisure-time physical activity project: 31 hrs.

event organization: 15 hrs.

self-study: 15 hrs.

seminar paper: 20 hrs.

Course assessment

The final number of assessed students: 30

A	B	C	D	E	FX(0)	FX(1)	n
40.0	20.0	10.0	0.0	3.33	23.33	3.33	0.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., Mgr. Jaroslav Popelka, PhD.

Last changed: 08.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-vstv-101		Course name: Physical Education 1	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 219			
abs	n	p	v
63.93	36.07	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., doc. PaedDr. Jiří Michal, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek, Mgr. Marián Škorik			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-vstv-102		Course name: Physical Education 2	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 2			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek, Mgr. Marián Škorik			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-vstv-103		Course name: Physical Education 3	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 98			
abs	n	p	v
74.49	25.51	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek, Mgr. Marián Škorik			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-vstv-104		Course name: Physical Education 4	
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 1			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek, Mgr. Marián Škorik			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-vstv-105		Course name: Physical Education 5	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 31			
abs	n	p	v
80.65	19.35	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Kristián Bako, Mgr. Michal Hlávek, Mgr. Marián Škorik			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-113	Course name: Physiology of Exercise and Sports and Functional Anatomy
Type, extent and method of instruction: Form of instruction: Lecture Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. A written test is taken during the examination period. a) continuous assessment: continuous assessment: N/A b) final assessment: final assessment: Written test: 100 points (min. (min. 65 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - understands the role and function of the individual parts of the musculoskeletal system, their control and regulation mechanisms; - knows the structure of a muscle cell, its parts, and function; - understands the basics mechanisms of muscle contraction and the process of creating energy for muscle work; - understands how organ systems work in the process of creating energy in a muscle (cardiovascular, respiratory, hormonal); - understands how muscular activity is controlled by CNS and ANS; - understands the adaptation changes to organ systems during systematic training; - can apply this knowledge to create physical activity programmes focused on increasing performance and improving health; 	
Brief outline of the course: Brief outline of the course:	

Functional anatomy of the musculoskeletal system, primary determinants of individual anatomic structures and the relationship among them, the effect of physical activity.

Physiology of exercise and sports.

The structure and types of muscle tissue, muscle contraction mechanism. Sources of energy for muscle work.

The function of the respiratory system during performance (minute ventilation, respiratory volume, adaptation changes during systematic training).

The parameters of cardiovascular functions under different types of load (dilation, heart hypertrophy).

Changes to blood volume and composition under load and during systematic training.

Maximum oxygen consumption, heredity, training and how to affect VO₂ max through training.

Physiological mechanisms involved in oxygen transport and utilisation. The physiological concept of aerobic and anaerobic thresholds.

The physiological response to systematic physical activity with adaptation changes from the viewpoint of performance and health.

Sports chronobiology basics.

Recommended literature:

Recommended literature:

1. BÍNOVSKÝ, A. Funkčná anatómia pohybového systému. Bratislava: UK, 2013. 274 s. ISBN 978-80-223-22414-4

2. HAMAR, D., LIPKOVÁ, J. 2012. Fyziológia telesných cvičení. 5. vyd. Bratislava: UK, 2008. 176 s. ISBN 978-80-223-2366-6

3. JANČOKOVÁ, Ľ. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, 190 s. ISBN 978-80-89902-12-5

4. JANČOKOVÁ, Ľ. a kol. 2011. Chronobiológia a výkonnosť v športe. Banská Bystrica: FHV UMB, 2011. 147 s. ISBN 978-80-557-0286-5

5. JANČOKOVÁ, Ľ. a kol. 2013. Chronobiológia od teórie k športovej praxi. Banská Bystrica: Belianum, 2013. 202 s. ISBN 978-80-557-0634-4

6. JANKOVSKÁ, Ž., KOMPÁN, J., JURÁKOVÁ, M. 2007. Topografická a funkčná anatómia v obrazoch. 1. časť. Kostrová sústava. B. Bystrica: FHV UMB, 2007. 56 s. ISBN 978-80-8083-393-0

7. JANKOVSKÁ, Ž., KOMPÁN, J., JURÁKOVÁ, M. 2008. Topografická a funkčná anatómia v obrazoch. 2. časť. Svalová sústava. B. Bystrica: FHV UMB, 2008. 58 s. ISBN 978-80-8083-564-4

8. STANKOVIČOVÁ a kol. 2015. Anatómia a fyziológia. Bratislava: UK Komenského, 2015, 268s. ISBN 978-80-223-3944-5 [Online]. [Cit. 2021-09-09], Dostupné na:

https://www.fpharm.uniba.sk/fileadmin/faf/Pracoviska-subory/KFT/Anat_fyz/fyziologia_skripta_web.pdf

Language of instruction:

slovak

Notes: student time load:

student time load

Total: 120 h. Combined study: 26 h.

Studying for the written test: 94 h.

Course assessment

The final number of assessed students: 224

A	B	C	D	E	FX(0)	FX(1)	n
24.55	18.3	21.88	11.16	14.29	1.79	8.04	0.0

Instructor: doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Martin Pupiš, PhD., MUDr. Lucia Zacharová**Last changed:** 23.03.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-pol-201	Course name: Polish Language A1 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, the student continuously submits their completed homework. In the last week of the semester, the student takes a written test. After completing the semester, they take a final oral exam. Credits will not be awarded to a student who scores fewer than 19.5 in the written test and/or fewer than 22.5 in the oral exam. The student has the right to one resit (For each part of the final exam respectively.) The grading scale: A (100 – 94 %), B (93 – 87 %), C (86 – 80 %), D (79 – 73 %), E (72 – 65 %). Credits are assigned to the student who collects the minimum of 65 points (%). a) continuous assessment: Completing homework: 0–30 p. Written test in week 13: 35 p. b) final assessment: Oral exam during the exam period: 35 p.	
Learning objectives: The student understands the most important content and intent of written and oral texts addressing everyday life. They can use the Polish language fluently and spontaneously. Their communication competence allows them to speak to Polish native speakers in most everyday situations.	
Brief outline of the course: Polish alphabet. Pronunciation of vowels and consonants. Informal and formal greetings. Introduction. Basic courtesies. Polish names and surnames. Personal information. Countries and nationalities. Colours. In the classroom. Self-presentation. Description of a person – appearance and attributes. Hobbies. Sports. Occupations. Expressing possessiveness. Numerals 0–100. Fruit and vegetables. Shopping in a stall, supermarket, market, mall. Foodstuff. Meals. Café & restaurant. Expressing preferences. Family and relatives. Family tree. Parts of day and seasons. Months and week days. Life and institutions in Poland.	
Recommended literature: 1. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Podręcznik. Kraków : Glosa, 2011. 2. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Zeszyt ćwiczeń. Kraków : Glosa, 2011.	

3. MAŁOLEPSZA, M., SZYMKIEWICZ, A. 2020. Hurra. Po polsku. Część 1. Podręcznik studenta. Kraków : Prolog, 2020.
- 4 MAŁOLEPSZA, M., SZYMKIEWICZ, A. 2020. Hurra. Po polsku 1. Zeszyt ćwiczeń. Kraków : Prolog, 2020.
5. MADELSKA, L., WARCHOŁ-SCHLOTTMANN, M. 2013. Hurra! Odkrywamy język polski. Gramatyka dla uczących (się) języka polskiego jako obcego. Kraków : Prolog, 2013.
6. MACHOWSKA, J. 2022. Gramatyka? Dlaczego nie?!. Ćwiczenia gramatyczne dla poziomu A!. Kraków : Universitas, 2022.
7. GARNCAREK, P. 2022. Czas na czasownik. Kraków : Universitas, 2022.
8. LIPIŃSKA, E. 2022. Nie ma róży bez kolców. Ćwiczenia ortograficzne dla cudzoziemców. Kraków : Universitas, 2022.

Language of instruction:

Slovak, Polish

Notes:student time load:

90 h.

Presence, combined studies (L, S, C): 26 h.

Self-study: 14 h.

Completing homework: 15 h.

studying for the written test: 15 h.

Studying for the oral exam: 20 h.

Course assessment

The final number of assessed students: 22

A	B	C	D	E	FX(0)	FX(1)	n
27.27	22.73	13.64	9.09	4.55	4.55	18.18	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-pol-202	Course name: Polish Language A1 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, the student continuously submits their completed homework. In the last week of the semester, the student takes a written test. After completing the semester, they take a final oral exam. Credits will not be awarded to a student who scores fewer than 19.5 in the written test and/or fewer than 22.5 in the oral exam. The student has the right to one resit (For each part of the final exam respectively.) The grading scale: A (100 – 94 %), B (93 – 87 %), C (86 – 80 %), D (79 – 73 %), E (72 – 65 %). Credits are assigned to the student who collects the minimum of 65 points (%). a) continuous assessment: Completing homework: 0–30 p. Written test in week 13: 35 p. b) final assessment: Oral exam during the exam period: 35 p.	
Learning objectives: The student understands the most important content and intent of written and oral texts addressing everyday life. They can use the Polish language fluently and spontaneously. Their communication competence allows them to speak to Polish native speakers in most everyday situations.	
Brief outline of the course: Free time. Expressing temporal relations. Communication tools. Collecting information: station, airport, hotel, travel agency. Travelling. Meetings. Invitation. Positive and negative response to proposals. Shopping. Size, measure, weight, clothing. Requests, feelings, compliments, opinions. Future plans. Weather forecast. Furniture and home appliances. Rooms. Rental. Expressing spatial relationships. Writing advertisements. Polish physical geography and demography. Tourist attractions. Weekend and holiday plans. Family celebrations. Congratulations. Language etiquette. Savoir-vivre. Famous Polish figures – biography. Body parts, disease symptoms. Visiting doctors and dentists.	

Providing advice, expressing dis/satisfaction. Writing complaints.
Police chronicles – car accident, theft, loss of personal items, fire.

Recommended literature:

1. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Podręcznik. Kraków : Glosa, 2011.
2. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Zeszyt ćwiczeń. Kraków : Glosa, 2011.
3. MAŁOLEPSZA, M., SZYMKIEWICZ, A. 2020. Hurra. Po polsku. Część 1. Podręcznik studenta. Kraków : Prolog, 2020.
4. MAŁOLEPSZA, M., SZYMKIEWICZ, A. 2020. Hurra. Po polsku 1. Zeszyt ćwiczeń. Kraków : Prolog, 2020.
5. MADELSKA, L., WARCHOŁ-SCHLOTTMANN, M. 2013. Hurra! Odkrywamy język polski. Gramatyka dla uczących (się) języka polskiego jako obcego. Kraków : Prolog, 2013.
6. SZELC-MAYS, M. 2022. Coś Wam powiem... Ćwiczenia komunikacyjne. Kraków : Universitas, 2022.
7. GARNCAREK, P. 2022. Czas na czasownik. Kraków : Universitas, 2022.
8. LIPIŃSKA, E. 2022. Z polskim na Ty. Kraków : Universitas, 2022.
9. PYZIK, J. 2022. Przygoda z gramatyką. Kraków : Universitas, 2022.

Language of instruction:

Slovak, Polish

Notes: student time load:

90 h.
Combined study (S, C): 26 h.
Self-study: 14 h.
Completing homework: 10 h.
studying for the written test: 20 h.
Studying for the oral exam: 20 h.

Course assessment

The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)	n
53.85	7.69	15.38	7.69	0.0	15.38	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-pol-203	Course name: Polish Language A2 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, the student continuously submits their completed homework and presents a selected topic. After completing the semester, the student takes the final oral and written exams. The student will not be assigned the credits if they score fewer than 19.5 for the homework and presentation submitted; and/or fewer than 22.5 for the final written and oral exams respectively. The student has the right to one resit. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
a) continuous assessment: Completing homework: 0–15 p. Presentation: 0–15 p.	
b) final assessment: written final exam (test): 0–35 p. oral final exam: 0–35 p. Final exam in total: 0–70 p. 0–70 p.	
Learning objectives: The student understands the most important content and intent of written and oral texts addressing general, specific, and abstract topics. They can use the Polish language fluently and spontaneously. The level of communication competence allows the student to easily communicate with Polish native speakers. They are able to express their opinion on the topic they find interesting as well as past events, and participate in a (formal) discussion.	
Brief outline of the course: Reporting events – disasters. Summarisation. Favourite film – a comparison. Requests, proposals, commands. Expressing opinions. Adjectives describing people. Structure of definition. Computer and the Internet – people’s friends. Discussing education. Classroom meeting. Job and occupation. Job interview. Types of companies. Discussing work-related problems. Writing e-mails. CV and cover letter. Roots – discussion. Orders, bans, recommendations. Travel, packing, airport. Holiday in Poland – tourist attractions. Letters, e-mails, text messages. Weekend in mountains – verbs of movement.	
Recommended literature:	

- 1 STEMPEK, I. – STELMACH, A. i in. 2020. Polski. Krok po kroku A2. Kraków : Glossa, 2020.
- 2 BURKAT, A. – JASIŃSKA, A. 2020. Hurra! Po polsku cz.2. Kraków : Prolog, 2020.
3. SZELC-MAYS, M. 2022. Coś Wam powiem... Ćwiczenia komunikacyjne. Kraków : Universiadas, 2022.
- 4 BURKAT, A. – JASIŃSKA, A. 2020. Hurra! Po polsku cz.2. Zeszyt ćwiczeń. Kraków : Prolog, 2020.
5. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A2. Zeszyt ćwiczeń. Kraków : Glossa, 2014.

Language of instruction:

Slovak, Polish A1

Notes:student time load:

90 h.

Presence, combined studies (L, S, C): 26 h.

Self-study: 14 h.

Completing of homework and preparation of presentations: 20 h.

Studying for the written test: 15 h.

Studying for the oral exam: 15 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-pol-204	Course name: Polish Language A2 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, the student continuously submits their completed homework and presents a selected topic. After completing the semester, the student takes the final oral and written exams. The student will not be assigned the credits if they score fewer than 19.5 for the homework and presentation submitted; and/or fewer than 22.5 for the final written and oral exams respectively. The student has the right to one resit. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
a) continuous assessment: Completing homework: 0–15 p. Presentation: 0–15 p.	
b) final assessment: written final exam (test): 0–35 p. final oral exam: 0–35 p. Final exam in total: 0–70 p. 0–70 p.	
Learning objectives: The student understands the most important content and intent of written and oral texts addressing general, specific, and abstract topics. They can use the Polish language fluently and spontaneously. The level of communication competence allows the student to easily communicate with Polish native speakers. They are able to express their opinion on the topic they find interesting as well as past events, and participate in a (formal) discussion.	
Brief outline of the course: Traffic rules. Discussing life problems: unemployment, alcoholism, violence, discrimination, depression. Key life situations, interpersonal relationships. Foundations, volunteering. Expressing dissatisfaction and resentment. Recent Polish history – describing events, discussing historical facts. Polish holidays. Easter and traditions. Describing situations. Expressing temporal contexts. Discussing the past – important dates, Solidarity, martial law. Poland and Polish society. Politics. Power in Poland. Polish parliament, political parties, elections. Animals. Ecology and environmental protection. Polish consumer. Exchanging opinions. Comparison. Discussing films	

and theatre. Expressing emotions. Discussions – arguments for and against. Museum, exhibitions – discussing art. Expressing appreciation, respect, and critical attitudes.

Recommended literature:

- 1 STEMPEK, I. – STELMACH, A. i in. 2020. Polski. Krok po kroku A2. Kraków : Glossa, 2020.
- 2 BURKAT, A. – JASIŃSKA, A. 2020. Hurra! Po polsku cz.2. Kraków : Prolog, 2020.
3. SZELC-MAYS, M. 2022. Coś Wam powiem... Ćwiczenia komunikacyjne. Kraków : Universiadas, 2022.
- 4 BURKAT, A. – JASIŃSKA, A. 2020. Hurra! Po polsku cz.2. Zeszyt ćwiczeń. Kraków : Prolog, 2020.
5. STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A2. Zeszyt ćwiczeń. Kraków : Glossa, 2014.

Language of instruction:

Slovak, Polish A1

Notes:student time load:

90 h.

Combined study (S, C): 26 h.

Self-study: 14 h.

Completing of homework and preparation of presentations: 20 h.

Studying for the written test: 15 h.

Studying for the oral exam: 15 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)	n
50.0	50.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica							
Faculty: Faculty of Arts							
Code: 1d-REK-411		Course name: Psychology of advertising					
Type, extent and method of instruction:							
Form of instruction: Lecture / Seminar							
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
Recommended number of periods: 13 / 13							
Method of study: combined							
Number of credits: 3							
Recommended semester/trimester:							
Level: I, P							
Prerequisites:							
Course completion conditions:							
Learning objectives:							
Brief outline of the course:							
Recommended literature:							
Language of instruction:							
Notes:student time load:							
Course assessment							
The final number of assessed students: 43							
A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PhDr. Beáta Žitniaková Gurgová, PhD.							
Last changed:							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-332	Course name: Racket Sports Basics
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. During the semester, the student demonstrates their practical skills and theoretical knowledge of the field to receive an assessment. During the final week of the semester, the student takes a written test.	
a) continuous assessment: continuous assessment: Total: Test of practical skills: 80 p. (min. 52 p.) Breakdown: individual playing techniques (serving, forehand, backhand, volley): 20 p. (min. 13 p.) Badminton: 20 p. (min. 13 p.) Soft tennis: 20 p. (min. 13 p.) Table tennis: 20 p. (min. 13 p.) Written test: 20 p. (min. 13 p.)	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - knows basic terminology and history of the selected racket sports - can name, describe, show, and use the basic techniques - understands the rules of the selected racket sports (singles, doubles) and can judge a match - can evaluate their own individual player performance (singles, doubles) - understands the importance of racket sports for the physical development and can integrate it into their regimen to prevent civilisation diseases - knows the basic safety rules 	
Brief outline of the course:	

<p>Brief outline of the course:</p> <p>The importance and position of tennis, badminton, soft tennis and table tennis in human life.</p> <p>The history and evolution of tennis, badminton, soft tennis and table tennis in human life. The importance and position of tennis, badminton, soft tennis and table tennis.</p> <p>Basic individual player activities in tennis, badminton, soft tennis and table tennis (backhand, forehand, serving, volley).</p> <p>Improving individual player activities (doubles, singles).</p> <p>Strikes – characteristics, analysis, system, methodology.</p> <p>Judging, tournament organisation and management.</p>																				
<p>Recommended literature:</p> <p>Recommended literature:</p> <ol style="list-style-type: none"> 1. DEMETROVIČ E. - ZRUBÁK A. 2000. Stolný tenis. Bratislava : FTVŠ UB Bratislava, 2000. 92 s. ISBN 80-85685-12-4. 2. LANGEROVÁ, M. - HEŘMANOVÁ, B. 2005. Tenis a děti. Praha : Grada, 2005. 103 s. ISBN 80-24712-56-3. 3. LINHARTOVÁ, D. 2009. Tenis. Praha : Grada, 2009. 104 s. ISBN 978-80-247-2703-5. 4. MELIŠOVÁ, L. a kol. 1992. Teória a didaktika športovej špecializácie Tenis. Bratislava : UK, 1992. 152 s. ISBN 80-22304-55-7. 5. MENDREK, T. - NOVOTNÁ, M. 2007. Badminton. Praha : Grada, 2007. 124 s. ISBN 978-80-247-6492-4. 6. MIŠIČKOVÁ, L. 2010. Stolní tenis. Praha : Grada, 2010. 128 s. ISBN 978-80- 247-7310-0. 7. Pravidlá stolného tenisu. [online]. sstz.sk . [cit. 2021-09-09]. Dostupné na internete: http://www.sstz.sk/stara/1/zakladnedokumenty/pravidla-stolneho-tenisu.html 8. Pravidlá tenisu. [online]. stz.sk. [cit. 2021-09-09]. Dostupné na internete: https://www.stz.sk/soubory/stp_pravidlatenisu_sj.pdf 9. Svetová bedmintonová federácia. 2011. Začni s bedmintonom - BWF Bedminton pre školy (učiteľský manuál). [online]. bedminton.sk. [cit. 2021-09-09]. Dostupné na internete: https://bedminton.sk/files/141/1406207349.pdf 																				
<p>Language of instruction:</p> <p>slovak</p>																				
<p>Notes:student time load:</p> <p>student time load</p> <p>120 hours:</p> <p>Combined study: 26 h.</p> <p>Developing practical skills: 60 h.</p> <p>Studying for the written test: 14 h.</p> <p>Preparation for the evaluation of physical performance: 20 h.</p>																				
<p>Course assessment</p> <p>The final number of assessed students: 0</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> </tr> </thead> <tbody> <tr> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> <td>0.0</td> </tr> </tbody> </table>							A	B	C	D	E	FX(0)	FX(1)	0.0	0.0	0.0	0.0	0.0	0.0	0.0
A	B	C	D	E	FX(0)	FX(1)														
0.0	0.0	0.0	0.0	0.0	0.0	0.0														
<p>Instructor: PaedDr. Boris Beňák, PhD.</p>																				
<p>Last changed: 23.03.2023</p>																				
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																				

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: REPRE1	Course name: Representation		
Type, extent and method of instruction:			
Form of instruction:			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods:			
Method of study: combined			
Number of credits: 2			
Recommended semester/trimester: 1., 3., 5.			
Level: I., II.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 35			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Mgr. Gabriel Rožai, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandzáková, PhD., PaedDr. Zuzana Bariaková, PhD.			
Last changed:			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: REPRE2	Course name: Representation		
Type, extent and method of instruction:			
Form of instruction:			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods:			
Method of study: combined			
Number of credits: 2			
Recommended semester/trimester: 2., 4., 6.			
Level: I., II.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 39			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: PaedDr. Zuzana Bariaková, PhD., Mgr. Martin Lizoň, PhD., Mgr. Gabriel Rožai, PhD., PaedDr. Martina Mandzáková, PhD., PaedDr. Rastislav Kollár, PhD.			
Last changed:			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-RIS-513		Course name: Rod, identita, spoločnosť	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD., Mgr. Jana Šolcová, PhD., PhDr. Katarína Kurčíková, PhD., PhDr. Lucia Galková, PhD., doc. Mgr. Lívia Nemcová, PhD., doc. PaedDr. Lenka Rovňanová, PhD., Mgr. Zuzana Heinzová, PhD., Mgr. Martina Kubealaková, PhD., prof. PhDr. Alexandra Bitušíková, CSc., doc. Ing. Kamila Borseková, PhD., PhDr. Kamila Koza Beňová, PhD., RNDr. Elena Kupcová, PhD., Mgr. Lujza Urbancová, PhD.			
Last changed: 29.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-103	Course name: Rules and Judging in Sports Specialisation
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student participates in organisation and judging of the specified number of sports competitions. They take a written test focused on the rules of the sport in which they specialise.	
a) continuous assessment: a) continuous assessment: - Written test (rules): 40 p. - Participation in competitions and judging (in accordance with the student's specialisation): 60 p.	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - knows and understands the rules of the sport in which they specialise - uses this knowledge to judge competitions - can judge student as well as higher-level competitions in accordance with the directive of the respective sports association - applies their theoretical knowledge to judge recreational or performance competitions (taking in consideration the participants' age and other attributes) - evaluates whether rules are adhered to and intervenes if necessary - if possible, qualifies as a professional judge (first level) within their sports specialisation 	
Brief outline of the course: Brief outline of the course: The system of sports competitions and their organisation. Sports rules. Judging within the student's sports specialisation.	

Recommended literature: Rules of the student's sports specialisation.						
Language of instruction: Slovak						
Notes:student time load: Notes: student time load 60 h. Combined study: 13 h. Preparation for the exam: 7 h. Judging competitions: 40 h.						
Course assessment The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Ivan Čillík, CSc.						
Last changed: 05.09.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-rus-234	Course name: Russian Language and for Beginners 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: The student has the right to one resit. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). a) continuous assessment: 1. Test: 25 p. 2. Test: 25 p. b) final assessment: Written exam: 50 p.	
Learning objectives: The student can speak in Russian on the A2 level. They can navigate the following topics: nationalities, states, languages, professions, housing. They understand and can retell and interpret simple texts. They know and use the correct grammatical categories and can identify stylistic differences among texts. They can translate simple texts on the selected topics.	
Brief outline of the course:	
Recommended literature: 1. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 1. Moskva: Flinta, 2011, ISBN 978-5-89349-804-2 2. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 2. Moskva: Flinta, Nauka, 2011, ISBN 978-5-89349-938-4 3. BITECHINA, G. A. a kol.: 26 urokov po razvitii reči. Moskva: Russkij jazyk, 1975 4. DEKANOVA, E., ONDREJČEKOVÁ, E.: Да! Ruština, Učebnica a cvičebnica. ENIGMA, 2008, ISBN 80-89132-30-8 5. KAPITANOVA, T. I. a kol.: Testy, testy, testy... Sankt-Peterburg: Zlatoust, 2010, ISBN 978-5-86547-406-7 6. KOVÁČIKOVÁ, T.: Ruština pre samoukov. Bratislava: Slovenské pedagogické nakladateľstvo, 2009, ISBN 978-80-10-01588 7. LIZOŇ, M.: Jazykové cvičenia pre 1. a 2.ročník, FF UMB, Banská Bystrica 8. NEKOLOVÁ, V., CAMUTALIOVÁ, I., VASILJEVOVÁ, A.: Ruština nejen pro samouky. Praha: Leda, 2006, ISBN 8085927969	

Language of instruction: Russian A2, Slovak C2							
Notes:student time load: 150 h. Combined study (S, C): 26 h. self-study: 50 h. studying for continuous test 1: 20 h. studying for continuous test 2: 25 h. studying for the final test: 25 h.							
Course assessment The final number of assessed students: 11							
A	B	C	D	E	FX(0)	FX(1)	n
63.64	18.18	0.0	9.09	0.0	9.09	0.0	0.0
Instructor: Nataliia Kalnychenko, PhD.							
Last changed: 13.09.2022							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-rus-233	Course name: Russian language for beginners 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: The student has the right to one resit. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). a) continuous assessment: 1. Test: 25 p. 2. Test: 25 p. b) final assessment: Written exam: 50 p.	
Learning objectives: The student can speak in Russian on the level A1–A2. They can answer the questions: Who is it? What is it? What is its name? What is your name? Where is it? (place adverbial) They can form negative sentences, decline, and conjugate. They can apply this knowledge to create their own professional CV. They can use the lexical units in accordance with the speech etiquette.	
Brief outline of the course: The course focuses on developing basic language skills on the A1–A2 level. Simple communication situations, reading and listening comprehension are trained. Specific attention is paid to speech etiquette, addressing, and greeting (Russian vs. Slovak).	
Recommended literature: 1. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 1. Moskva: Flinta, 2011, ISBN 978-5-89349-804-2 2. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 2. Moskva: Flinta, Nauka, 2011, ISBN 978-5-89349-938-4 3. BITECHINA, G. A. a kol.: 26 urokov po razvitiu reči. Moskva: Russkij jazyk, 1975 4. DEKANOVA, E., ONDREJČEKOVÁ, E.: Да! Ruština, Učebnica a cvičebnica. ENIGMA, 2008, ISBN 80-89132-30-8 5. KAPITANOVA, T. I. a kol.: Testy, testy, testy... Sankt-Peterburg: Zlatoust, 2010, ISBN 978-5-86547-406-7 6. KOVÁČIKOVÁ, T.: Ruština pre samoukov. Bratislava: Slovenské pedagogické nakladateľstvo, 2009, ISBN 978-80-10-01588 7. LIZOŇ, M.: Jazykové cvičenia pre 1. a 2.ročník, FF UMB, Banská Bystrica	

8. NEKOLOVÁ, V., CAMUTALIOVÁ, I., VASILJEVOVÁ, A.: Ruština nejen pro samouky.
Praha: Leda, 2006, ISBN 8085927969

Language of instruction:

Russian A1, Slovak C2

Notes:student time load:

150 h. Combined study (S, C): 26 h. self-study: 50 h. studying for continuous test 1: 20 h.
studying for continuous test 2: 25 h. studying for the final test: 25 h.

Course assessment

The final number of assessed students: 27

A	B	C	D	E	FX(0)	FX(1)	n
51.85	11.11	14.81	7.41	0.0	14.81	0.0	0.0

Instructor: Nataliia Kalnychenko, PhD.

Last changed: 13.09.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-scl-02	Course name: Slovak for foreigners S
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: The main language of instruction is Slovak at the B2 level according to the Common European Framework of Reference for Languages. a) continuous assessment: continuous tests from vocabulary and grammar (0-30 points), written home-works (0-10 points), b) final assessment: continuous assessment (0 – 40 points), final written test (0 – 20 points), oral exam (0 – 40 points). The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements.	
Learning objectives: A foreign student will acquire knowledge and skills depending on the initial language level according to the Common European Framework of Reference for Languages.	
Brief outline of the course: Topics: travelling, daily activities, colours, generational differences, economy, media, relationships, cities, orientation on streets, migration and tolerance, universities, work, profession, school, shopping, personal data, nature and character, Slovak republic, Slovak history, political and administrative system, citizenship, geography, culture, traditions, minorities, sports, sporting events, restaurants, crime and punishment, life in cities and in villages, environment and ecology, lifestyle.	
Recommended literature: BARKOVÁ, Viera – BUZNOVÁ, Viktória – DRATVA, Tomáš.: Slovenčina pre cudzincov – cvičebnica. Bratislava – SPN – Mladé letá, 2007. BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovoríme spolu po slovensky B1. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2016. BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovoríme spolu po slovensky B2. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017. DRATVA, Tomáš.: Slovenčina pre cudzincov. 4. vyd. Bratislava – SPN – Mladé letá, 2007. PAPP, Štefan – LIPKOVÁ, Mária.: Prehľadná gramatika – slovenčina. Dubicko – INFOA, 2012. PEKAROVIČOVÁ, Jana.: Slovenčina pre cudzincov – praktická fonetická príručka. Bratislava – STIMUL, 2005.	

<p>ULIČNÁ, Martina – ANDOROVÁ, Iveta – BÁČKAIOVÁ, Klaudia – GABRÍKOVÁ, Adela.: Tri, dva, jeden – slovenčina. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.</p> <p>VAJIČKOVÁ, Mária.: Slovenčina pre cudzincov – gramatické cvičenia. 4. vyd. Bratislava – Univerzita Komenského, 2009.</p> <p>ŽIGOVÁ, Júlia.: Praktikum zo slovenskej gramatiky a ortografie pre cudzincov. Bratislava – Univerzita Komenského, 2015.</p> <p>Gramatické tabuľky, slovníky, lektorské didaktické materiály rozvíjajúce lexiku, systematizujúce gramatiku aj ortografiu.</p>							
Language of instruction:							
<p>Notes:student time load: 90 hours: in-class (L, S, C): 26 hours work with specialised literature and sources: 20 hours, seminars preparation 30 hours, final assessment preparation: 14 hours</p>							
<p>Course assessment The final number of assessed students: 29</p>							
A	B	C	D	E	FX(0)	FX(1)	n
3.45	10.34	24.14	13.79	13.79	24.14	10.34	0.0
Instructor: PhDr. Annamária Genčiová, PhD., Mgr. Veronika Gondeková, PhD.							
Last changed: 24.01.2024							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-scz-01	Course name: Slovak for foreigners W
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: The main language of instruction is Slovak at the B2 level according to the Common European Framework of Reference for Languages. a) continuous assessment: continuous tests from vocabulary and grammar (0-30 points), written home-works (0-10 points), b) final assessment: continuous assessment (0 – 40 points), final written test (0 – 20 points), oral exam (0 – 40 points). The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements.	
Learning objectives: A foreign student will acquire knowledge and skills depending on the initial language level according to the Common European Framework of Reference for Languages.	
Brief outline of the course: Topics: travelling, daily activities, colours, generational differences, economy, media, relationships, cities, orientation on streets, migration and tolerance, universities, work, profession, school, shopping, personal data, nature and character, Slovak republic, Slovak history, political and administrative system, citizenship, geography, culture, traditions, minorities, sports, sporting events, restaurants, crime and punishment, life in cities and in villages, environment and ecology, lifestyle.	
Recommended literature: BARKOVÁ, Viera – BUZNOVÁ, Viktória – DRATVA, Tomáš.: Slovenčina pre cudzincov – cvičebnica. Bratislava – SPN – Mladé letá, 2007. BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovoríme spolu po slovensky B1. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2016. BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovoríme spolu po slovensky B2. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017. DRATVA, Tomáš.: Slovenčina pre cudzincov. 4. vyd. Bratislava – SPN – Mladé letá, 2007. PAPP, Štefan – LIPKOVÁ, Mária.: Prehľadná gramatika – slovenčina. Dubicko – INFOA, 2012. PEKAROVIČOVÁ, Jana.: Slovenčina pre cudzincov – praktická fonetická príručka. Bratislava – STIMUL, 2005.	

<p>ULIČNÁ, Martina – ANDOROVÁ, Iveta – BÁČKAIOVÁ, Klaudia – GABRÍKOVÁ, Adela.: Tri, dva, jeden – slovenčina. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.</p> <p>VAJIČKOVÁ, Mária.: Slovenčina pre cudzincov – gramatické cvičenia. 4. vyd. Bratislava – Univerzita Komenského, 2009.</p> <p>ŽIGOVÁ, Júlia.: Praktikum zo slovenskej gramatiky a ortografie pre cudzincov. Bratislava – Univerzita Komenského, 2015.</p> <p>Gramatické tabuľky, slovníky, lektorské didaktické materiály rozvíjajúce lexiku, systematizujúce gramatiku aj ortografiu.</p>																							
<p>Language of instruction: Slovak</p>																							
<p>Notes:student time load: 90 hours: in-class (L, S, C): 26 hours work with specialised literature and sources: 20 hours, seminars preparation 30 hours, final assessment preparation: 14 hours</p>																							
<p>Course assessment The final number of assessed students: 78</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> <th>n</th> </tr> </thead> <tbody> <tr> <td>7.69</td> <td>6.41</td> <td>7.69</td> <td>17.95</td> <td>23.08</td> <td>7.69</td> <td>29.49</td> <td>0.0</td> </tr> </tbody> </table>								A	B	C	D	E	FX(0)	FX(1)	n	7.69	6.41	7.69	17.95	23.08	7.69	29.49	0.0
A	B	C	D	E	FX(0)	FX(1)	n																
7.69	6.41	7.69	17.95	23.08	7.69	29.49	0.0																
<p>Instructor: PhDr. Annamária Genčiová, PhD.</p>																							
<p>Last changed: 25.09.2023</p>																							
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																							

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-spr-193		Course name: Sociology: practical knowledge of society	
Type, extent and method of instruction:			
Form of instruction: Lecture			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: Mgr. Roman Hofreiter, PhD., doc. Mgr. M. A. Ivan Chorvát, CSc.			
Last changed: 27.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-sju-001	Course name: Spanish language 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements. a) continuous assessment: participation and activities in classes (0-20 points) b) final assessment: final exam (0-80 points)	
Learning objectives: At the end of the course, the student is able to give information about himself and his family, introduce his field of study and the school where he studies, talk about his habits, describe his room/apartment/house; he can communicate in the present tense, recognises the announcement and command modes; knows the principles of Spanish grammar at A1 level; understands basic vocabulary expressions and can use them in the right situation; can understand simple text on common topics, understand simple instructions and follow simple orientation instructions.	
Brief outline of the course: 1. Family, 2. Days of the week, months, 3. Everyday repetitive activities, 4. Reversible verbs in the present tense, 5. Imperative negative, 6. Description of the house/apartment and furnishings, 7. Eating habits in Spain and Slovakia, 8. Timing of irregular verbs in the present tense, 9. Leisure time	
Recommended literature: 1. CASTRO VIÚDEZ, F. et al. 2012. Español en marcha. Madrid: SGEL. 2012 2. CORPAS, J. et al. 2013. Aula internacional 1 Nueva edición. Barcelona: difusión.	
Language of instruction: Spanish A1	
Notes:student time load: 120 hours, of which: full-time study: 26 hours Exam preparation + written exam: 94 hours	

Course assessment							
The final number of assessed students: 1							
A	B	C	D	E	FX(0)	FX(1)	n
100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Eva Reichwalderová, PhD.							
Last changed: 14.09.2023							
Approved by: prof. PaedDr. Martin Pupiš, PhD.							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-104	Course name: Sport Games 1 (Volleyball, Handball, Floorball)
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 52 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 4 classes per semester. This applies to students without an individual study plan. During the semester, the student takes a practical test focused on practical skills and game performance in volleyball, handball, and floorball. During the final week of the semester, the student takes a written test focused on the game rules.	
a) continuous assessment: a) continuous assessment: - Test of practical skills and game performance: 80 p. (min. 52 p.) - Volleyball: 40 p. (min. 26 p.) - Handball: 20 points (min. 13 p.) - Floorball: 20 points (min. 13 p.) - Written test focused on game rules: 20 points (min. 13 p.)	
b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - understands the importance of sport games for the physical development and can integrate it into their regimen; - knows and uses correct terminology (volleyball, handball, and floorball); - knows the rules of volleyball, handball, and floorball; - understands the point of suitable warm-up activities and can apply them in practice; 	

- has theoretical knowledge of the social-interactive as well as methodological and organisational forms and their application in training and improvement of individual drills, combinations, and the game system;
- can name and describe player roles in offence and defence (volleyball, handball, and floorball);
- understands drills, combinations, and game systems;
- can demonstrate and apply the techniques of basic individual player actions in a game (match);
- can actively participate in the basic game combinations and the selected games systems;
- understands the difference between individual and collective tactics;
- can fill in a simple observation sheet focused on individual and team performance;
- can organise an exercise group, judge the game, organise an event or tournament.

Brief outline of the course:

Brief outline of the course:

The importance and position of sports in human life (school, leisure time). The rules and terminology of volleyball, handball, and floorball.

Warm-up (general, specialised); movement games as a tool to create the contents of training and improvement of game drills.

Social-interactive and methodological-organizational forms in sport games.

Player roles, game actions, drills, game system, game combinations.

Training and improvement – defence and offence drills (methodology).

Training and improvement – defence and offence combinations (methodology). Training and improvement – defence and offence game systems (methodology). Complex individual improvement (match).

Judging, leadership, organisation – tournaments. Basics diagnostics in sports games (motor skill test, check-up exercises).

Recommended literature:

Recommended literature:

1. Aktuálne pravidlá športových hier volejbal, hádzaná, florbal.
2. KYSEL, J. 2010. Florbal: kompletní průvodce. 1 Vyd. Praha : Grada, 2010. 144 s. ISBN 978-80-247-3615-0.
3. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
4. ONDRUŠ, D. 2010. Florbal, ako trénovať a hrať. Žilina : ŠK Juventa Žilina, 2010. 117s. ISBN 55501071
5. PERÁČEK, P. a kol. 2004. Teória a didaktika športových hier 1. Bratislava : PEEM, 2004. 184 s. ISBN 80-89197-00-0.
6. POPELKA, J. – BEŤÁK, B. – PIVOVARNÍČEK, P. 2020. In which indicators can the difference between effectivity of static and dynamic stretching of young volleyball players be noticed? In Sport Science : International Scientific Journal of Kinesiology. ISSN 1840-3662, 2020, vol. 14, no. 1, p. 21-26.
7. POPELKA, J. – PAVLOVIČ, R. 2017. The effectiveness of various teaching approaches on the performance of the volleyball game. In SPORTLOGIA: scientific-expert journal of anthropological aspects of sports, physical education and recreation. ISSN 1986-6119, 2017, vol. 13, no. 1, p. 29-37.
8. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie. Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4.
9. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.

10. ZAPLETALOVÁ, L. – PŘIDAL, V. – LAURENČÍK, T. 2007. Volejbal, Základy techniky, taktiky a výučby. Bratislava : Univerzita Komenského, 2007. 158 s. ISBN 978-80-223-2280-5
11. ZAŤKOVÁ, V. 1999. Teória a didaktika hádzanej. Bratislava : Univerzita Komenského, 1999. 94 s. ISBN 80-22313-22-X.

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 52 h.

Preparation for the evaluation (practical skills): 28 h. Studying for the final test (game rules): 10 h

Course assessment

The final number of assessed students: 304

A	B	C	D	E	FX(0)	FX(1)	n
1.32	23.03	32.24	26.97	5.92	0.33	10.2	0.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Jaroslav Popelka, PhD., PaedDr. Mgr. Lukáš Opáth, PhD.

Last changed: 17.05.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-114	Course name: Sport Games 2 (Basketball, Football)
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 52 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 4 classes per semester. This applies to students without an individual study plan. During the semester, the student takes a practical test focused on practical skills and game performance (basketball) and skill testing. The student demonstrates how methodological and organisational forms of training are applied to improve individual drills, combinations, and the game system in football. During the final week of the semester, the student takes a written test focused on game rules. a) continuous assessment: a) continuous assessment: - Test of practical skills and game performance (basketball): 40 p. (min. 26 p.) - Test of practical skills (football): 10 p. (min. 6.5 p.) - Demonstration of methodological and organisational forms in football: 30 p. (min. 19.5 p.) - Written test focused on game rules: 20 points (min. 13 p.) b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - knows and uses correct terminology (basketball, football); - has theoretical knowledge of the social-interactional as well as methodological and organisational forms and their application in training and improvement of individual drills, combinations, and the game system; - knows the rules of basketball and football;	

- can name and describe player roles in offence and defence in both games;
- understands drills, combinations, and game systems;
- can demonstrate and apply the techniques of basic individual player actions in a game (match);
- can actively participate in the basic game combinations and the selected game system;
- understands the difference between individual and collective tactics;
- can fill in a simple observation sheet focused on individual and team performance;
- can organise an exercise group, judge the game, organise an event or tournament;
- demonstrates how methodological and organisational forms of training are applied to improve individual drills, combinations, and the game systems.

Brief outline of the course:

Brief outline of the course:

The rules and terminology of basketball and football.

Social-interactional and methodological-organizational forms in sport games.

Player roles, game actions, drills, game system, game combinations.

Training and improvement – defence and offence drills (methodology).

Training and improvement – defence and offence combinations (methodology). Training and improvement – defence and offence game systems (methodology). Complex individual improvement (match).

Judging, leadership, organisation – tournaments. Basics diagnostics in sports games (motor skill test, check-up exercises).

Practical outputs.

Recommended literature:

Recommended literature:

1. Aktuálne pravidlá športových hier basketbal a futbal
2. ARGAJ, G. – REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : Univerzita Komenského, 2007. 137s. ISBN 978-80-223-2325-3.
3. IZAKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019. 130 s. ISBN 978-80-557-1648-0.
4. NEMEC, M. – KOLLÁR, R. 2009 Teória a didaktika futbalu. Banská Bystrica : PARTNER, 2009. 200 s. ISBN 978-80-89183-62-3
5. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
6. PERÁČEK, P. a kol. 2004. Teória a didaktika športových hier 1. Bratislava : PEEM, 2004. 184 s. ISBN 80-89197-00-0.
7. TOMÁNEK, Ľ. 2010. Teória a didaktika basketbalu. Bratislava : ICM Agency, 2010. 212 s. ISBN 978-80-89257-25.

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 52 h.

Preparation for the evaluation (practical skills): 22 h. Preparation for the practical demonstration: 8 h.

Studying for the written test (game rules): 8 h.

Course assessment

The final number of assessed students: 224

A	B	C	D	E	FX(0)	FX(1)	n
2.68	25.0	37.95	24.11	6.25	0.45	3.57	0.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Boris Beťák, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Rastislav Kollár, PhD.**Last changed:** 17.05.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-999	Course name: Sport Sciences
Type, extent and method of instruction: Form of instruction: Lecture Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. During the semester, the student submits two seminar papers. At the end of the semester, they take a written exam to prove their knowledge of the subject matter. a) continuous assessment: continuous assessment: - seminar paper – the social context of sport sciences: 20 p. - seminar paper – the specialised context of sport sciences: 30 p. - together get min. 20 p. b) final assessment: final assessment: Written exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - understands the position of the Sport Sciences field of study in the context of the education system and related study fields - understands the basic concepts of sport sciences - knows and uses correct terminology - understands the structure of Sport Sciences as a field of study from the historical as well as current viewpoints - understands the research activities in sport sciences - can navigate the up-to-date legislation addressing education and sports.	
Brief outline of the course:	

<p>Brief outline of the course: Introduction. The university education system. Sport Sciences as a research field – system, subject matter, methods, structure, related fields. The position of sport sciences within society and its impact on other social areas. Basic sports legislation, funding sports, gaining professional qualifications in sports. Basic concepts of sport sciences. Organisation of physical education and sports in the Slovak Republic. Basic information on the creation of seminar papers and final theses. Research methods in sport sciences and their practical application.</p>																							
<p>Recommended literature: Recommended literature: 1. KASA, J. – ŠVEC, Š. Terminologický slovník vied o športe. Bratislava: PEEM, 2007. 270, ISBN 978-80-89197-78-1. 2. KOMPÁN, J – PAUGSCHOVÁ, B. – VALENČÁKOVÁ, V. Vedy o športe. Ústí nad Labem: Univerzita J.E. Purkyně, Pedagogická fakulta, 2010, 162 s, ISBN 9788074142741 3. STARŠÍ, J. 1999. Vedy o športe. Kapitoly z metodológie. Banská Bystrica: KTVŠ FHV UMB, 1999. 4. SÝKORA, F. et al. 1995. Telesná výchova a šport. [Terminologický a výkladový slovník]. Bratislava : F. R. C. s r. o., 402 s. 1995. ISBN 80-85508-26-5 5. Zákony: aktuálna legislatíva v športe: https://www.minedu.sk/vseobecne-zavazne-predpisy/</p>																							
<p>Language of instruction: slovak</p>																							
<p>Notes:student time load: student time load 120 h. Combined study (L, S, C): 26 h. Seminar paper preparation: 49 h. Consulting: 10 h. Studying for the oral exam: 35 h.</p>																							
<p>Course assessment The final number of assessed students: 526</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> <th>n</th> </tr> </thead> <tbody> <tr> <td>0.76</td> <td>2.47</td> <td>8.37</td> <td>16.73</td> <td>35.74</td> <td>5.51</td> <td>30.42</td> <td>0.0</td> </tr> </tbody> </table>								A	B	C	D	E	FX(0)	FX(1)	n	0.76	2.47	8.37	16.73	35.74	5.51	30.42	0.0
A	B	C	D	E	FX(0)	FX(1)	n																
0.76	2.47	8.37	16.73	35.74	5.51	30.42	0.0																
<p>Instructor: doc. PaedDr. Pavol Pivovarniček, PhD., PaedDr. Jaroslav Kompán, PhD.</p>																							
<p>Last changed: 16.12.2023</p>																							
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																							

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-351	Course name: Sport Specialization 1 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Student time load: X h. Total time load: 180 h. Presence study: 39 h. Preparation of the presentation: 20 h. Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h. Studying for the oral exam: 71 h.	
Learning objectives: Learning outcomes: The student <ul style="list-style-type: none"> - acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation - applies this knowledge in the training process - understands types of downhill skiing competitions, their development and organisations - applies their knowledge to evaluate the performance of the contemporary athletes - knows the history and development of downhill skiing around the world and in the SR including the evolution of alpine disciplines - develops complex knowledge of the discipline's evolution 	
Brief outline of the course: Brief outline of the course: Introduction: goal, tasks, evaluation. The contemporary position of downhill skiing as a sport – system, importance, competitions. The history and evolution of downhill skiing, different types of competitions, current sports rules. Downhill skiing organisations in Slovakia and abroad. Current issues in this sports discipline.	
Recommended literature: Recommended literature: BRODA, T. 1990. Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990. HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32.Šport, Bratislava, 1979 MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591	

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.

ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.

Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do samostatnej práce

Language of instruction:

Notes:student time load:

Notes: student time load

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in children's training process: 30 h.

Studying for the oral exam: 101 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	33.33	66.67	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-201	Course name: Sport Specialization 1 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. b) final assessment: - Presentation delivered during a class: 0–20 p. - Active participation in an athletic race: 0–10 p. - Active participation in the training process 0 – 20 p. (participation in min. 10 training units) - written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the system of athletics as a sport, its development, organisations, and the Children’s Athletics project 4. applies their knowledge to evaluate the performance of the current athletes 5. knows the history and development of athletics around the world and in the SR including the evolution of different athletic disciplines 6. develops complex knowledge of their own athletic discipline 	
Brief outline of the course: Brief outline of the course:	

The contemporary position of athletics as a sport – system, importance, types. History and evolution of athletics and its disciplines: short distance runs, middle distance runs, hurdles, relay runs, jumps, throws, racewalking, multi-events. Athletic organisations in Slovakia and abroad. The Children's Athletics project Current issues in athletics.

Recommended literature:

Recommended literature:

ČILLÍK, I. a kol. 2018 Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ISBN 978-80-973058-0-2

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

ČILLÍK, I. a kol. 2022. Detská atletika II. Bratislava: Slovenský atletický zväz. 95 s. ISBN 978-80-973058-4-0

Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Language of instruction:

slovak, english

Notes: student time load:

Recommended literature:

ČILLÍK, I. a kol. 2018 Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ISBN 978-80-973058-0-2

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Course assessment

The final number of assessed students: 22

A	B	C	D	E	FX(0)	FX(1)
0.0	22.73	18.18	31.82	18.18	9.09	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-211	Course name: Sport Specialization 1 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – individual offensive drills (IOD): 0–20 p. - IAD technique demonstration: 0–10 p. basic stance, three-throw (1 p.), dribbling on the spot (2 p.), two-handed and one-handed pass, ball catching (3 p.), releasing a player without the ball and taking the ball (2 p.), releasing a player with the ball (2 p.). Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the two-hand ball pass properly, they may score 0 p. for the passing technique per se. - Seminar paper addressing individual offensive drills: 0–20 p. - written test from the theory addressed in lectures: 0–50 p. b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: Learning outcomes: The student: 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. knows the history and understands the development of basketball around the world and in the SR including competitions 3. understands individual drills, combinations, and the game system 4. can perform IAD properly 5. can evaluate match recordings and navigates the specialised literature.	
Brief outline of the course:	

Brief outline of the course:

The evolution of basketball around the world and in the SR including competitions, the system of individual game drills, game systems, and combinations – theory, drill, improving IAD

Recommended literature:

Recommended literature:

1. ARGAJ, G. 2018. 100 pohybových hier pre mladých basketbalistov. Bratislava: SBA, 2018. ISBN 978-80-973081-4-8
 2. HORÍČKA, P. 2014. Basketbal. Teória a didaktika, 1. vyd. Nitra: PF UKF Nitra, 2014, 155 s. ISBN 978-80-558-0673-0.
 3. HULKA, K. - VÁLEK, Š., 2013. Management náboru a športovní príprava detí v minibasketbale, 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2013, 57 s. ISBN 978-80-244-3383-7.
 4. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
 5. MAČURA, P. a kol. 1994. Teória a didaktika basketbalu. Bratislava : FTVŠ UK , 1994, 143 s. ISBN 80-223-0501-4.
 6. MAČURA, P. 2004. Slovensko-anglický basketbalový slovník 1. vydanie. Bratislava: Združenie trénerov Slovenskej basketbalovej asociácie, 2004, 98 s. ISBN 80-89197-16-7.
 7. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
 8. PERÁČEK, P. et al. 2004 Teória a didaktika športových hier I. Bratislava : FTVŠ UK , 2004, 184 s. ISBN 80-89197-00-0.
 9. RAINER, M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
 10. RUDEŽ, I. 2019. Obsahové štandardy basketbalovej prípravy pre vekové kategórie U12 - U18. Metodická príručka. Bratislava: Slovenská basketbalová asociácia, 2019, 72 s. ISBN 978-80-570-0598-8.
 11. VASILKO, T. 2004. História basketbalu z pohľadu Banskej Bystrice. Banská Bystrica: MAGENTA - Vlkanová, 2004, 398 s.
 12. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN 80-85669-47-5.
- <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/>
<http://sbt.cbf.cz/> <http://www.4basket.cz/>
Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

: student time load

Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 39 h. Seminar paper: 20 h. Active participation in training children: 50 h. Self-study for the exam: 101 h.

Course assessment

The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
0.0	21.43	50.0	14.29	7.14	0.0	7.14

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-221	Course name: Sport Specialization 1 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands types of biathlon competitions, their development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of biathlon around the world and in the SR including the evolution of different biathlon disciplines 6. develops complex knowledge of the discipline's evolution	
Brief outline of the course:	
Recommended literature: Recommended literature: MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.	

PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone.[Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
 PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
 PAUGSCHOVÁ, B, KOBELA, P., FUSKO, T. 2008. Učebné osnovy športovej prípravy v biatlone. Banská Bystrica : SZB, 2008, 34 s. ISBN
 SCHLANK, G. 2003. Učebné osnovy športovej prípravy v behu na lyžiach pre športové triedy základných škôl a osemročných gymnázií. Bratislava : MŠ SR, 20003. 30 s.
 Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study (L, S): 39 h.
 Preparation of the presentation: 20 h.
 Active participation in races (organiser/race official): 20 hours. Active participation in children coaching: 30 h.
 Studying for the written test: 101 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	100.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-261	Course name: Sport Specialization 1 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. After completing the semester, the final oral exam. grade b) final assessment: topic presentation: 0–20 p. Oral exam: 0-80 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. acquires theoretical knowledge of the subject matter 2. understands how to apply it in practice 3. understands the subject matter 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the technique and identify shortcomings 	
Brief outline of the course: Brief outline of the course: Fitness coaching as a recreational sport. <ul style="list-style-type: none"> - Fitness coach characteristics. - Fitness coach position. - Fitness training philosophy. - Fitness coach's work. - Fitness training in recreational sports. - Developing physical abilities in recreational sportspeople. 	
Recommended literature: Recommended literature:	

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha: Olympia, 1986. 208 s.
ŠIMONEK, J. , ZRUBÁK, A. a kol. 1995. Základy kondičnej prípravy v športe. Bratislava: FTVŠ UK, 1995. 192 s. +prednášky

Language of instruction:

Notes:student time load:

Notes: student time load

Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 39

preparation of the presentation: 30

self-study: 141

Course assessment

The final number of assessed students: 81

A	B	C	D	E	FX(0)	FX(1)
12.35	24.69	25.93	14.81	17.28	4.94	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-361	Course name: Sport Specialization 1 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Seminar paper (specialised literature research): 0–34 p. - 2 training units – sit-in record analysis (mite team, pupils): 0–33 p. - Practical output using the training and improvement methodological and organisational forms: 0–33 p. b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. understands the basic rules of football and can use them as a referee 3. understands the basic football didactics (game preparation, organisational forms), can analyse a game (phases, sections, situations) and offense/defence/combination activities. can design a training unit in accordance with the basic organisational forms and navigates specialised literature.	
Brief outline of the course: Brief outline of the course: History of football. Social aspects of football. Football rules and referee signalling. Football organisations, ISSF system, Grassroots Football. Football didactics and organisational forms, social and interaction forms (SIF), methodological and organisational forms (MOF) in the training process. Game analysis, individual playing techniques. Game combinations, systems, and standard game situations. Using MOF in training and improvement of the player activities – a workshop.	

Using MOF in training and improvement of the player activities (practice, teacher & students) + evaluation student preparation. 2 training units (mite team and pupils) – sit-in record analysis (part of the UEFA Grassroots C final project). Checking the completion of assignments

Recommended literature:

Recommended literature:

- KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4
- KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier. Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5 Strana: 2 NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.
- NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie. Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4
- NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.
- NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3
- PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0
- PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.
- VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

Presence study: 39 h.

preparation and implementation of the methodological output: 51 h. Preparation and sit-in practice: 50 h.

Seminar paper (specialised literature research): 40 h. Self-study of the recommended literature: 30 h.

Course assessment

The final number of assessed students: 68

A	B	C	D	E	FX(0)	FX(1)
4.41	19.12	38.24	11.76	7.35	7.35	11.76

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., doc. PaedDr. Pavol Pivovarniček, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-271	Course name: Sport Specialization 1 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
 5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms
- Coach understands the needs for the coaching environment to support the development of 21st century players.
 - Coach understands the structure of the SZLH Coach Licence and Development System.
 - Coach understands the role of the assistant coach in building coach-athlete relationships and positive learning atmosphere.
 - Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.
 - Coach understands the importance and principles of proper equipment selection.
 - Coach understands the principles of movement dynamics and related muscle functioning in ice hockey.
 - Coach has the basic understanding on the structure and function of the human body with practical implications for sports coaching.
 - Coach understands the rules of the game.
 - Coach is able to provide first aid in the case of emergency.

Brief outline of the course:

Brief outline of the course:

1. Introduction to SZLH Coach Education and Licence System, role of the assistant coach -
2. 21st century player – how the game is changing and what is expected from the player?
3. Drillbook, graphic record keeping
4. Introduction to long-term player development
5. Introduction to coaching competence areas; personal skills in coaching
6. Ice skating in ice hockey – training and improvement
7. The system of game activities in ice hockey
8. Offence game activities in ice hockey
9. Defence game activities in ice hockey
10. Active participation in the education program

Submitting acceptable on- and off-ice session plans

- Active participation in 20 ice trainings
- Training units are recorded in the Drillbook
- Presentation of the selected topic
- Test

Recommended literature:

Recommended literature:

- SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
- SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
- SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
- BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučování v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.
- PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
- STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
- TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.

TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v Ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
 VÝBOH , A. et al. 2005. Teória a didaktika Ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
 [online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].
<https://www.usahockey.com>

Language of instruction:

Notes:student time load:

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.

Self-study of the recommended literature: 4 h.

Course assessment

The final number of assessed students: 58

A	B	C	D	E	FX(0)	FX(1)
0.0	13.79	32.76	22.41	10.34	13.79	6.9

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-231	Course name: Sport Specialization 1 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p. b) final assessment: written and oral exams: 0–50 p	
Learning objectives: Learning outcomes: 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands judo as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of judo around the world and in the SR including the evolution of different biathlon disciplines 6. develops complex knowledge of their own athletic discipline	
Brief outline of the course: Notes: student time load: 210 h. Combined study (lectures/seminars/consultations): 39 self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30 exam preparation: 90	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN	

978-80-89257-55-3.						
Language of instruction:						
Notes:student time load: Notes: student time load: 210 h. Combined study (lectures/seminars/consultations): 39 self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30 exam preparation: 90						
Course assessment The final number of assessed students: 8						
A	B	C	D	E	FX(0)	FX(1)
75.0	25.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-241	Course name: Sport Specialization 1 – Karate
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Active participation in youth karate coaching in the selected sports club 0 – 20 p. (participation in min. 10 training units) b) final assessment: written and oral exams: 0–60 p.	
Learning objectives: Learning outcomes: 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands karate as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the history and development of karate around the world and in the SR 6. develops complex knowledge of their own athletic discipline	
Brief outline of the course: Brief outline of the course: Karate – development, current state, and prognosis in Slovakia and abroad. Major karate figures in Slovakia and abroad. Innovation in karate rules and changes in competition organisation in Slovakia and abroad.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9	

4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a emocionálna odolnosť slovenských pretekárov v športovom karate. In: Studia kinanthropologica : vedecký časopis pro kinantropologii. - České Budějovice : Jihočeská univerzita, 2016. - ISSN 1213-2101. - Vol. 17, no. 3 (2016), pp. 443-450.
6. SLIŽIK, M. - MICHALOV, L. 2014. Load diagnostics and the use of hyperoxia as a way to accelerate recovery in karate and judo performance. České Budějovice : University of South Bohemia in České Budějovice, 2014. - 100 s. ISBN 978-80-7394-474-2
7. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
8. ZBIŇOVSKÝ, P. 2010. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Karolinum, 2010, s. 203 – 209, ISBN 978-80-246-1881
9. ZBIŇOVSKÝ, P. 2002. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6
10. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h.

Active participation in the training process: 40 h. Preparation for the exam: 90 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	33.33	33.33	33.33	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-251	Course name: Sport Specialization 1 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR 6. develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Kickbox – development, current state, and prognosis in Slovakia and abroad. Major kickbox figures in Slovakia and abroad. Innovation in kickbox rules and changes in competition organisation in Slovakia and abroad.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN	

80-7096-077-9						
Language of instruction:						
Notes:student time load: Notes: student time load 210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h. Preparation for the evaluation: 90 h.						
Course assessment The final number of assessed students: 5						
A	B	C	D	E	FX(0)	FX(1)
20.0	20.0	20.0	20.0	20.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-291	Course name: Sport Specialization 1 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation - applies this knowledge in the training process - understands types of snowboarding competitions, their development and organisations - applies their knowledge to evaluate the performance of the contemporary athletes - knows the history and development of snowboarding around the world and in the SR including the evolution of different biathlon disciplines - develops complex knowledge of the discipline's evolution	
Brief outline of the course: Brief outline of the course: Introduction: goal, tasks, evaluation. The contemporary position of snowboarding as a sport – system, importance, competitions. History and evolution of snowboarding ,competition categories and current rules. Snowboarding organisations in Slovakia and abroad. Current issues in this sports discipline.	

Recommended literature:

Recommended literature:

BINTER, L. 2006. Snowboarding. Praha : Grada, 2006. ISBN 80-247-1474-4. BRODA, T. 1990. Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990.

MICHAL, J.: Snowboarding. Študijný materiál pre učiteľov I. kvalifikačného stupňa. Banská Bystrica: SAS, 2010. 56 s.

MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.

MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.

ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.

VOBR, R. Snowboarding. České Budějovice : Kopp, 2006. ISBN 80-7232- 296-6.

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in children's training process: 30 h.

Studying for the oral exam: 101 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-301	Course name: Sport Specialization 1 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process in the lowest categories. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. b) final assessment: written and oral exams: 0–50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation - applies this knowledge in the training process - understands gymnastics as a system, knows competitions, development and organisations - applies their knowledge to evaluate the performance of the contemporary athletes - knows the history and development of the discipline around the world and in the SR - develops complex knowledge of a different gymnastic disciplines.	
Brief outline of the course: Brief outline of the course: The position of gymnastics – system, importance, categories. The history and development of gymnastics. Gymnastic organisations in Slovakia and abroad.	

Gymnastics development projects.
Current issues.

Recommended literature:

Recommended literature:

1. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: Šport, 1980. 298 s.
2. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
3. HAVLÍČEK, I. a kol. 1982. Vedecké základy športovej prípravy mládeže. Bratislava: Šport, 1982.
4. KREMnickÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s. ISBN 978-80-7414-275-8
5. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
6. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

Notes – time load for the student: 210 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in children's training process: 30 h.
Studying for the oral exam: 101 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-281	Course name: Sport Specialization 1 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar papers, active participation in classes, training, judging, written and oral exams. a) continuous assessment: - Seminar paper preparation – 20 p. - Written test – 20 p. - Active participation in the training process (min. 5 training units) and min. 1x judging (10 p.). b) final assessment: Based on the continuous assessment – 50 p. Oral exam – 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - has theoretical knowledge of swimming and the history of this sports including swimming competitions and organisations - understand current swimming rules - understand the structure of swimming sports - understands the efficiency of swimming techniques including their biomechanical characteristics - knows the swimming terminology	
Brief outline of the course: History of swimming as a sport, evolution of different swimming styles, social function and importance of swimming; organising swimming competitions (FINA, LEN, SPF) in Slovakia and abroad; current swimming rules and their changes; swimming techniques in the structure of swimming sports; hydrostatic and hydrodynamic properties of water and their impact	

on the body and the swimmer's movement; basic techniques and biomechanics of swimming styles; measuring the efficiency of swimming techniques and diagnostics.

Recommended literature:

Recommended literature:

1. COUNSILMAN, J., E. Handbuch des sportschwimmens für Trainer, Lehrer und Athleten. 2nd Ed.

Bockenem (Germany) : Fahnenmann GmbH, 1993. ISBN 3-88565-001-0.

2. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.

3. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.

4. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učební texty.

1. vyd. Bratislava . UK FTVS, SPF, 1996.

5. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.

6. RICHARDS, R., J. Coaching Swimming - an introductory manual. 1st Ed. Austrálie : Australian Swimming Inc., 1996.

7. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Köln (Germany) : Institut für Kreislanfforschung und Sportmedizin, 1997.

8. MANDZÁK, P. a kol. 2011. Návčik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.

+ najnovšia literatúra z problematiky plávania a plaveckých športov

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

- Combined study: 39 h.

- Preparation of the presentation: 20 h.

- Active participation in races (organiser/race official): 20 h.

- Active participation in the training process: 30 h.

- Self-study for the written and oral examinations: 101 h.

Course assessment

The final number of assessed students: 11

A	B	C	D	E	FX(0)	FX(1)
27.27	0.0	27.27	0.0	45.45	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., PaedDr. Martina Mandzáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-311	Course name: Sport Specialization 1 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Active participation in youth taekwondo coaching in the selected sports club 0–20 p. b) final assessment: written and oral exams: 0–60 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands taekwondo as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the history and development of taekwondo around the world and in the SR 6. develops complex knowledge of their own discipline	
Brief outline of the course: Brief outline of the course: Taekwondo – development, current state, and prognosis in Slovakia and abroad. Major taekwondo figures in Slovakia and abroad. Innovation in taekwondo rules and changes in competition organisation in Slovakia and abroad.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9 4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9	

<p>5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9</p> <p>6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2</p>						
Language of instruction:						
Notes:student time load:						
Notes: student time load						
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.						
Active participation in the training process: 40 h. Preparation for the training process: 30 h.						
Studying for the exam: 60 h.						
Course assessment						
The final number of assessed students: 1						
A	B	C	D	E	FX(0)	FX(1)
0.0	100.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-371	Course name: Sport Specialization 1 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Hiking as a sport. <ul style="list-style-type: none">• The social importance of hiking.• The history of hiking and outdoor activities.• Natural navigation – topography.• Outdoor first aid basics.• Winter hiking (introduction).• Winter hiking in practice.	
Recommended literature: Recommended literature: 1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0. 2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s. 3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724	

4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a športy v prírode. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes: student time load:

Notes: student time load

Total: 210 h. Presence study: 39 h.

Preparation for the evaluation: 10 h.

Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-321	Course name: Sport Specialization 1 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation - applies this knowledge in the training process - understands volleyball as a system, knows competitions, development and organisations - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the history and development of volleyball around the world and in the SR - develops complex knowledge of their own discipline	
Brief outline of the course: Brief outline of the course: The position of volleyball – system, importance, other forms. The history and development of volleyball. Volleyball organisations in Slovakia and abroad. Discipline development projects. Current issues.	

Recommended literature:

Recommended literature:

1. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s.
2. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7
3. HANÍK, Z. - MATEJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16
4. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s.
5. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie. Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4
6. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.
7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9.
8. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:

slovak czech

Notes:student time load:

Notes: student time load

Time load for the student:

210 h.

Presence study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in children's training process: 30 h.

Studying for the oral exam: 101 h.

Course assessment

The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)
57.14	28.57	14.29	0.0	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.**Last changed:** 09.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-331	Course name: Sport Specialization 1 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands weightlifting as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of the discipline around the world and in the SR 6. develops complex knowledge of a specific weightlifting style	
Brief outline of the course: Brief outline of the course: The contemporary position of weightlifting as a sport – system, importance, types. The history of weightlifting in Slovakia and abroad. Weightlifting rules, development, and current state. Organisations in Slovakia and abroad. Current issues.	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	

Language of instruction:						
Notes:student time load: Notes: student time load Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h. Studying for the oral exam: 30 h.						
Course assessment The final number of assessed students: 1						
A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-341	Course name: Sport Specialization 1 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands wrestling as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of the discipline around the world and in the SR 6. develops complex knowledge of a specific wrestling style	
Brief outline of the course: Brief outline of the course: Brief outline of the course: The contemporary position of wrestling as a sport – system, importance, types. The history of wrestling in Slovakia and abroad. Weightlifting rules, development, and current state. Organisations in Slovakia and abroad. Current issues.	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s.	

Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.

Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-352	Course name: Sport Specialization 2 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of downhill skiing and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Learn about short-distance downhill skiing techniques: training and its methodology. Mastering downhill skiing on different terrains in practice. Snow, types of snow, skiing gear. Waxing – types	

of wax, types of skis, tools and agents. Downhill skiing characteristics. Imitation exercises. Current issues in downhill skiing.

Recommended literature:

Recommended literature:

BRODA, T. 1990. Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990. HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979

MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.

ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.

Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do samostatnej práce

Language of instruction:**Notes:student time load:**

Total: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparing to master the the specialisation technique: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-202	Course name: Sport Specialization 2 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. - Presentation delivered during a class: 0–10 p. - Active participation in an athletic race: 0–10 p. - Active participation in the training process 0 – 20 p. (participation in min. 10 training units) - mastering the following techniques: short distance run, relay run, hurdles – 0–20 p. - written and oral exams: 0–40 p. b) final assessment: based on the continuous assessment. mastering the following techniques: short distance run, relay run, hurdles – 0–20 p. 1. Crouch start and the running technique aimed at overcoming resting inertia (at the start) or increasing speed on the track (0–5 p.) 2. Swing run (0–3 p.) 3. Hurdles (0–8 p.) 4. Relay handover (0–4 p.) 1. Crouch start and the running technique aimed at overcoming resting inertia (at the start) or increasing speed on the track (0–5 p.) starting technique (kneeling in blocks & ready position – 1 p. Steady position – 1 p. Running out of the starting blocks to a distance of 20 m – 2 p. Starting commands (pass – 1 point/fail – 0 points). 2. Swing run: 0–3 p. (Head and torso position – 1 p. Lower limb work – 1 p. Upper limb work – 1 p.) hurdles (0–8 p.) Preparatory exercises: 0–4 p. Evaluation of the technique (0–4 p.): run towards	

the hurdle and jump (1 p.), jump over the hurdle (2 p.), run between the hurdles (1 p.). Relay: handover (0–4 p.), takeover (0–4 p.).
Note that the total score does not automatically equal the sum of all points. For example, if the student assumes the correct position during the “steady” command, but straightens their torso too early, they may score 0 for the technique as a whole.

Learning objectives:

Learning outcomes:

Learning outcomes:

The student

1. understands theoretically how short distance run works
2. applies this knowledge in the training process
3. understands training, methodology, and short distance running techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of training short distance running
6. develops complex knowledge of short distance run as a discipline

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

Short distance run: simple, hurdle, relay. Technique, training methodology, errors and their correction. Training short distance running in different age and performance groups. Current issues in athletics.

Recommended literature:

Recommended literature:

Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

DUFOUR, M. 2009. Pohybové schopnosti v tréningu. Praha: Mladá fronta. 192 s. ISBN 978-80-204-3461-6

LACZO, E. 2006. Prekážkové šprinty. Bratislava: IGM Agency. 140 s. ISBN 80-969268-9-6

MILLEROVÁ, V. a kol. 2001. Běhy na krátké tratě. Praha: Olympia. 288 s. ISBN 80-7033-570-X

Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Language of instruction:

Notes: student time load:

student time load

Notes: student time load X h. Total time load: 210 h. Presence study: 39 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Learning the short distance running techniques: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)
16.67	8.33	16.67	16.67	16.67	0.0	25.0

Instructor: prof. PaedDr. Ivan Čillík, CSc., Mgr. Miroslava Rošková, PhD.**Last changed:** 05.09.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-212	Course name: Sport Specialization 2 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – individual offensive drills (IOD): 0–20 p. - individual defence technique demonstration: 0–10 p. basic defensive stance (1 p.), player with the ball – defence (4 p.), player without the ball – defence (4 p.), defensive rebound (1 p.). Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform one of the defence drills properly, they may score 0 p. for the technique per se. Passive participation in the training process (observing basketball mite team and analysis) 0–20 p. - Seminar paper addressing IDT: 0–20 p. - written test from the theory addressed in lectures: 0–30 p. b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: Learning outcomes: The student: 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. understands the basic concepts – sports performance, player performance, collective performance, individual performance, basketball performance determinants 3. understands the methodology of the training process and knows suitable methodological and organisational forms to suit different sexes 4. can perform IAD properly	

5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

Basic concepts – sports performance, player performance, collective performance individual performance; identifying the psychological and sociological factors influencing basketball performance, evaluating player performance in basketball, analysing technical records, direct participation in a match, didactic techniques in the training process, methodological and organisational forms, tools, coach's management activities. Practical training and improving individual playing techniques.

Recommended literature:

Recommended literature:

1. DOBRY, L. – SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a trénink . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
 2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN 978-80-7376-130-1.
 3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
 4. IZÁKOVÁ, A. 2009. Vplyv pohybového programu na rozvoj kinesteticko-diferenciačných schopností mladých basketbalistiek. Dissertation thesis.
 5. PŘÍDAL, V. 2012. Herný výkon v športových hrách 2. vyd. Bratislava: ICM AGENCY, 2012, 101 s. ISBN 978-80-89257-49-2.
 6. RAINER, M. 2006. Úspěšný trenér. Praha: Grada publishing, 2006, 504 s. ISBN 80-247-1011-0.
 7. TOMÁNEK, L. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY ,2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/tomanek/ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)
 8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN 80-85669-47-5. <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/> <http://sbt.cbf.cz/> <http://www.4basket.cz/>
- Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do amostatnej práce.

Language of instruction:

Notes: student time load:

Recommended literature:

1. DOBRY, L. – SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a trénink . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN 978-80-7376-130-1.
3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
4. IZÁKOVÁ, A. 2009. Vplyv pohybového programu na rozvoj kinesteticko-diferenciačných schopností mladých basketbalistiek. Dissertation thesis.
5. PŘÍDAL, V. 2012. Herný výkon v športových hrách 2. vyd. Bratislava: ICM AGENCY, 2012, 101 s. ISBN 978-80-89257-49-2.
6. RAINER, M. 2006. Úspěšný trenér. Praha: Grada publishing, 2006, 504 s. ISBN 80-247-1011-0.

7. TOMÁNEK, E. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY ,2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/tomanek/ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)

8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN80-85669-47-5. <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.basketrener.sk/> <http://www.cbf.cz/> <http://sbt.cbf.cz/> <http://www.4basket.cz/>

Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do amostatnej práce.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	25.0	25.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-222	Course name: Sport Specialization 2 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the technique of cross-country skiing and shooting in biathlon: 20 p. Points for mastering the techniques of cross-country skiing and air rifle shooting: Imitation exercises (2 p.), classic cross-country skiing technique – preparatory exercises (1 + 1 + 2 p.). Skate skiing – preparatory exercises (2 + 2 p.). Air rifle shooting – prone (p.), standing (2 p.), preparatory balance exercises (2 p.), aiming (2 p.), firing (2 p.). b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. understands different cross-country skiing and shooting techniques in theory 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of cross-country skiing and shooting 6. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training. 	

Brief outline of the course:

Brief outline of the course:

The characteristics of cross-country skiing. The theoretical basis of the technique. Imitation exercises. The technique and methodology of cross-country skiing and air rifle shooting. Current issues in biathlon.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone.[Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.

PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9

TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.

ŠIMONEK, J., ZRUBÁK, A. a kol. 1995. Základy kondičnej prípravy v športe. Bratislava : FTVŠ UK, 1995.

SCHLANK, G. 2003. Učebné osnovy športovej prípravy v behu na lyžiach pre športové triedy základných škôl a osemročné gymnáziá. Bratislava : MŠ SR, 20003. 30 s.

Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 210 h. Combined study: 39 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparing to master the specialisation technique: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-262	Course name: Sport Specialization 2 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active participation in the training process. Written and oral examinations upon completion of the semester. b) final assessment: Project: 0–40 p. Written and oral exams: 0–60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. acquires theoretical knowledge of the subject matter and becomes able to analyse training contents 2. applies this knowledge in the training process 3. understands the subject matter 4. can evaluate the technique and identify shortcomings 5. can integrate swimming, gymnastics, and movement games into fitness training 	
Brief outline of the course: Brief outline of the course: - using gymnastic and swimming activities in general fitness training - movement games in general fitness training and general fitness training in sports games	
Recommended literature: Recommended literature: KRIŠTOFIČ, J. 2007. Kondiční trénink. Praha : Grada, 2005. 191 s. KRIŠTOFIČ, J. 2004. Gymnastická průprava sportovce. Praha : Grada. 2006. 112 s. NEUMANN, G. – PFÜTZEN, A. – HOTTENROTT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 181 s. +prednášky	
Language of instruction:	
Notes:student time load: Notes: student time load 210 h.	

Combined study (L, S, C): 39 h. Preparation for coaching: 40. Analysis of the practical performance, training evaluation: 20 h. Studying for the written test: 30 h. Studying for the oral exam: 81 h.						
Course assessment The final number of assessed students: 51						
A	B	C	D	E	FX(0)	FX(1)
11.76	23.53	33.33	21.57	9.8	0.0	0.0
Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., Mgr. David Brúnn, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-362	Course name: Sport Specialization 2 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - “UEFA Grassroots C” final paper: 0–80 p. - Written test: 0–20 p. b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires theoretical knowledge of the subject matter (children and youth training specificities) 2. uses this knowledge during the sit-in practice (youth and adult training units) 3. understands the subject matter 4. evaluates player performance during a football match (direct observation) and can use their theoretical and practical knowledge to design training plans can create their own UEFA Grassroots C final paper. 	
Brief outline of the course: Brief outline of the course: Adult sports training. Youth sports training (specificities). Basic planning in football, record-keeping, general and specific training indicators. Game management during a match. Biological and medical introduction, first aid basics in football. Plan creation: training unit designs and microcycles (workshop). Game-oriented training (practice). Preparatory games in the training process (practice). Match sit-in analysis: diagnosing individual playing techniques (part of UEFA Grassroots C). Sit-in record analysis. 2 training units (youth and adults) – part of the UEFA Grassroots C final project.	

Checking the completion of assignments. The UEFA Grassroots C final paper: = 2 microcycles with 2 training units each (1x small football forms, U12; 1x big football). Sit-in records (training units and 2 matches) + written test in accordance with the UEFA Grassroots C licence requirements.

Recommended literature:

Recommended literature:

KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4

KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier. Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5 Strana: 2 NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.

NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie. Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4

NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.

NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3

PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0

PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.

VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Up-to-date specialised journals, proceedings, and periodicals

Language of instruction:

Notes:student time load:

Notes: student time load 210 h.

Presence study: 39 h. Studying for the written test: 51 h. Preparation and sit-in practice: 30 h.

The UEFA Grassroots C final project: 40 h. Self-study of the recommended literature: 30 h.

Course assessment

The final number of assessed students: 31

A	B	C	D	E	FX(0)	FX(1)
3.23	9.68	45.16	32.26	3.23	3.23	3.23

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., doc. PaedDr. Pavol Pivovarniček, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-272	Course name: Sport Specialization 2 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms

- Coach understands the needs for the coaching environment to support the development of 21st century players.

Coach understands the structure of the SZLH Coach Licence and Development System.

- Coach understands the role of the assistant coach in building coach-athlete relationships and positive learning atmosphere.

Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.

- Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.
- Coach understands the importance and principles of proper equipment selection.
- Coach understands the principles of movement dynamics and related muscle functioning in ice hockey.

Coach has the basic understanding on the structure and function of the human body with practical implications for sports coaching.

- Coach understands the rules of the game.
- Coach is able to provide first aid in the case of emergency.

Brief outline of the course:

Brief outline of the course:

1. Principles for equipment selection.

- 2.

Preparation for the demo session - Prerequisites for practice organization: use of ice, structure for the training session, supporting the autonomy, principles for drill design

3. Introduction to coaching competence areas; training process management

4. Coaching competence areas, training content, session management

5. The ice hockey didactic forms

6. Training and improvement

7. Dynamic warm-up

8. Preparation for the practical demonstration – on-ice training: training and improvement of individual player activities, preparation games (small-space games), training unit examples, etc.

Other:

Active participation in classes

Submitting acceptable on- and off-ice session plans

- Active participation in 20 on-ice trainings
- Training units are recorded in the Drillbook
- Presentation of the selected topic
- Test/oral exam

Recommended literature:

Recommended literature:

SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov

SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni

SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov

BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučování v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.

PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
 STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
 TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
 TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
 VÝBOH, A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.

Internetové zdroje:

Dostupné na:

Tréningový portal mládeže

[online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].

<https://www.usahockey.com>

Language of instruction:

Notes:student time load:

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.

Self-study of the recommended literature: 4 h.

Course assessment

The final number of assessed students: 21

A	B	C	D	E	FX(0)	FX(1)
0.0	14.29	57.14	14.29	9.52	0.0	4.76

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-232	Course name: Sport Specialization 2 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training in the sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student understands the mat-hold judo techniques 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of mat-hold judo techniques and is able to apply them in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.	
Language of instruction:	
Notes:student time load: Time load for the student: 210 h. Combined study (L, S, C): 39 self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30	

Studying for the oral exam: 90						
Course assessment						
The final number of assessed students: 6						
A	B	C	D	E	FX(0)	FX(1)
83.33	16.67	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-tre-242		Course name: Sport Specialization 2 – Karate				
Type, extent and method of instruction:						
Form of instruction: Lecture / Seminar						
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 13 / 26						
Method of study: combined						
Number of credits: 7						
Recommended semester/trimester: 2.						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 2						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	50.0	0.0	50.0	0.0	0.0
Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-252	Course name: Sport Specialization 2 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR 6. develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Dominant factors affecting kickbox performance. Age-related changes to the performance structure in competitive kickbox disciplines. Identifying youth talents.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9	

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6. ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes: student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.

Preparation for the evaluation: 90 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
50.0	50.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-292	Course name: Sport Specialization 2 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of snowboarding and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Learn about short-distance snowboarding techniques: training and its methodology	

Mastering snowboarding on different terrains in practice. Snow, types of snow, snowboarding gear. Waxing – types of wax, types of snowboards, tools and agents. Snowboarding characteristics. Imitation exercises. Current issues in snowboarding.

Recommended literature:

Recommended literature:

BINTER, L. 2006. Snowboarding. Praha : Grada, 2006. ISBN 80-247-1474-4. BRODA, T. 1990.

Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990.

MICHAL, J.: Snowboarding. Študijný materiál pre učiteľov I. kvalifikačného stupňa. Banská Bystrica: SAS, 2010. 56 s.

MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.

MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.

ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.

VOBR, R. Snowboarding. České Budějovice : Kopp, 2006. ISBN 80-7232- 296-6.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparing to master the the specialisation technique: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-302	Course name: Sport Specialization 2 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: 1. The student has theoretical knowledge of gymnastic training management 2. applies the knowledge and skills they have acquired during their study in practice to create their diploma thesis. 3. understands training, methodology, and techniques including the differences among age groups 4. can evaluate the techniques and correct the errors, understands the training methodology (basic exercises) 5. develops complex knowledge of the discipline and is able to apply it in pre-training and in turn, training.	
Brief outline of the course: Brief outline of the course: The theoretical basis of the technique. Mastering the technique, methodology, and basic practical skills	

(younger pupils). Current issues.

Recommended literature:

Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: Šport, 1980. 298 s.
4. HATJAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. KAMP MILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICMAgency, 2012. 353 s.
6. KREM NICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYM NASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
9. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
10. Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie dosamostatnej práce.

Language of instruction:

Notes: student time load:

es – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process.

30 h. Preparation for mastering of the technique.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-282	Course name: Sport Specialization 2 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar papers and their presentation, active participation in classes, written test (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%). a) continuous assessment: - Seminar paper presentation: 20 p. - Active participation in classes: 10 p. - Written test – 20 p. - b) final assessment: Based on the continuous assessment – 50 p. Oral exam – 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of swimming styles and biomechanics - understands the specificities of swimming training and the concept of fitness training in and out of water - knows the swimming terminology	
Brief outline of the course: Brief outline of the course: Techniques and biomechanics of swimming styles, starts, and turns. The structure of swimming performance, sports training specificities and components, the personality of swimmer and coach, the concept of fitness swimming training in and out of water	
Recommended literature:	

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učebnítexy. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN0-7360-3180-9
5. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Köln (Germany) : Institut für Kreislanfforschung und Sportmedizin, 1997.
6. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing SwimTraining. 1.vyd. Luton (England) : Swimshop, 2000.
7. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
8. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

- Combined study: 39 h.
- Preparation of the presentation: 40 h.
- Studying for the written test: 30 h.
- studying for the oral exam: 101 h.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
37.5	12.5	37.5	12.5	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-312	Course name: Sport Specialization 2 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Practical demonstration of taekwondo judge gestures – 20 p. Active participation in training in a sports club 0–20 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands taekwondo as a system, knows competitions, development and organisations 4. applies their knowledge to performance evaluation 5. evaluates the history and development of olympic taekwondo in terms of the WT structure	
Brief outline of the course: Brief outline of the course: The system and structure of taekwondo techniques in the context of the qualification requirements. The system and organisation of taekwondo competitions. Taekwondo competition disciplines and categories. The rules of Olympic taekwondo (WT) in different disciplines. Judge gestures in practice	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9 4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9	

<p>5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9</p> <p>6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2</p>						
Language of instruction:						
Notes:student time load:						
Notes: student time load						
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.						
Active participation in the training process: 40 h. Preparation for the training process: 30 h.						
Studying for the exam: 60 h.						
Course assessment						
The final number of assessed students: 1						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	100.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-372	Course name: Sport Specialization 2 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Basic knowledge of hiking. <ul style="list-style-type: none">• Natural navigation – orography.• The system of hiking signs.• Material and technological hiking equipment.• Nature protection and legislation – environmental education.• Hiking in practice.	
Recommended literature: Recommended literature: 1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0. 2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s. 3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724 4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FH a PV PU, 2002. 266 s. ISBN 80-8068-097-3	

5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a športy v prírodě. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes: student time load:

Notes: student time load

Notes: student time load: 210 h. Presence study: 39 h.

Preparation for the evaluation: 10 h.

Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-322	Course name: Sport Specialization 2 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering volleyball techniques: 20 p. 1. Two-hand rebound (upwards) – fingers (5 p.): moving towards the ball (1 p.), arm work (1 p.), leg work (1 p.), torso movement (1 p.), body movement after rebounding (1 p.). 2. Two-hand rebound (from below) – bump pass (5 p.): moving towards the ball (1 p.), arm work (1 p.), leg work (1 p.), torso movement (1 p.), body movement after rebounding (1 p.). 3. Overhand serve (5 p.): ball dump (1 p.), torso movement (1 p.), arm movement (1 p.), body movement after rebounding (1 p.), correct serving (1 p.) 4. Underhand serve (5 p.): ball dump (1 p.), torso movement (1 p.), body movement after serving (1 p.), correct serving (1 p.) Note that the total score does not automatically equal the sum of all points. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student - has the theoretical knowledge of volleyball techniques - applies this knowledge in the training process - is acquainted with training specificities including the age-related ones	

- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of the discipline and is able to apply it in training.

Brief outline of the course:

Brief outline of the course:

The theory of volleyball techniques.

Mastering the technique, methodology, and basic practical skills Current issues.

Recommended literature:

1. Recommended literature:

2. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s.

3. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7

4. HANÍK, Z. - MATĚJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16

5. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s.

6. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie.

Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4

7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.

8. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9.

9. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

Presence study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for mastering of the technique. 101 h.

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
80.0	0.0	0.0	0.0	20.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-332	Course name: Sport Specialization 2 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of snatch as a weightlifting discipline 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of weightlifting (snatch) and is able to apply it in training	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	
Language of instruction:	
Notes:student time load: Notes: student time load	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-342	Course name: Sport Specialization 2 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of wrestling. 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of wrestling and is able to apply it in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.	
Language of instruction:	
Notes: student time load: Notes: student time load	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-353	Course name: Sport Specialization 3 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of downhill skiing and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Selection for the sports forms and schools. Evaluating the selection model for downhill skiing. Coaching and management. Coach and athlete. Current issues in downhill skiing. Getting	

acquainted with the downhill skiing research performed at the department/active participation in research.

Recommended literature:

Recommended literature:

BRODA, T. 1990. Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990. HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979

MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.

ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.

Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparing to master the the specialisation technique: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	100.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-203	Course name: Sport Specialization 3 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. b) final assessment: - Presentation delivered during a class: 0–20 p. - Active participation in an athletic race: 0–10 p. - Active participation in the training process 0 – 20 p. (participation in min. 10 training units) - mastering the techniques of racewalking and endurance run: 0–10 p. - written and oral exams: 0–40 p. mastering the techniques of racewalking and endurance run: 0–10 p. 1. Racewalking technique (0–6 p.): walking alphabet (0–3 p.), racewalking technique (0–3 p.). 2. Endurance run techniques: 0–4 p.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. understands running and racewalking in theory 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of running and racewalking including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of Learning outcomes:	

The student

1. understands running and racewalking in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of running and racewalking including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

Middle and long-distance runs, racewalking Technique, training methodology, errors and their correction. Training runs and racewalking in different age and performance groups. Current issues in athletics

Recommended literature:

Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

KORČOK, P. - PUPIŠ, M. 2006. Všetko o chôdzi. 1st Ed. Banská Bystrica : Univerzita Mateja Bela, 2006. 236 s. ISBN 80-8083-185-8.

PANUŠKA, P. 2014. Rozvoj vytrvalostních schopností. Praha: Mladá fronta. 120 s. ISBN 978-80-204-3391-6

PUPIŠ, M. 2009. Športová príprava a súťaženie v chôdzi na 50 km. 1st Ed. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, 2009. 93 s. ISBN 978-80-8083-888-1.

PUPIŠ, M. 2018. Atletická chôdza : učebné texty pre trénerskú špecializáciu atletika a školenia trénerov atletiky. 1st Ed. Bratislava : Slovenský atletický zväz, 2018. 74 s. ISBN 978-80-8141-170-0.

Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Language of instruction:

Notes:student time load:

student time load

Student time load: X h.

Total time load: 210 h.

Presence study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Learning the technique of runs and racewalking, developing endurance: 20 h. Studying for the oral exam: 81 h.

Course assessment

The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
7.14	7.14	50.0	28.57	7.14	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-213	Course name: Sport Specialization 3 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – offensive combinations: 0–20 p. - offensive combinations demonstration: 0–10 p. The “Throw-run” technique, combining different sequences (4 p.), blocking (3 p.), offensive numerical superiority (3 p.). Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the whole “throw-run” sequence properly, they may score 0 p. for the passing technique per se. - Tournament organisation, judging: 0–10 p. Creating a training unit plan and training microcycle for a basketball mite team: 0–10 p. Active participation in the training process in the basketball mite team and a demonstration of correct techniques: 0–10 p. Seminar paper addressing offensive combinations: 0–20 p. written test from the theory addressed in lectures: 0–20 p. b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. knows how talented youth can be picked for training with regard to the sex differences 3. understands coaching activities 4. can perform offensive combinations properly 5. can evaluate match recordings and navigates the specialised literature. 	

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

The theory of picking young talents. Selection for the sports forms and schools. Evaluating the basketball selection models, sex differences. The management aspect of coaching in basketball – planning, records, diagnostics, evaluation.

Coach's personality. Practical training and improving offensive combination techniques.

Recommended literature:

Recommended literature:

1. DOBRY, L. – SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a trénink . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
2. HULKA, K. - VÁLEK, Š., 2013. Management náboru a sportovní příprava dětí v minibasketbale, 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2013, 57 s. ISBN 978-80-244-3383-7.
3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
4. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
5. PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s.
6. RAINER, M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
7. ŠIMONEK, J. - ŽIDEK, R. 2019. Talent v športe. Pedagogická fakulta Univerzity Konštantína Filozofa v Nitre. 2019, 104 s. ISBN 978-80-558-1413-1.
8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 162 s. ISBN 80-85669-47-5.
<http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/>
<http://sbt.cbf.cz/> <http://www.4basket.cz/> Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do samostatnej práce.

Language of instruction:**Notes: student time load:**

student time load

Time load for the student: Total: 120 h. Combined study (lectures/seminars/consultations): 26 h. Preparation of the presentation: 20 h. Studying for the written test: 24 h. Preparation and organisations of matches and tournaments: 30 h. Written preparation for conducting of the training unit: 20 h.

Course assessment

The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)
0.0	44.44	11.11	44.44	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-223	Course name: Sport Specialization 3 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - mastering the technique of ski waxing and shooting in biathlon: 10 p. Mastering the technique of ski waxing and small-caliber rifle shooting in biathlon: Cleaning skis (1 p.), paraffin waxing (1 p.), classic waxing (2 p.). Small-caliber rifle shooting – prone (p.), standing (1 p.), preparatory balance exercises (1 p.), aiming (1 p.), firing (1 p.), breathing and shooting rhythm (1 p.). b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. has theoretical knowledge of talent selection in biathlon 2. understands cross-country skiing and shooting in theory 3. applies this knowledge in the training process 4. understands training, methodology, and techniques including the differences among age groups 5. applies their knowledge to evaluate the performance of the contemporary athletes 6. can evaluate the techniques and correct the errors, understands the training methodology 	

7. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:

Selection for the sports forms and schools. Evaluating the selected model for biathlon. Coaching and management in biathlon. Coach and athlete. Small-caliber rifle shooting. Types of snow and wax. Ski waxing. Current issues in biathlon. Getting acquainted with the biathlon research performed at the department/active participation in research.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.

PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9

TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.

Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study: 39 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-263	Course name: Sport Specialization 3 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active participation in the training process. Project preparation. Written and oral examinations upon completion of the semester. b) final assessment: Project: 0–30 p. Written exam: 0–20 p. Oral exam: 0–50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter – developing aptitude for strength training 2. applies this knowledge in the training process 3. understands the subject matter (strength abilities) 4. can evaluate the technique and identify shortcomings 5. can apply training focused on developing strength abilities – weightlifting basics	
Brief outline of the course: Brief outline of the course: Developing strength abilities in recreational and performance sports - the basics of breathing during exercise - the basics of exercises with tools - the basics of exercises with equipment - weightlifting training basics - classification of strength training - strength training (maximum strength, hypertrophy)	
Recommended literature: Recommended literature: JARKOVSKÁ, H., JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha : Grada. 2009. 208 s.	

VANDERKA, M. 2008. Silové a rýchlostno-silové schopnosti v kondičnej príprave športovcov. Slovenská vedecká spoločnosť pre telesnú výchovu a šport, Bratislava, 2008
Vzpieranie 1 – kolektív autorov. 2012. ICM AGENCY – Bratislava, 2012. 74 s.

Language of instruction:

Notes:student time load:

Notes: student time load Total: 210 h. Combined study (lectures/seminars/consultations): 39 h.
Preparation for coaching: 40 h.
analysis of the practical performance, training evaluation: 21 h. Preparation of the project: 40 h.
Self-study for the written and oral examinations. 70 h.

Course assessment

The final number of assessed students: 53

A	B	C	D	E	FX(0)	FX(1)
20.75	22.64	24.53	15.09	9.43	1.89	5.66

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brúnn, PhD., Mgr. Jozef Sýkora, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-363	Course name: Sport Specialization 3 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Seminar paper presentation – game system (defence and offense): 0–20 p. - Sit-in record analysis: 0–20 p. - Football rules (test): 0–20 p. - Methodological output addressing the selected topic: 0–40 p. b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. can use their knowledge of football didactics in working with a group of players 3. can analyse the selected indicators of external load (individual players/player groups/whole team) 3. can analyse the basic game combinations and game system of a team upon observation 4. can apply their knowledge in physical ability development 5. can apply their knowledge to influence a player’s mental and fitness profile 6. can design and implement a training unit plan 7. knows the basic football rules 8. can provide basic first aid to a football player 9. can manage a peer microgroup in the organisation of sample training units 	
Brief outline of the course: Brief outline of the course: Training and game preparation components. Building a team.	

Offence and defence combinations – characteristics and applications. Game systems, player roles, requirements. Nutrition in sports. Psychological preparation in football. MOF in training. Fitness training in football. Football warm-up techniques (practice). Goalie techniques. First aid basics (regeneration, physiotherapy, injury prevention). Analysis of a match and team management (small forms, 11:11) – a presentation. Training unit management – methodological output and design. Training unit observation. Match observation (2x). Football rules (test).

Recommended literature:

Recommended literature:

KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4

KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier. Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5 NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.

NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie. Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4

NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.

NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3

PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0

PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.

VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

Presence study: 39 h. Seminar paper: 41 h.

Methodological output and training unit design: 60 h. Match observation and analysis: 50 h.

Self-study of the recommended literature: 20 h.

Course assessment

The final number of assessed students: 28

A	B	C	D	E	FX(0)	FX(1)
3.57	3.57	46.43	39.29	7.14	0.0	0.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-273	Course name: Sport Specialization 3 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms
- Coach understands the needs for the coaching environment to support the development of 21st century players.
- Coach understands the structure of the SZLH Coach Licence and Development System.
- Coach understands the structure of the SZLH Coach Licence and Development System.
- Coach is aware of their own strengths and development needs and, with appropriate support, is able to build a personal development plan (active use of different development methods).
- Coach has good self-management skills to be able to deal with different issues in a constructive and positive manner.
- Coach acknowledges the importance of good coach-athlete relationship and is actively working to develop that.
- Coach acknowledges the importance of positive learning atmosphere and is actively working to develop that (setting team values and behavioural norms, communication and the use of feedback etc.).
- Coach is actively working to develop the co-operation with parents, game officials and other stakeholders (club management etc.).
- Coach understands the principles for individual and team development in different stages and is able to manage the development planning process respectively.
- Coach understands the principles and training implications for conditioning and recovery in different stages of player development.
- Coach is able to manage training sessions effectively to support individual and team play development in respective category (practice structure and organization, support for learning).
- Coach is able to use appropriate on-ice methods to support individual and team development in respective category.

Brief outline of the course:

Brief outline of the course:

1. Principles for equipment selection.

2.

Preparation for the demo session - Prerequisites for practice organization: use of ice, structure for the training session, supporting the autonomy, principles for drill design

3. Introduction to coaching competence areas; training process management

4. Coaching competence areas, training content, session management

5. The ice hockey didactic forms

6. Training and improvement

7. Dynamic warm-up

8. Preparation for the practical demonstration – on-ice training: training and improvement of individual player activities, preparation games (small-space games), training unit examples, etc.

Other:

Active participation in classes

•

Submitting acceptable on- and off-ice session plans

- Active participation in 20 on-ice trainings

- Training units are recorded in the Drillbook

- Presentation of the selected topic

- Test/oral exam

Recommended literature:

Recommended literature:

SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučovaní v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.
PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
VÝBOH, A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
[online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].
<https://www.usahockey.com>

Language of instruction:**Notes:student time load:**

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.

Self-study of the recommended literature: 4 h.

Course assessment

The final number of assessed students: 20

A	B	C	D	E	FX(0)	FX(1)
0.0	10.0	40.0	30.0	5.0	15.0	0.0

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-233	Course name: Sport Specialization 3 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student understands standing judo techniques 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of standing judo techniques and is able to apply them in training.	
Brief outline of the course: Brief outline of the course: Standing position judo techniques. Training standing hold techniques. Training and improvement of defence techniques. Learning, learning-training, and training fights. Standing position judo techniques – rules.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.	
Language of instruction:	

Notes:student time load:

Notes: student time load 210 h. Combined study (L, S, C):

39

self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30

Studying for the oral exam: 90 h.

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
60.0	20.0	20.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-243	Course name: Sport Specialization 3 – Karate
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in karate training in a sports club 0–20 p. a demonstration of karate techniques in a kumite fight 0–20 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kumite coaching activities 4. knows the factors affecting kumite sports performance 5. understands the contents and phases of kumite sports training 6. can create a complex kumite training plan	
Brief outline of the course: Brief outline of the course: Contents, system, and planning sports training for karate fighters (kumite). The concept of a yearly training plan. Yearly training cycle: training plans for the preparatory, main, and transition periods. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-53. 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9	

4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a emocionálna odolnosť slovenských pretekárov v športovom karate. In: Studia kinanthropologica : vedecký časopis pro kinantropologii. - České Budějovice : Jihočeská univerzita, 2016. - ISSN 1213-2101. - Vol. 17, no. 3 (2016), pp. 443-450.
6. SLIŽIK, M. - MICHALOV, L. 2014. Load diagnostics and the use of hyperoxia as a way to accelerate recovery in karate and judo performance. České Budějovice : University of South Bohemia in České Budějovice, 2014. - 100 s. ISBN 978-80-7394-474-2
7. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
8. ZBIŇOVSKÝ, P. 2010. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Karolinum, 2010, s. 203 – 209, ISBN 978-80-246-1881
9. ZBIŇOVSKÝ, P. 2002. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6
10. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.

exam preparation: 90

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	0.0	0.0	50.0	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-253	Course name: Sport Specialization 3 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR 6. develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Planning kickboxer sports training. Yearly training plan. Training plans for the preparatory, main, and transition periods. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluation of the individual training tools.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN	

80-7096-077-9						
Language of instruction:						
Notes:student time load: Notes: student time load 210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h. Preparation for the evaluation: 90 h.						
Course assessment The final number of assessed students: 3						
A	B	C	D	E	FX(0)	FX(1)
33.33	33.33	0.0	33.33	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-293	Course name: Sport Specialization 3 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 10 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of snowboarding and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Selection for the sports forms and schools. Evaluating the selection	

model for snowboarding. Coaching and management. Coach and athlete. Current issues in snowboarding. Getting acquainted with the snowboarding research performed at the department/ active participation in research.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Language of instruction:

Notes: student time load:

Notes: student time load 210 h. Presence study (L, S, C): 39 h.

Self-study: 80 h. Topic presentation: 1 h. Presentation preparation: 20 h. Active participation in the training process: 40 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-303	Course name: Sport Specialization 3 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering the specialisation technique: 10 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: 1. The student understands the theory of picking young talents 2. understands the specificities of children and youth training 3. applies the knowledge and skills they have acquired during their study in practice to create their diploma thesis. 4. is acquainted with training specificities including the age-related ones 5. applies their knowledge to evaluate the performance of the contemporary athletes 6. develops complex knowledge of the discipline and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: The theory of picking young talents Selection for the sports forms, schools, and clubs. Children and youth training	

The management aspect of coaching – planning, records, diagnostics, evaluation.
Coach's personality.
New trends in the discipline's development.

Recommended literature:

Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. HAVLÍČEK, I. 1986. Aktuálne problémy vo výbere a tréningu športovo talentovanej mládeže. Praha: VMO ÚV ČSTV, 1986. 33 s.
6. KREMnickÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYMNASIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
9. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
10. Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie dosamostatnej práce.

Language of instruction:

Notes: student time load:

Notes – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Training plans design: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-283	Course name: Sport Specialization 3 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes, written and oral exams. a) continuous assessment: - Seminar paper preparation – 20 p. - Written test – 20 p. - Active participation in classes: 10 p. b) final assessment: Based on the continuous assessment – 50 p. Oral exam – 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of the importance of swimming, - knows the development of swimming didactics, its goals and tasks - understands the teaching units, didactic styles and principles - understands the efficiency of teaching swimming - knows the goal, contents, and specificities of pre-swimming preparation - knows water games and the specificities of teaching swimming - knows the swimming terminology	
Brief outline of the course: Brief outline of the course: The importance of swimming, the evolution of swimming didactics, its goals and tasks, tools, and methods.	

Swimming didactics, swimming teaching unit, didactic styles and principles, efficiency of teaching swimming and its specificities, teaching swimming to handicapped children, diagnostics in different stages of basic swimming training

Recommended literature:

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učebnítexy. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois(USA) : Mosters press, 1999. ISBN 1-57028-206-4.
5. HANNULA, D. Coaching swimming successfully. 1st Ed. USA : Human kinetics, 1995.
6. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN0-7360-3180-9
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing SwimTraining. 1.vyd. Luton (England) : Swimshop, 2000.
8. MANDZÁK, P. a kol. 2011. Návčik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
9. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

- Combined study: 39 h.
- Preparation of the presentation: 40 h.
- Studying for the written test: 40 h.
- studying for the oral exam: 91 h.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	62.5	37.5	0.0	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-313	Course name: Sport Specialization 3 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Active participation in training in a sports club 0–20 p. A demonstration of taekwondo techniques in a match: 0–20 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands taekwondo training specificities 4. knows the factors affecting taekwondo sports performance 5. understands the contents and phases of taekwondo sports training 6. can create a complex taekwondo training plan for a specific discipline.	
Brief outline of the course: Brief outline of the course: Contents, system, and planning sports training in different taekwondo disciplines. The concept of a yearly training plan. Training plans for the preparatory, main, and transition periods of YTC. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9	

<p>4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9</p> <p>5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9</p> <p>6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2</p>						
Language of instruction:						
Notes:student time load:						
Notes: student time load						
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.						
Active participation in the training process: 40 h. Preparation for the training process: 30 h.						
Studying for the exam: 60 h.						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-373	Course name: Sport Specialization 3 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. Continuous assessment: seminar paper and practice: 0–40 p. Final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Content standard (syllabus): Basic knowledge of hiking. <ul style="list-style-type: none"> • Natural navigation – orography. • The system of hiking signs. • Material and technological hiking equipment. • Nature protection and legislation – environmental education. • Hiking in practice. 	
Recommended literature: Recommended literature: 1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii	

- pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
 3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
 4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
 5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
 6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
 7. NEUMAN, J. et al. 2000. Turistika a športy v prírode. Praha: Portál, 2000. ISBN 8071783919
 8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes: student time load:

Notes: student time load

Notes: student time load: 210 h. Presence study: 39 h.

Preparation for the evaluation: 10 h.

Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-323	Course name: Sport Specialization 3 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - Mastering volleyball techniques: 10 p. 1. Attack – spike (5 p.): run-up (1 p.), rebound (1 p.), hit (1 p.), landing (1 p.), tactics (1 p.) 2. Block (5 p.): moving towards the blocking spot (1 p.), rebound (1 p.), arm movement (1 p.), blocking arm position (1 p.), blocking body position with landing (1 p.). Note that the total score does not automatically equal the sum of all points. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - has theoretical knowledge of talent selection in volleyball - understands the specificities of children and youth training - applies this knowledge in the training process - understands training, methodology, and practice - applies their knowledge to evaluate the performance of the contemporary athletes - develops complex knowledge of the discipline and is able to apply it in children and youth training. 	

Brief outline of the course:

Brief outline of the course:

The theory of picking young talents.

Selection for the sports forms, schools, and clubs. Children and youth training

The management aspect of coaching in volleyball – planning, records, diagnostics, evaluation.

Coach's personality.

New trends in the discipline's development.

Recommended literature:

Recommended literature:

1. Recommended literature:

2. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s.

3. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7

4. HANÍK, Z. - MATĚJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16

5. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s.

6. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie.

Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4

7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.

8. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9.

9. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 210 h.

Presence study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
20.0	0.0	0.0	40.0	20.0	20.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-333	Course name: Sport Specialization 3 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of clean and jerk as a weightlifting discipline 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of weightlifting (clean and jerk) and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Brief outline of the course: Technical activities and skills related to the clean and jerk discipline in weightlifting. Training and improvement. Weightlifting rules (clean and jerk).	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovní tréning. Praha: Granda Publishing a.s., 2010. 68 s.	

Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:

Notes: student time load

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.

Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
0.0	100.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-343	Course name: Sport Specialization 3 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of wrestling 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of wrestling and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: Technical activities and skills related to wrestling. Training and improvement. Wrestling rules.	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovný tréning. Praha: Granda Publishing a.s., 2010. 68 s. avrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	
Language of instruction:	
Notes:student time load:	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-354	Course name: Sport Specialization 4 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - techniques and complex practical skills: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points (%).	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of downhill skiing - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of downhill skiing and is able to apply it in training	
Brief outline of the course: Brief outline of the course: The system and structure within this sports specialisation in Slovakia and abroad (current changes). Load and microcycles during the yearly training cycle. Modelling sports performance. Analysing the techniques and removing shortcomings. Complex theoretical knowledge of training management.	

Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.

HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979

KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h.

Combined study: 26 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Preparation for the exam: 64 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-204	Course name: Sport Specialization 4 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. b) final assessment: - Presentation delivered during a class: 0–10 p. - Active participation in an athletic race: 0–10 p. - Active participation in the training process 0 – 20 p. (participation in min. 10 training units) - mastering the technique of athletic jumps 0–40 p. - written and oral exams: 0–40 p. mastering the technique of athletic jumps 0–40 p. 1. Long jump (0–5 p.) 2. High jump (0–5 p.) 3. Triple jump (0–8 p.) 4. Pole vault (0–5 p.) 1. Long jump (0–5 p.) Preparatory exercises (0–2 p.), short run-up technique (0–3 p.). 2. High jump (0–5 p.) Preparatory exercises (0–2 p.), short run-up technique (0–3 p.). 3. Triple jump (0–5 p.) Preparatory exercises (0–2 p.), short run-up technique (0–3 p.). 4. Pole vault (0–5 p.) Preparatory exercises (0–2 p.), short run-up technique (0–3 p.).	
Learning objectives: Learning outcomes: The student 1. has theoretical knowledge of jumping disciplines 2. applies this knowledge in the training process	

3. understands training, methodology, and techniques of jumps including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of training jumps
6. develops complex knowledge of jumps as a discipline

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

Jumps: long jump, high jump, triple jump, pole vault; preparatory jumping exercises. Technique, training methodology, errors and their correction. Training jumps in different age and performance groups. Current issues in athletics.

Recommended literature:

Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s. Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Language of instruction:

Notes: student time load:

Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s. Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	25.0	12.5	37.5	0.0	0.0	25.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-214	Course name: Sport Specialization 4 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – defence combinations: 0–20 p. - defence combinations demonstration: 0–10 p. offensive numerical superiority (4 p.), blocking (3 p.), strengthening defence (2 p.), special situations (1 p.) Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the whole sequence properly, they may score 0 p. for the whole technique. - Tournament organisation, judging 0–10 p. - Creating a training unit plan and training microcycle for younger pupils: 0–10 p. - Active participation in the training process (younger pupils) and a demonstration of correct techniques: 0–10 p. - Seminar paper addressing defence combinations: 0–20 p. - written test from the theory addressed in lectures: 0–20 p. b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. understands the basic concepts of sports preparation, its components, parts, and stages, sports training and its pedagogical and psychological principles, record-keeping, training process forms, yearly training cycle – periodisation, tasks 3. can perform defence combinations properly 	

4. can design a training plan (macrocycle, mesocycle, microcycle)
5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:

Brief outline of the course:

Learn the basic concepts in sports training – its components, parts, and stages, sports training and its pedagogical and psychological principles, record-keeping, training process forms, yearly training cycle – periodisation, tasks. Practical training and improving defence combination techniques.

Recommended literature:

Recommended literature:

1. BENČE, L. 2012. Základy antropomotoriky. B.Bystrica: Univerzita Mateja Bela, Fakultahumanitných vied, 2012, 105 s. ISBN 978-80-8141-022-2
 2. ČILLÍK, I. a kol. 2014. Teória a didaktika atletiky. Banská Bystrica: SAZ v spolupráci s Filozofickou fakultou Univerzity Mateja Bela v Banskej Bystrici, 2014, 251 s. ISBN 978-80-8141-078-9.
 3. DOBRY, L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
 4. DOBRÝ, L. 1986. Malá škola basketbalu. Praha: Olympia, 1986, 196 s.
 5. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013, 155 s. ISBN 978-80-557-0551-4.
 6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
 7. RAINER, M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
 8. ŠIMONEK, J. - HORIČKA, P. 2020. Agilita v športe. Nitra: PF UKF v Nitre, 2020, 160 s. ISBN 978-80-558-1566-4.
 9. THOMPSON, J. 2010. Trénink 2. Výchova k úspěchu ve sportu i v životě. Praha: Mladá fronta, 2010, 74 s. ISBN 978-80-204-4692-3. 4. <http://www.basketbal-drills-and-plays.com> <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/> <http://sbt.cbf.cz/> <http://www.4basket.cz/>
- Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:**Notes: student time load:**

Recommended literature:

1. BENČE, L. 2012. Základy antropomotoriky. B.Bystrica: Univerzita Mateja Bela, Fakultahumanitných vied, 2012, 105 s. ISBN 978-80-8141-022-2
2. ČILLÍK, I. a kol. 2014. Teória a didaktika atletiky. Banská Bystrica: SAZ v spolupráci s Filozofickou fakultou Univerzity Mateja Bela v Banskej Bystrici, 2014, 251 s. ISBN 978-80-8141-078-9.
3. DOBRY, L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
4. DOBRÝ, L. 1986. Malá škola basketbalu. Praha: Olympia, 1986, 196 s.
5. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013, 155 s. ISBN 978-80-557-0551-4.
6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
7. RAINER, M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
8. ŠIMONEK, J. - HORIČKA, P. 2020. Agilita v športe. Nitra: PF UKF v Nitre, 2020, 160 s. ISBN 978-80-558-1566-4.

9. THOMPSON, J. 2010. Trénink 2. Výchova k úspěchu ve sportu i v životě. Praha: Mladáfronta, 2010, 74 s. ISBN 978-80-204-4692-3. 4. <http://www.basketbal-drills-and-plays.com> <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/> <http://sbt.cbf.cz/> <http://www.4basket.cz/>

Foreign and domestic journals and internet sources for additional self-study.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	37.5	37.5	25.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-224	Course name: Sport Specialization 4 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex biathlon technique and practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - techniques and complex practical skills: 20 p. Evaluation of the techniques and complex practical skills: Complex skills in biathlon shooting: arrival to the shooting range and assuming the shooting position (2 p.) gun handling (2 p.) shooting technique (2 p.) leaving the shooting mat (2 p.) Skate skiing with the gun on the back (two techniques: 3+3 p.). Waxing the skate skis: cleaning, paraffin waxing, powder waxing (6 p.). b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. understands cross-country skiing and shooting in theory 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 	

6. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:

The system and structure within this sports specialisation in Slovakia and abroad (current changes). Load and microcycles during the yearly training cycle. Modelling sports performance in biathlon. Analysing the techniques and removing shortcomings. Complex theoretical knowledge of training management in biathlon. Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching. Research and participation in the Student Research Activity.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.

PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9

TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.

Up-to-date specialised journals, proceedings, and periodicals

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h. Combined study: 26 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Seminar preparation: 64 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-264	Course name: Sport Specialization 4 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: course completion conditions: Active participation in the training process. Project preparation. Written and oral examinations upon completion of the semester. b) final assessment: Project: 0–30 p. Written exam: 0–20 p. Oral exam: 0–50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. acquires theoretical knowledge of the subject matter – physical abilities 2. applies this knowledge in the training process 3. understands the subject matter of developing physical abilities 4. can evaluate the technique and identify shortcomings 5. can apply training focused on developing speed and endurance 	
Brief outline of the course: Brief outline of the course: Brief outline of the course: Developing strength abilities in recreational and performance sports <ul style="list-style-type: none"> - The principles of fitness training - Fitness coach's role - Pillar/middle of the body/core - Plyometrics - Strength abilities - Speed - Endurance Regeneration.	
Recommended literature: Recommended literature:	

ČILLÍK, I. 2004. Športová príprava v atletike. FHV UMB Banská Bystrica KRIŠTOFIČ, J. 2006. Pohybová príprava detí. Praha : Grada. 2006. 112 s.
 SEDLÁČEK J. a kol. 2007. Kondičná atletická príprava a rekreačná atletika. Bratislava UK, 2007, 165 s.
 ŠIMONEK, J. - DOLEŽAJOVÁ, L.-LEDNICKÝ, A. Rozvoj výbušnej sily dolných končatín. Bratislava
 TVRZNÍK, A. – SOUMAR, L. – SOULEK, I. 2004. Běhání. Praha: Grada, 2004. 109 s. ISBN 80-247-0715-2.

Language of instruction:

Notes:student time load:

Notes: student time load 180 h.

Combined study (L, S, C): 26 h. Project preparation: 30 h. Training preparation, analysis of the practical performance, training evaluation: 44 h. Self-study for the oral and written exams: 80 h.

Course assessment

The final number of assessed students: 42

A	B	C	D	E	FX(0)	FX(1)
23.81	21.43	26.19	11.9	9.52	2.38	4.76

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. David Brúnn, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-364	Course name: Sport Specialization 4 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: Presentation of the training results. Evaluation of the training units and matches: 0–100 p. b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies their knowledge to prepare training units 3. applies their knowledge to conduct training units 4. applies their theoretical knowledge to evaluate the matches 5. can evaluate whether the training unit goal has been achieved 6. can keep proper training records; design training units, microcycles, and monthly training plans for a selected team and evaluate the aforementioned. 	
Brief outline of the course: Brief outline of the course: Brief outline of the course: Mite team training Pupil training Youth training Adult training Continuous practice (4 microcycles) – own team The student defends their Coach Diary	
Recommended literature: Recommended literature: KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4 KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier.	

Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5 Strana: 2 NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.
 NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie. Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4
 NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.
 NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3
 PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0
 PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.
 VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 180 h.

Presence study: 26 h. Coach Diary keeping: 44 h.

Drafting 12 training units and conducting 2 matches: 80 h. Self-study of the recommended literature: 30 h.

Course assessment

The final number of assessed students: 20

A	B	C	D	E	FX(0)	FX(1)
0.0	25.0	10.0	40.0	20.0	0.0	5.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-274	Course name: Sport Specialization 4 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms

- Coach understands the needs for the coaching environment to support the development of 21st century players.

Coach understands the structure of the SZLH Coach Licence and Development System.

- Coach understands the structure of the SZLH Coach Licence and Development System.

Coach is aware of their own strengths and development needs and, with appropriate support, is able to build a personal development plan (active use of different development methods).

Coach has good self-management skills to be able to deal with different issues in a constructive and positive manner.

Coach acknowledges the importance of good coach-athlete relationship and is actively working to develop that.

Coach acknowledges the importance of positive learning atmosphere and is actively working to develop that (setting team values and behavioural norms, communication and the use of feedback etc.).

Coach is actively working to develop the co-operation with parents, game officials and other stakeholders (club management etc.).

Coach understands the principles for individual and team development in different stages and is able to manage the development planning process respectively.

Coach understands the principles and training implications for conditioning and recovery in different stages of player development.

- Coach is able to manage training sessions effectively to support individual and team play development in respective category (practice structure and organization, support for learning).

- Coach is able to use appropriate on-ice methods to support individual and team development in respective category.

Coach is able to use appropriate off-ice methods to support individual and team development in respective category.

Coach understands the role of the games in the development process and is able to manage the individual and team performance respectively.

Brief outline of the course:

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.

Self-study of the recommended literature: 4 h.

Recommended literature:

Recommended literature:

SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov

SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni

SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov

BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučování v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.

PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.

STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.

TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská uĉebnica pre trénerov špecializáciu ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská uĉebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
VÝBOH , A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
[online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].
<https://www.usahockey.com>

Language of instruction:

Notes:student time load:

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.

Self-study of the recommended literature: 4 h.

Course assessment

The final number of assessed students: 15

A	B	C	D	E	FX(0)	FX(1)
0.0	6.67	33.33	46.67	13.33	0.0	0.0

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-234	Course name: Sport Specialization 4 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student understands the mat-hold judo techniques 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of mat-hold judo techniques and is able to apply them in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.	
Language of instruction:	
Notes:student time load: Notes: student time load 210 h. Combined study (L, S, C): 39	

self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
Studying for the oral exam: 90 h.

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
80.0	0.0	20.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-244	Course name: Sport Specialization 4 – Karate
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in karate training in a sports club 0–20 p. demonstrating practical skills – karate kata 0–20 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands karate kata training 4. knows the factors affecting karate kata sports performance 5. understands the contents and phases of karate kata sports training 6. can create a complex karate kata training plan	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9 4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9 5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a	

emocionálna odolnosť slovenských pretekárov v športovom karate. In: Studia kinanthropologica : vedecký časopis pro kinantropologii. - České Budějovice : Jihočeská univerzita, 2016. - ISSN 1213-2101. - Vol. 17, no. 3 (2016), pp. 443-450.

6. SLIŽIK, M. - MICHALOV, L. 2014. Load diagnostics and the use of hyperoxia as a way to accelerate recovery in karate and judo performance. České Budějovice : University of South Bohemia in České Budějovice, 2014. - 100 s. ISBN 978-80-7394-474-2

7. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9

8. ZBIŇOVSKÝ, P. 2010. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Karolinum, 2010, s. 203 – 209, ISBN 978-80-246-1881

9. ZBIŇOVSKÝ, P. 2002. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

10. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.

exam preparation: 90

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-254	Course name: Sport Specialization 4 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR 6. develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Dominant factors affecting kickbox performance in different age groups. Age-related changes to the performance structure in competitive kickbox disciplines. Top women kickboxers – sports training specificities. Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.	

4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6. ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes: student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.

Preparation for the evaluation: 90 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
50.0	50.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-294	Course name: Sport Specialization 4 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - techniques and complex practical skills: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of snowboarding and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: The system and structure within this sports specialisation in Slovakia and abroad (current changes). Loads within microcycles and the yearly training cycle.	

Modelling sports performance. Analysing the techniques and removing shortcomings. Complex theoretical knowledge of training management. Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching. Research and participation in the Student Research Activity.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s. MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.

MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

Combined study: 26 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 30 h. Preparation for the exam: 84 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-304	Course name: Sport Specialization 4 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - techniques and complex practical skills: 20 p. b) final assessment: written and oral exams: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of gymnastics and diagnostic procedures 2. applies the knowledge and skills they have acquired during their study in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. can evaluate the techniques and correct the errors, understands the training methodology 5. develops complex knowledge of the discipline and is able to apply it in training.	
Brief outline of the course: Brief outline of the course: The theoretical basis of the technique, technical and tactical preparation. Developing the knowledge of the discipline's rules. Methodological outputs from technique training, technical and tactical preparation. Performance diagnostics.	
Recommended literature: Recommended literature:	

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATĽAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. KREMNIČKÝ, J. Zmeny úrovně gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
6. OLŠÁK, S. 1997. Srdce, zdravie, šport. Moravany nad Váhom : Raval, 1997, 115s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
9. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
10. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
11. Pravidlá ŠG muži – ženy. Vydáva Medzinárodná gym. Federácia Technická komisia muži ženy
12. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

Notes – time load for the student: 180 h.

Combined study: 26 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for physical ability diagnostics. 20 h. Preparation for the exam: 64 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-284	Course name: Sport Specialization 4 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes and training, written and oral exams. a) continuous assessment: - Seminar paper preparation – 10 p. - Active participation in training (min. 10 h. = 10 p.) - Active participation in classes: 10 p. - Written test – 20 p. b) final assessment: Based on the continuous assessment – 50 p. Oral exam – 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of swimming talent selection (specificities and factors) - understands the periodisation of sports training in swimming and its management - understands the subject matter of fatigue and overtraining in swimming training - understands recuperation and regeneration in swimming training, nutrition, drinking regimen - understands the development of physical abilities in swimming - knows the current diagnostic possibilities focused on different physical abilities in and out of water	
Brief outline of the course: Brief outline of the course Swimming talent selection, sports training periodisation in swimming, training management,	

fatigue and overtraining, recuperation and regeneration, nutrition, drinking regimen throughout the training process, doping, physical ability development (methods, tools, age groups), diagnosing physical abilities in and out of water

Recommended literature:

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN 0-7360-3180-9 9. RICHARDS, R., J. Coaching Swimming - an introductory manual. 1st Ed. Austrálie : Australian Swimming Inc., 1996.
5. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Köln (Germany) : Institut für Kreislanfforschung und Sportmedizin, 1997.
6. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
7. MANDZÁK, P. a kol. 2011. Návčik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
8. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:**Notes:student time load:**

Notes: student time load

Total: 210 h.

- Combined study: 39 h.
- Preparation of the seminar paper presentation: 20 h.
- Participation in the training process: 30 h.
- Studying for the written test: 40 h.
- studying for the oral exam: 81 h.

Course assessment

The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
16.67	50.0	16.67	16.67	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-314	Course name: Sport Specialization 4 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Active participation in training in a sports club 0–20 p. Demonstrating practical skills – poomsae variations: 0–20 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands poomsae training 4. knows the factors affecting poomsae sports performance 5. understands the contents and phases of poomsae sports training 6. can create a complex poomsae training plan	
Brief outline of the course: Brief outline of the course: Taekwondo (poomsae): contents, system, and planning sports training. The concept of a yearly training plan. Training plans for the preparatory, main, and transition periods of YTC. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9 4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových	

pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9

5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9

6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h.

Active participation in the training process: 40 h. Preparation for the training process: 30 h.

Studying for the exam: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-374	Course name: Sport Specialization 4 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Hiking as a sport. <ul style="list-style-type: none">• Hiking locations in Slovakia.• Material and technological hiking equipment (specialised).• Outdoor games – experiential education, sports.• Hiking in practice (Nordic walking, snowshoes)	
Recommended literature: Recommended literature: 1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0. 2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s. 3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724 4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3	

5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a športy v prírodě. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes: student time load:

Notes: student time load

Notes: student time load: 210 h. Presence study: 39 h.

Preparation for the evaluation: 10 h.

Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-324	Course name: Sport Specialization 4 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 10 p. - Active participation in competitions: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - techniques and complex practical skills: 20 p. 1. Receiving difficult passes (5 p.): moving towards the ball (1 p.), timing the hit (1 p.), rebound and the flight phase (1 p.), ball rebound (1 p.), landing (1 p.). 2. Attacking combination – after receiving a specialised pass (5 p.): assuming the attacking formation (1 p.), movement to the attacking spot (1 p.), timing the attack (1 p.), mastering the attacking technique (1 p.), tactical approach to the game situation (1 p.). 3. Defence combination: double block (5 p.): moving towards the blocking spot (1 p.), rebound (1 p.), arm movement in both blockers (1 p.), blocking arm position (1 p.), double-block consistency (1 p.), landing (1 p.). 4. Game system involving specialised players – one setter (5 p.): position and response upon serving (1 p.), team position during passing (1 p.), team position during attacking (1 p.), team position during blocking (1 p.), defence formation (1 p.). Note that the total score does not automatically equal the sum of all points. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes:	

<p>The student:</p> <ul style="list-style-type: none"> - has theoretical knowledge of volleyball - can apply this knowledge in practice - is acquainted with training specificities including the age-related ones - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of the discipline and is able to apply it in training. 																				
<p>Brief outline of the course: Brief outline of the course: Volleyball theory: techniques and tactical preparation. Mastering the technique, methodology, and basic practical skills. Methodological outputs from technical and tactical training. Current issues.</p>																				
<p>Recommended literature: Recommended literature:</p> <ol style="list-style-type: none"> 1. Recommended literature: 2. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s. 3. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7 4. HANÍK, Z. - MATĚJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16 5. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s. 6. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie. Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4 7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1. 8. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9. 9. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5 																				
<p>Language of instruction:</p>																				
<p>Notes:student time load: for the presentation: 20 h. Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h. Preparation for completing the practical assignments: 20 h. Preparation for the exam: 64 h.</p>																				
<p>Course assessment The final number of assessed students: 4</p> <table border="1"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX(0)</th> <th>FX(1)</th> </tr> </thead> <tbody> <tr> <td>25.0</td> <td>25.0</td> <td>0.0</td> <td>0.0</td> <td>25.0</td> <td>25.0</td> <td>0.0</td> </tr> </tbody> </table>							A	B	C	D	E	FX(0)	FX(1)	25.0	25.0	0.0	0.0	25.0	25.0	0.0
A	B	C	D	E	FX(0)	FX(1)														
25.0	25.0	0.0	0.0	25.0	25.0	0.0														
<p>Instructor: Mgr. Jaroslav Popelka, PhD.</p>																				
<p>Last changed: 09.11.2022</p>																				
<p>Approved by: prof. PaedDr. Martin Pupiš, PhD.</p>																				

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-334	Course name: Sport Specialization 4 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of snatch as a weightlifting discipline 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of weightlifting (snatch) and is able to apply it in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	
Language of instruction:	
Notes: student time load: Notes: student time load	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	100.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-344	Course name: Sport Specialization 4 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of wrestling. 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of wrestling and is able to apply it in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	
Language of instruction:	
Notes:student time load:	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-355	Course name: Sport Specialization 5 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of downhill skiing - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of skiing and is able to apply it in training can process a record and evaluate a training unit.	
Brief outline of the course: Brief outline of the course: Introduction: goal, tasks, evaluation. Periodisation and main tasks within the yearly training cycle. Stages of sports training in downhill skiing. Characteristics of pupil sports training. Modelling sports training for pupils and youth (training unit structure). Specific and non-specific training tools (pupil performance improvement). Learn	

the diagnostic procedures and training levels, response manipulation. Sports training stages and their characteristics. Sitting in during pupil and youth sports training units. Current issues.

Recommended literature:

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.

HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979

KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-205	Course name: Sport Specialization 5 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. b) final assessment: - Presentation delivered during a class: 0–20 p. - Active participation in an athletic race: 0–10 p. - mastering the technique of throws 0–40 p. - written and oral exams: 0–50 p. Mastering the technique of throws 0–20 p. 1. Shot put (0–5 p.) 2. Javelin (0–5 p.) 3. Discus throw (0–5 p.) 4. Hammer throw (0–5 p.) 1. Shot put (0–5 p.). Preparatory exercises (0–2 p.), hop-throw technique (0-3 p.). 2. Javelin (0–5 p.). Preparatory exercises (0–2 p.), short run-up throw technique (0–3 p.). 3. Discus throw (0–5 p.). Preparatory exercises (0–2 p.), standing throw technique (0–3 p.). 4. Hammer throw (0–5 p.). Preparatory exercises (0–2 p.), standing throw technique (0–3 p.).	
Learning objectives: Learning outcomes: The student 1. understands the throwing disciplines in theory 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of throws including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes	

5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of training throws
6. develops complex knowledge of throws as a discipline

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

Throws: shot put, javelin, discus throw, hammer throw; preparatory exercises. Technique, training methodology, errors and their correction. Training throws in different age and performance groups. Current issues in athletics.

Recommended literature:

Recommended literature:

Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9

ŠIMON, J. a kol. 2004. Atletické vrhy a hody. Praha: Olympia. 236 s. ISBN 80-7033-815-6
Časopisecká literatúra z domácich, zahraničných zdrojov.

www.atletikasvk.sk www.wa.org www.ea.org

Language of instruction:

Notes:student time load:

student time load

Notes: student time load X h. Total time load: 180 h. Presence study: 39 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Mastering the technique of throws: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
25.0	12.5	25.0	37.5	0.0	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-215	Course name: Sport Specialization 5 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – offensive game systems (OGS): 0–20 p. - Creating a training unit plan and training microcycle for younger pupils: 0–10 p. - Active participation in the training process (younger pupils) and a demonstration of correct techniques: 0–30 p. - Seminar paper addressing OGS: 0–20 p. - written test from the theory addressed in lectures: 0–20 p. b) final assessment: Based on the continuous assessment	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. understands the issue of training load (fatigue, overtraining, withdrawal syndrome, rehabilitation, regeneration) 3. can perform OGS properly 4. can design a training plan (macrocycle, mesocycle, microcycle) 5. can evaluate match recordings and navigates the specialised literature 	
Brief outline of the course: Brief outline of the course: Brief outline of the course:	

Learn and understand the concepts related to training load (development and cultivation of fitness and coordination in basketball, fatigue, overtraining, rehabilitation, regeneration). Practical training and improving offensive combination techniques.

Recommended literature:

Recommended literature:

1. DOBRY, L. – SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a trénink . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
 2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN 978-80-7376-130-1.
 3. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013, 155 s. ISBN 978-80-557-0551-4.
 4. HLASICA, D. – JANČOKOVÁ, Ľ. 2002 Bioenergetická kapacita a telesná identita basketbalistiek. Banská Bystrica, Bratislava: Sabovci s.r.o. 2002
 5. HORIČKA, P. 2017. MOTION OFFENSE. Pohyblivý útok – od minibasketbalu povrcholový basketbal. Nitra: PF UKF v Nitre, 2017, 120 s. ISBN 978-80-558-1145-1.
 6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
 7. IZÁKOVÁ, A. 2010. Rozvoj vybraných koordinačných schopností mladých basketbalistiek. Banská Bystrica: Univerzita Mateja Bela, Fakulta humanitných vied, Katedra telesnej výchovy a športu, 2010.
 8. RAINER, M. 2006. Úspesný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
 9. ŠIMONEK, J – ZRUBÁK, A. a kol. 2003 Základy kondičnej prípravy v športe. Bratislava: Univerzita Komenského, 2003, 190 s. ISBN 80-223-1897-3.
 10. ŠIMONEK, J. a kol. 1987. Kondičná príprava v kolektívnych športových hrách. Bratislava: Šport, 1987.
 11. VELENSKÝ, M. 1999. Basketbal. Praha: Grada Publishing, spol. s r.o., 1999, 104 s. ISBN 80-7169-834-2. <http://www.basketbal-drills-and-plays.com>
<http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/>
<http://sbt.cbf.cz/> <http://www.4basket.cz/>
- Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

Notes: student time load

Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 65 hod. seminárna práca: 20 hod. príprava prezentácie: 15 hod. príprava na písomný test: 15 hod. príprava na vedenie časti tréningovej jednotky: 5 h.
Studying for the oral exam: 90 h.

Course assessment

The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	28.57	42.86	14.29	0.0	14.29

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-225	Course name: Sport Specialization 5 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - Active participation in the training process (min. 10 training units) 20 p. - mastering the technique of ski waxing and shooting in biathlon: 10 p. Mastering the technique of ski waxing and small-caliber rifle shooting in biathlon: Cleaning skis (1 p.), paraffin waxing (1 p.), classic waxing (2 p.). Small-caliber rifle shooting – prone (p.), standing (1 p.), preparatory balance exercises (1 p.), aiming (1 p.), firing (1 p.), breathing and shooting rhythm (1 p.). b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. has theoretical knowledge of talent selection in biathlon 2. understands cross-country skiing and shooting in theory 3. applies this knowledge in the training process 4. understands training, methodology, and techniques including the differences among age groups 5. applies their knowledge to evaluate the performance of the contemporary athletes 6. can evaluate the techniques and correct the errors, understands the training methodology 	

7. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:

Selection for the sports forms and schools. Evaluating the selected model for biathlon. Coaching and management in biathlon. Coach and athlete. Small-caliber rifle shooting. Types of snow and wax. Ski waxing. Current issues in biathlon. Getting acquainted with the biathlon research performed at the department/active participation in research.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.

PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9

TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.

Up-to-date specialised journals, proceedings, and periodicals

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study: 39 h.

Preparation of the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-265	Course name: Sport Specialization 5 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active participation in the training process. Project preparation. Written and oral examinations upon completion of the semester. b) final assessment: Project: 0–30 p. Written exam: 0–20 p. Oral exam: 0–50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter – coordination skills 2. applies this knowledge in the training process 3. understands the subject matter of coordination skills 4. can evaluate the technique and identify shortcomings 5. can apply training focused on developing coordination skills	
Brief outline of the course: Brief outline of the course: Developing coordination skills in recreational and performance sports - The methodology of coordination skill development - Coordination skill development in practice - Coordination skill training - Physiological aspects of coordination skill training - The coordination skill training system	
Recommended literature: Recommended literature: DOLEŽAJOVÁ, L.-LEDNICKÝ, A. Rozvoj koordinačných schopností, Slovenská vedecká spoločnosť pre telesnú výchovu a šport, Bratislava 2002, 132 s. KRIŠTOFIČ, J. 2006. Pohybová príprava detí. Praha : Grada. 2006. 112 s. KRIŠTOFIČ, J. 2004. Gymnastická príprava športovca. Praha : Grada. 2006. 112 s.	

JEBAVÝ R., ZUMR, T. 2009. Posilování s balančními pomůckami. Praha : Grada. 2009. 176 s.
 ZEMKOVÁ, E.2008. Diagnostika koordinačních schopností. Peter Mačura - PEEM, Bratislava, 2008, 116 s.
 ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.

Language of instruction:

Notes:student time load:

Notes: student time load 180 h.

Combined study (L, S, C): 39 h. Project preparation: 30 h. Training preparation, analysis of the practical performance, training evaluation: 31 h. Self-study: 80 h.

Course assessment

The final number of assessed students: 38

A	B	C	D	E	FX(0)	FX(1)
31.58	15.79	52.63	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brúnn, PhD., Mgr. Jozef Sýkora, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-365	Course name: Sport Specialization 5 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Seminar paper (diagnostics) and its presentation: 0–30 p. - Bachelor thesis project presentation: 0–40 p. - Seminar paper (on coaching 3 training units) 0–30 p. b) final assessment: based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. acquires complex theoretical and practical knowledge of planning, structure, and record-keeping 3. applies their knowledge to prepare training units 4. applies their theoretical knowledge to evaluate matches 5. can apply different diagnostic techniques 6. can create a research project focused on the training process (TP) in football 	
Brief outline of the course: Brief outline of the course: Football and society. Planning training. The structure of TP (macrocycle). Coach’s personality: philosophy, coach – player communication. The physiological basis of load in football. Game and team performance characteristics. General diagnostics in football. Detailed analysis of 3 training units including their plans. Evaluating matches upon observation. Diagnostics in practice (examples). Presentation of a seminar paper focused on diagnostics. Bachelor thesis project presentation. PRACTICE – microgroups (12 h.) and evaluation (2 h.) under supervision. Bachelor thesis project – consultation with the supervisor (12 h.).	

Recommended literature:

Recommended literature:

KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4

KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier.

Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5 Strana: 2 NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.

NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie.

Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4

NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.

NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3

PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0

PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.

VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:**Notes:student time load:**

Notes: student time load

Total: 180 h. Presence study: 39 h.

Designing training units: 31 h.

Preparation of the presentation: 30 h. Microgroup coaching: 10 h. Self-study of the Bachelor thesis related literature: 70 h.

Course assessment

The final number of assessed students: 25

A	B	C	D	E	FX(0)	FX(1)
4.0	8.0	36.0	20.0	0.0	4.0	28.0

Instructor: doc. PaedDr. Miroslav Nemeč, PhD.**Last changed:** 09.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-275	Course name: Sport Specialization 5 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
 5. Can design a training unit and exercise in the Hockey Coach Vision programme
 - Coach understands the needs for the coaching environment to support the development of 21st century players.
 - Coach understands the structure of the SZLH Coach Licence and Development System.
 - Coach understands the role of the assistant coach in building coach-athlete relationships and positive learning atmosphere.
 - Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.
 - Coach understands the importance and principles of proper equipment selection.
 - Coach understands the principles of movement dynamics and related muscle functioning in ice hockey.
 - Coach has the basic understanding on the structure and function of the human body with practical implications for sports coaching.
 - Coach understands the rules of the game.
- Coach is able to provide first aid in the case of emergency.

Brief outline of the course:

Brief outline of the course:

Introduction & SZLH Coach Development

1. Team and individual performance
2. International ice hockey requirements. Team performance analysis.
3. Individual performance. International ice hockey requirements. Individual player performance
4. Team play guidelines
5. The Hockey Coach Vision programme

Active participation in classes

- Active participation

Submitting acceptable on- and off-ice session plans

- Design and submission of training unit concepts on- and off-ice
- Active participation in 20 on-ice trainings
- Training units are recorded in the Drillbook
- Presentation of the selected topic
- Oral exam/test

Recommended literature:

Recommended literature:

SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov

SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni

SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov

BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučování v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.

PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.

STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.

TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.

TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.

VÝBOH, A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.

Internetové zdroje:

Dostupné na:

Tréningový portál mládeže

[online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].

<https://www.usahockey.com>

Language of instruction:

Notes: student time load:

Total: 150 h.

Presence study: 52 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Preparation for the oral exam: 15 h. Self-study of the recommended literature: 4 h. Training working with the Hockey Coach Vision programme. 4 h.

Course assessment

The final number of assessed students: 16

A	B	C	D	E	FX(0)	FX(1)
0.0	12.5	56.25	18.75	0.0	0.0	12.5

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-235	Course name: Sport Specialization 5 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student understands standing judo techniques 2. applies this knowledge in the training process 3. understands training, methodology, and techniques including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of standing judo techniques and is able to apply them in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: . 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.	
Language of instruction:	
Notes: student time load: Recommended literature: . 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.	

2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Course assessment

The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
80.0	0.0	20.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-245	Course name: Sport Specialization 5 – Karate
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in karate coaching in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the concept of karate training in its complexity 4. applies their knowledge to design a training process with properly balanced components in the respective training phases 5. can apply the basic methods and training tools in the respective karate training components 6. can design a complex concept of karate training with suitable training methods for the respective training components.	
Brief outline of the course: Brief outline of the course: Top-level and performance karate fighting – how to select the training contents and methods for the respective components. Applying diagnostic and training methods in the respective training components. Karate training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9	

4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a emocionálna odolnosť slovenských pretekárov v športovom karate. In: Studia kinanthropologica : vedecký časopis pro kinantropologii. - České Budějovice : Jihočeská univerzita, 2016. - ISSN 1213-2101. - Vol. 17, no. 3 (2016), pp. 443-450.
6. SLIŽIK, M. - MICHALOV, L. 2014. Load diagnostics and the use of hyperoxia as a way to accelerate recovery in karate and judo performance. České Budějovice : University of South Bohemia in České Budějovice, 2014. - 100 s. ISBN 978-80-7394-474-2
7. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
8. ZBIŇOVSKÝ, P. 2010. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Karolinum, 2010, s. 203 – 209, ISBN 978-80-246-1881
9. ZBIŇOVSKÝ, P. 2002. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6
10. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.

exam preparation: 90

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-255	Course name: Sport Specialization 5 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9	

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6. ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes: student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.

Preparation for the evaluation: 90 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	0.0	50.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-295	Course name: Sport Specialization 5 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of snowboarding - applies this knowledge in the training process - understands training, methodology, and techniques including the differences among age groups - applies their knowledge to evaluate the performance of the contemporary athletes - can evaluate the techniques and correct the errors, understands the training methodology - develops complex knowledge of snowboarding and is able to apply it in training can process a record and evaluate a training unit.	
Brief outline of the course: Brief outline of the course: Introduction: goal, tasks, evaluation. Periodisation and main tasks within the yearly training cycle. Stages of sports training in snowboarding. Characteristics of pupil sports training. Modelling sports training for pupils and youth (training unit structure). Specific and non-specific training tools (pupil performance improvement). Diagnostic procedures and training	

levels, response manipulation. Sports training stages and their characteristics. Sitting in during pupil and youth sports training units. Current issues.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s. MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.

MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách..

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 30 h. Preparation for the exam: 71 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-305	Course name: Sport Specialization 5 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in competitions: 10 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in competitions: 10 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Brief outline of the course:	

Brief outline of the course:

Planning, management, evaluation of the training process within the discipline. Planning and analysis of the training programme within the given sports specialisation. Management and innovation of the training process – recreational, performance, and top levels. Managing individual and group training with the emphasis on individualisation and optimisation of the training load.

Recommended literature:

Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATJAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency, 2012. 353 s
6. KREMnickÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
9. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
10. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
11. Pravidlá ŠG muži – ženy. Vydáva Medzinárodná gym. Federácia Technická komisia muži ženy
12. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

Notes – time load for the student: 180 h.

Combined study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for the analysis of more complex figures: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-285	Course name: Sport Specialization 5 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes, swimming competition organisation and judging, written and oral exams. a) continuous assessment: - Seminar paper presentation: 20 p. - Active participation in seminars: 10 p. - Active participation in swimming competition organisation and judging: (min. 10 h.) 10 p. - Written test – 20 p. b) final assessment: Based on the continuous assessment – 60 p. Oral exam – 40 p.	
Learning objectives: Learning outcomes: The student - has theoretical knowledge of swimming competition organisation and can analyse physical activities - understands swimming training specificities and differences between 25m and 50m swimming - can correctly evaluate the level of training in the swimming pool as well as in the laboratory conditions - understands how different physical abilities can be improved in and out of water - understands diagnostics and its importance - can design training load during different periods - knows injury prevention specificities, diagnostics and rehabilitation of injured athletes - knows the swimming terminology	
Brief outline of the course: Brief outline of the course: Organising swimming competitions in Slovakia and abroad; the structure of swimming federations; qualifications possibilities; limit achievement; analysing physical activities and improving different	

swimming style techniques (age-related specificities); sports training in swimming; training specificities and differences between 25m and 50m swimming evaluating the level of training and its specificities; improving performance through the development of physical abilities; balancing training load during different periods; injury prevention, diagnostics and rehabilitation of injured athletes; news in swimming research.

Recommended literature:

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.
5. HANNULA, D. Coaching swimming successfully. 1st Ed. USA : Human kinetics, 1995.
6. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN 0-7360-3180-9
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
8. MANDZÁK, P. a kol. 2011. Návčik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
9. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

- Combined study: 39 h.
- Preparation of the seminar paper presentation: 40 h.
- Active participation in races (organiser/race official): 20 h.
- Active participation in classes: 10 h.
- Studying for the written test: 30 h.
- Studying for the oral exam: 71 h.

Course assessment

The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
16.67	16.67	50.0	0.0	0.0	0.0	16.67

Instructor: PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-315	Course name: Sport Specialization 5 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Active participation in training and coaching in a sports club 0–20 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the concept of taekwondo training in its complexity 4. applies their knowledge to design a training process with properly balanced components in the respective training phases 5. can apply the basic methods and training tools in the respective taekwondo training components 6. can design a complex concept of karate training with suitable training methods for the respective training components.	
Brief outline of the course: Brief outline of the course: Top-level and performance taekwondo – how to select the training contents and methods for the respective components. Applying diagnostic and training methods in the respective training components. Taekwondo training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9	

4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9
5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h.

Active participation in the training process: 40 h. Preparation for the training process: 30 h.

Studying for the exam: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-375	Course name: Sport Specialization 5 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: seminar paper and practice: 0–30 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Hiking as a sport. <ul style="list-style-type: none">• Outdoor games – experiential education, sports.• Natural navigation in outdoor sports.• Summer outdoor camping – basic skills.• Performance hiking.• Mountain dangers.• Alpine hiking.• Planning hiking trips.• Hiking in practice (on foot and cycling)	
Recommended literature:	
Language of instruction:	
Notes:student time load: Notes: student time load: 210 h. Presence study: 39 h. Preparation for the evaluation: 10 h. Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.	

Practice: 60 h.						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: PaedDr. Jaroslav Kompán, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-325	Course name: Sport Specialization 5 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Presentation delivered during a class: 20 p. - Active participation in races: 10 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 50 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - has theoretical knowledge of volleyball training management - is familiar with the training process – recreational, performance, and top levels. - applies this knowledge in the training process - can manage a volleyball training process - applies their knowledge to analyse the training load	
Brief outline of the course: Brief outline of the course: Planning, management, evaluation of the training process within the discipline. Planning and analysis of the training programme within the given sports specialisation. Management and innovation of the training process – recreational, performance, and top levels. Managing individual and group training with the emphasis on individualisation and optimisation of the training load.	

Recommended literature:

Recommended literature:

1. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s.
2. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7
3. HANÍK, Z. - MATEJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16
4. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s.
5. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie. Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4
6. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.
7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9.
8. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 180 h.

Presence study: 39 h. Preparation for the presentation: 20 h.

Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.

Preparation for completing the practical assignments: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
33.33	0.0	33.33	0.0	0.0	33.33	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Rastislav Kollár, PhD.**Last changed:** 09.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-335	Course name: Sport Specialization 5 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of clean and jerk as a weightlifting discipline 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of weightlifting (clean and jerk) and is able to apply it in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.	
Language of instruction:	
Notes: student time load: Notes: student time load	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 1

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	100.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-345	Course name: Sport Specialization 5 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation addressing the selected topic delivered during a class: 0–20 p Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. has theoretical knowledge of wrestling 2. applies this knowledge in the training process 3. understands training, methodology, and techniques of the discipline including the differences among age groups 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. can evaluate the techniques and correct the errors, understands the training methodology 6. develops complex knowledge of wrestling and is able to apply it in training.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s	
Language of instruction:	
Notes:student time load:	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-356	Course name: Sport Specialization 6 – Alpine Skiing
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Sports preparation plan presentation: 20 p. - Bachelor thesis presentation: 20 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exams: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - understands the sports training management within the discipline - applies this knowledge in the training process and coaching - understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling - applies their knowledge to evaluate the performance of the contemporary athletes - evaluates the training unit plan, training cycles, long-term sports training plans - can design and evaluate a sports training plan, can conduct part of a training unit.	
Brief outline of the course: Brief outline of the course: Training management: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues.	
Recommended literature: Recommended literature:	

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.

HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979

KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách..

Language of instruction:**Notes:student time load:**

Notes: student time load

Total: 180 h.

Combined study: 39 h. Training plans design: 20 h.

Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.

Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-206	Course name: Sport Specialization 6 – Athletics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: During the semester: 2 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations. The maximum number of points consisting of continuous and final assessment is 100. Grading scale (points = %): A=100–94, B=93–86, C=85–79, D=78–72, E=71–65. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. b) final assessment: - 2 seminar papers submitted during the semester: 0–20 p. - Active participation in an athletic race: 0–10 p. - Bachelor thesis presentation: 0–20 p. - written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: Learning outcomes: The student <ol style="list-style-type: none"> 1. can plan, document, diagnose, and analyse training 2. applies the research-based sports training management methods 3. is acquainted with training all athletic disciplines including the age-group specificities 4. can apply the theory to sports research 5. can formulate recommendations for sports practice 6. develops complex knowledge of training management in athletics 	
Brief outline of the course: Brief outline of the course: Planning and analysis of the training programme within the given sports specialisation. Studying the theory of training management with the focus on its practical application. Setting the goals of the training process and application of the research-based training management. Based on analyses,	

formulating recommendations for sports practice and proposing further training process optimisation.

Recommended literature:

Learning outcomes:

Learning outcomes:

The student

1. can plan, document, diagnose, and analyse training
2. applies the research-based sports training management methods
3. is acquainted with training all athletic disciplines including the age-group specificities
4. can apply the theory to sports research
5. can formulate recommendations for sports practice
6. develops complex knowledge of training management in athletics

Language of instruction:

Notes:student time load:

Learning outcomes:

Learning outcomes:

The student

1. can plan, document, diagnose, and analyse training
2. applies the research-based sports training management methods
3. is acquainted with training all athletic disciplines including the age-group specificities
4. can apply the theory to sports research
5. can formulate recommendations for sports practice
6. develops complex knowledge of training management in athletics

Course assessment

The final number of assessed students: 4

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	75.0	25.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-216	Course name: Sport Specialization 6 – Basketball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Presentation delivered during a class – offensive game system analysis (OGS): 0–20 p. - Creating a training unit plan and training microcycle for older pupils: 0–10 p. - Active participation in the training process (older pupils) and a demonstration of correct techniques: 0–20 p. - test from the theory addressed in lectures: 0–50 p. b) final assessment: Based on the continuous assessment	
Learning objectives: Learning outcomes: The student: 1. acquires the knowledge of the subject matter thus laying the foundation for their future coaching career 2. is well-versed in the area of youth basketball coaching 3. can demonstrate and correctly use defence game systems 4. can design a training plan (macrocycle, mesocycle, microcycle) 5. can evaluate match recordings and navigates the specialised literature.	
Brief outline of the course: Brief outline of the course: Tactics – phases, training and improvement possibilities, aspiration and frustration in basketball, sport forms – characteristics and how to influence them. Practical training and improving defence game system techniques.	
Recommended literature: Recommended literature:	

1. ARGAJ, G. – REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : Univerzita Komenského, 2007. 137s. ISBN 978-80-223-2325-3.
 2. DOBRY, L. – SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia, 1988, 197 s. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:115830>.
 3. HORIČKA, P. 2014. Basketbal. Teória a didaktika, 1. vyd. Nitra: PF UKF v Nitre, 2014, 155 s. ISBN 978-80-558-0673-0.
 4. HORIČKA, P. 2017. MOTION OFFENSE. Pohyblivý útok – od minibasketbalu povrcholový basketbal. Nitra: PF UKF v Nitre, 2017, 120 s. ISBN 978-80-558-8-1145-1.
 5. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
 6. RAINER, M. 2006. Úspesný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
 7. REHÁK, M. 1979. Basketbal, útok - obrana. Bratislava: Šport, slovenské telovýchovné vydavateľstvo, 1979, 221 s. 77-042-79 11-4
 8. RILEY, P. 1996. Cesta k víťazstvu. Frýdek-Místek: ALPRESS, s.r.o. 1996, 303 s. ISBN: 80-85975-21-1
 9. RUDEŽ, I. 2019. Obsahové štandardy basketbalovej prípravy pre vekové kategórie U12 - U18. Metodická príručka. Bratislava: Slovenská basketbalová asociácia, 2019, 72 s. ISBN 978-80-570-0598-8.
 10. TOMÁNEK, L. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY , 2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/tomanek/ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)
 11. VELENSKÝ, M. 1999. Basketbal. Praha: GRADA Publishing, spol. s.r.o., 1999, 104 s. ISBN 80-7169-834-2.
 12. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997 <http://slovakbasket.sk/> <http://www.basket.sk/> <http://www.baskettrener.sk/> <http://www.cbf.cz/> <http://sbt.cbf.cz/> <http://www.4basket.cz/>
- Foreign and domestic journals and internet sources for additional self-study

Language of instruction:

Notes: student time load:

Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 39 h. Seminar paper: 20 h. Active participation in training children: 50 h. Self-study for the exam: 101 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
0.0	33.33	66.67	0.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-226	Course name: Sport Specialization 6 – Biathlon
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Sports preparation plan presentation: 20 p. - Bachelor thesis presentation: 20 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. understands the sports training management within the discipline 2. applies this knowledge in the training process and coaching 3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. evaluates the training unit plan, training cycles, long-term sports training plans 6. can design and evaluate a sports training plan, can conduct part of a training unit. 	
Brief outline of the course: Brief outline of the course: Training management in biathlon: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues in biathlon.	
Recommended literature:	

Recommended literature:

- DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
- DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.
- KAMP MILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
- KUČERA, V. - TRUKSA, Z. 2000. Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.
- MARTENS, R.: Úspěšný tréner. Praha: Grada, 2006. 501 s.
- MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
- NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
- PAUGSCHOVÁ, B. 2000. Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
- PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
- TVRZNIK, A., ŠKORPIL, M., SOUMAR, L. 2006. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
- Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 180 h. Combined study: 39 h.

Training plans design: 20 h.

Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.

Bachelor thesis presentation: 20 h. Seminar preparation: 71 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Bc. Jana Daubnerová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-266	Course name: Sport Specialization 6 – Conditioning Coach
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Brief outline of the course: Developing coordination skills in recreational and performance sports <ul style="list-style-type: none"> - The methodology of coordination skill development - Coordination skill development in practice - Coordination skill training - Physiological aspects of coordination skill training The coordination skill training system	
Learning objectives: Learning outcomes: The student <ol style="list-style-type: none"> 1. can apply the theoretical knowledge of the subject matter in practice 2. applies this knowledge in the training process 3. understands the subject matter 4. can design training 5. can coach training 	
Brief outline of the course: Brief outline of the course: The student applies the knowledge acquired to design targeted training programmes with specific focus. They are able to accommodate recreational, performance, and top athletes.	
Recommended literature: Recommended literature: KRIŠTOFIČ, J. 2006. Pohybová príprava detí. Praha : Grada. 2006. 112 s. KRIŠTOFIČ, J. 2007. Kondiční trénink. Praha : Grada, 2005. 191 s. MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava, FTVŠ UK, 2004, s. 117, ISBN 80-89075-22-3. NEUMANN, G. – PFÜTZEN, A. – HOTTENROTT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 181 s. ZRUBÁK, A. - ŠTULRAJTER, V. et al. 1999. Fitnis. Bratislava, UK, 1999.	
Language of instruction:	

Notes:student time load:

Notes: student time load Total: 180 h. Combined study (lectures/seminars/consultations): 39 h.
Preparation of the project: 20 h.
39 h. Preparation for coaching: 31 h.
analysis of the practical performance, training evaluation: 25 h. Self-study: 65 h.

Course assessment

The final number of assessed students: 21

A	B	C	D	E	FX(0)	FX(1)
19.05	38.1	28.57	0.0	4.76	0.0	9.52

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., Mgr. David Brúnn, PhD.,
PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-366	Course name: Sport Specialization 6 – Football
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. a) continuous assessment: - Methodological output: practical implementation of a selected part of a training unit. 0–30 p. - Mock Bachelor thesis defence. 0–30 p. - Test: 0–40 p. b) final assessment: Based on the continuous assessment.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. acquires the knowledge of the subject matter allowing them to successfully complete their study 2. acquires the knowledge necessary to complete their Bachelor thesis 3. applies their knowledge to design training units 4. applies their theoretical knowledge and practical experience to create a methodological output 5. can present their Bachelor thesis to an audience 6. can use the knowledge acquired to perform diagnostics (in writing) 	
Brief outline of the course: Brief outline of the course: Football research. Typical game situations (workshop). Tactical preparation. Methodological output: practical implementation of training units. Mock Bachelor thesis defence. Written test from theory + didactics + presentation of the student's team play. Homework: Consult the Bachelor thesis with the supervisor (min. 4x/term).	
Recommended literature: Recommended literature: KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4	

KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier. Bratislava : autori na vlastné náklady, 2010. 143 s. ISBN 978-80-970393-2-5

Page: 2

NAVARA, M. a kol. 1986. Teória a didaktika kopané. Praha : SPN 1986.

NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie.

Banská Bystrica : KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. Rozsah 199 s. ISBN 978-80-89183-36-4

NEMEC, M. 2002. Príprava mladých futbalistov na školách a v oddieloch. Banská Bystrica : FHV UMB, 2002.

NEMEC, M., KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica : Rastislav Kollár, 2009. 200s. ISBN 978-80-89183-62-3

PERÁČEK, P. et.al. 2004. Teória a didaktika športových hier I. Bratislava : FTVŠ UK, 2004. ISBN 80-89197-00-0

PERÁČEK, P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s. Pravidlá futbalu – vydané SZF.

VOTÍK, J. 2001. Tréner futbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 180 h.

Presence study: 39 h.

Creation of a training unit design (methodological output): 20 h. Preparation for BT mock defence: 60 h.

studying for the written test: 20 h. Self-study of the recommended literature: 40 h.

Course assessment

The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	16.67	33.33	0.0	33.33	16.67

Instructor: doc. PaedDr. Miroslav Nemeč, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-276	Course name: Sport Specialization 6 – Ice Hockey
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period. a) continuous assessment: Seminar project and presentation: 0–25 p. Practice/participation in 20 training units in a club of the student’s choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p. b) final assessment: based on the continuous assessment. Written test/oral exam. 0–50 p. a) continuous assessment: - Seminar project: 25 p. - Completion of 20 training units and record-keeping: 25 p. b) final assessment: Written/oral exam. 50 p. (min. 32.5 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ol style="list-style-type: none"> 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands the subject matter and navigates specialised literature 	

4. applies their knowledge to evaluate the performance of the contemporary athletes
 5. Can design a training unit and exercise in the Hockey Coach Vision programme
 - Coach understands the needs for the coaching environment to support the development of 21st century players.
 - Coach understands the structure of the SZLH Coach Licence and Development System.
 - Coach understands the role of the assistant coach in building coach-athlete relationships and positive learning atmosphere.
 - Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.
- Coach understands one's role in supporting the learning of athletes during on- and off-ice sessions.
- Coach understands the importance and principles of proper equipment selection.
 - Coach understands the principles of movement dynamics and related muscle functioning in ice hockey.
 - Coach has the basic understanding on the structure and function of the human body with practical implications for sports coaching.
 - Coach understands the rules of the game.
- Coach is able to provide first aid in the case of emergency.

Brief outline of the course:

Brief outline of the course:

1. Diagnostics off ice and on ice
2. Skating biomechanics
- 3.

Functional anatomy in ice hockey

4. Team play analysis
5. The Hockey Coach Vision programme

Active participation in classes

- Active participation
- Completing and submitting yearly and weekly plans
- Coaching evaluation and feedback process
- Active participation in 20 on-ice trainings
- Training units are recorded in the Drillbook
- Presentation of the selected topic
- Oral exam/test

Recommended literature:

Recommended literature:

Page: 3

SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov

SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej úrovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni

SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov

BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučování v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního výkonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.

PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.

STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.

TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.

TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v Ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
 VÝBOH, A. et al. 2005. Teória a didaktika Ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
 [online]. <https://tpm.hockeyslovakia.sk> [online]. <https://www.hockeyslovakia.sk/sk/> [online].
<https://www.usahockey.com>

Language of instruction:

Notes: student time load:

Notes: student time load: 120 h.

Presence study: 26 h.

Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Preparation for the oral exam: 15 h. Self-study of the recommended literature: 2 h. Training working with the Hockey Coach Vision programme. 2 h

Course assessment

The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)
0.0	14.29	42.86	14.29	0.0	0.0	28.57

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-236	Course name: Sport Specialization 6 – Judo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student understands the sports training management within the discipline 2. applies this knowledge in the training process and coaching 3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, judo talent search 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. evaluates the training unit plan, training cycles, long-term sports training plans, judo aptitude 6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.	
Language of instruction:	
Notes:student time load: Notes: student time load 210 h. Combined study (L, S,	

C): 39
self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
Studying for the oral exam: 90 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
33.33	33.33	33.33	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-246	Course name: Sport Specialization 6 – Karate
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation delivered during a class: 0–20 p. Karate coaching and management in a sports club 0–40 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands karate training specificities – stages, training cycles, age and gender 4. applies their knowledge to evaluate sports performance and individual training plans 5. can conduct a training unit addressing the selected topic independently 6. can design a training programme for the selected target group	
Brief outline of the course: Brief outline of the course: Karate training specificities – stages, training cycles, age and gender. Evaluating sports performance and making individual training plans. Conducting the training unit – practical demonstration. Designing specific training programmes. Current issues in top-level and performance karate training – changing competition rules. Karate training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9	

4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a emocionálna odolnosť slovenských pretekárov v športovom karate. In: Studia kinanthropologica : vedecký časopis pro kinantropologii. - České Budějovice : Jihočeská univerzita, 2016. - ISSN 1213-2101. - Vol. 17, no. 3 (2016), pp. 443-450.
6. SLIŽIK, M. - MICHALOV, L. 2014. Load diagnostics and the use of hyperoxia as a way to accelerate recovery in karate and judo performance. České Budějovice : University of South Bohemia in České Budějovice, 2014. - 100 s. ISBN 978-80-7394-474-2
7. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
8. ZBIŇOVSKÝ, P. 2010. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Karolinum, 2010, s. 203 – 209, ISBN 978-80-246-1881
9. ZBIŇOVSKÝ, P. 2002. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6
10. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava: Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.

exam preparation: 90

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-256	Course name: Sport Specialization 6 – Kickbox
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands kickbox as a system, knows competitions, development and organisations 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. knows the history and development of kickbox around the world and in the SR develops complex knowledge of a specific kickbox style	
Brief outline of the course: Brief outline of the course: Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7. 2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X 3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5. 4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9	

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentů /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6. ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes: student time load:

Notes: student time load

210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.

Preparation for the evaluation: 90 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	100.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-296	Course name: Sport Specialization 6 – Snowboarding
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Sports preparation plan presentation: 20 p. - Bachelor thesis presentation: 20 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - understands the sports training management within the discipline - applies this knowledge in the training process and coaching - understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling - applies their knowledge to evaluate the performance of the contemporary athletes - evaluates the training unit plan, training cycles, long-term sports training plans - can design and evaluate a sports training plan, can conduct part of a training unit.	
Brief outline of the course: Brief outline of the course: Training management: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues in biathlon.	
Recommended literature:	

Recommended literature:

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s. MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.
MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:**Notes:student time load:**

Notes – time load for the student: 210 h.
Combined study: 39 h. Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 40 h.
Preparation of the presentation: 21 h. Self-study: 80 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-306	Course name: Sport Specialization 6 – Sports Gymnastics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Sports preparation plan presentation: 20 p. - Bachelor thesis presentation: 20 p. - conducting part of a training unit: 20 p. b) final assessment: oral and written exams: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: 1. The student understands the sports training management within the discipline 2. applies the knowledge and skills they have acquired in the training process 3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling 4. evaluates the training unit plan, training cycles, long-term sports training plans 5. can design and evaluate a sports training plan 6. can conduct a training unit independently.	
Brief outline of the course: Brief outline of the course: Planning and analysis of the training programme within the given sports specialisation. Studying the theory of training management with the focus on its practical application. Setting the goals of the training process and application of the research-based training management. Formulating recommendations for sports practice and proposing further training process optimisation.	
Recommended literature: Recommended literature:	

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATĽAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. HAVLÍČEK, I. 1986. Aktuálne problémy vo výbere a tréningu športovo talentovanej mládeže. Praha: VMO ÚV ČSTV, 1986. 33 s.
6. KREMŇICKÝ, J. Zmeny úroveŇ gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMŇASTIKA. Bratislava : PEEM, 2011. 230 s.
8. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes: student time load:

Notes – time load for the student: 180 h.

Combined study: 39 h. Training plans design: 20 h.

Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.

Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Juraj Kremnický, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-286	Course name: Sport Specialization 6 – Swimming
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper and Bachelor thesis presentation, active participation in classes and training, written and oral exams. <p>a) continuous assessment:</p> <ul style="list-style-type: none"> - Seminar paper and Bachelor thesis presentation: 20 p. - Active participation in classes: 10 p. - Active participation in training (min. 20 h. = 10 p.) - Written test – 20 p. <p>b) final assessment:</p> Based on the continuous assessment – 60 p. Oral exam – 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ul style="list-style-type: none"> - has theoretical knowledge of swimming competition organisation around the world - knows how to analyse specialised swimmer physical activities - understands sports training in swimming - can correctly evaluate the level of training - knows warm-up techniques before training and competing - understands diagnostics and its importance - can design training load during different periods - has practical skills related to injury prevention and diagnostics 	
Brief outline of the course: Brief outline of the course:	

Swimming – function, origin, evolution, importance, structure of sports performance in swimming disciplines, specialised swimmer physical activities and skills, evaluating the level of training and improving it, diagnostics and its application, harmonising sports performance.

Recommended literature:

Recommended literature:

1. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých způsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
2. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávania a základy športového tréningu. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
3. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.
4. HAMAR, D., LIPKOVÁ, J., 2008. Fyziológia telesných cvičení. Univerzita Komenského. Bratislava. 2008, 176 s. ISBN 978-80-223-2366-6.
5. LEHNERT, M. a kol., 2010. Tréning kondice ve sportu. Olomouc: Univerzita Palackého Olomouc. 2010, s. 143. ISBN 978-80-244-2614-3.
6. MACEJKOVÁ, Y. – BENČURIKOVÁ, E., 2001. Výkonové štandardy plaveckej spôsobilosti 8 až 19-ročnej populácie. In Acta Facul. Educ. Phys. Univ. Comeniana. Bratislava: Univerzita Komenského, 2001. s. 87- 98. ISBN 80-223-1694-6.
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
8. SEIFERT, L. a kol., 2011. World book of swimming: from science to performance. Nova Science Publishers. 2011, 550 s. ISBN 978-1-61470-741-7.
9. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
10. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávania a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load

Total: 210 h.

- Combined study: 39 h.
- Seminar paper and Bachelor thesis presentation: 20 p.
- Participation in the training process: 20 p.
- Studying for the written test: 40 p.
- Studying for the oral exam: 91 h.

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
33.33	33.33	33.33	0.0	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-316	Course name: Sport Specialization 6 – Taekwondo
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: a) continuous assessment: Presentation delivered during a class: 0–20 p. Taekwondo coaching in a sports club 0–40 p. b) final assessment: written and oral exams: 0–40 p.	
Learning objectives: Learning outcomes: 1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation 2. applies this knowledge in the training process 3. understands taekwondo training specificities – stages, training cycles, age and gender 4. applies their knowledge to evaluate sports performance and individual training plans 5. can conduct a training unit addressing the selected topic independently 6. can design a training programme for the selected target group	
Brief outline of the course: Brief outline of the course: Taekwondo training specificities – stages, training cycles, age and gender. Evaluating sports performance and making individual training plans. Conducting the training unit – practical demonstration. Designing specific training programmes. Current issues in top-level and performance taekwondo training – changing competition rules. Taekwondo training research.	
Recommended literature: Recommended literature: 1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7 2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5 3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9 4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9	

<p>5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9</p> <p>6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2</p>						
Language of instruction:						
Notes:student time load:						
Notes: student time load						
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.						
Active participation in the training process: 40 h. Preparation for the training process: 30 h.						
Studying for the exam: 60 h.						
Course assessment						
The final number of assessed students: 0						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 09.11.2022						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-376	Course name: Sport Specialization 6 – Tourism
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills. a) continuous assessment: seminar paper and practice: 0–30 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.	
Learning objectives: Learning outcomes: The student 1. acquires theoretical knowledge of the subject matter and can apply them in practice 2. can prepare for hiking 3. can perform the selected activities in practice and on their own	
Brief outline of the course: Brief outline of the course: Hiking as a sport. <ul style="list-style-type: none"> • Winter hiking and camping – basic skills. • Natural navigation in winter. • Mountain dangers in winter. • Performance diagnostics in hiking. • Creating physical activity programmes and training plans in performance hiking. • Planning hiking trips for specific target groups. 	
Recommended literature: Recommended literature: 1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0. 2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s. 3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724	

4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a športy v prírode. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes: student time load:

Notes: student time load: 210 h. Presence study: 39 h.

Preparation for the evaluation: 10 h.

Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-326	Course name: Sport Specialization 6 – Volleyball
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester: 2 presentations addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period. a) continuous assessment: - Sports preparation plan presentation: 20 p. - Bachelor thesis presentation: 20 p. - conducting part of a training unit: 20 p. b) final assessment: Written and oral exam: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80% D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - can plan, document, diagnose, and analyse training - applies the research-based sports training management methods - can apply the theory to sports research - can formulate recommendations for sports practice	
Brief outline of the course: Brief outline of the course: Planning and analysis of the training content and load within the given sports specialisation. Studying the theory of training management with the focus on its practical application. Setting the goals of the training process and application of the research-based training management. Formulating recommendations for sports practice and proposing further training process optimisation.	
Recommended literature: Recommended literature:	

1. HANČÍK, V. a kol. 1982. Tréning vo volejbale. Bratislava : Šport 1982. 288 s.
2. HANČÍK, V. - MAŠLEJOVÁ, D. - TOKÁR, J. 1994. Teória a didaktika športovej špecializácie a zvoleného športu volejbal. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 137 s. ISBN 80-223-0584-7
3. HANÍK, Z. - MATĚJ, J. 2004. Začátečnický volejbal. In Športové hry. 2004, roč. 9, č. 2, s. 7 – 16
4. MARTENS, R. 2006. Úspěšný tréner. Praha: Grada, 2006. 501 s.
5. PŘIDAL, V. - ZAPLETALOVÁ, L. 2010. Volejbal. Herný výkon – tréning – riadenie. Bratislava: Peter Mačura – PEEM, 2010. 181 s. ISBN 978-80-8113-030-4
6. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : Univerzita Komenského, Fakulta telesnej výchovy a športu, 1996. 108 s. ISBN 80-967456-1-1.
7. ZAPLETALOVÁ, L. - PŘIDAL, V. 1997. Didaktika volejbalu. Bratislava : Peter Mačura, 1997. 108 s. ISBN 80-967692-1-9.
8. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:

Notes: student time load:

Notes – time load for the student: 180 h.

Presence study: 39 h.

Training plans design: 20 h.

Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.

Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment

The final number of assessed students: 2

A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	0.0	50.0	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-336	Course name: Sport Specialization 6 – Weightlifting
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. understands the sports training management within the discipline 2. applies this knowledge in the training process and coaching 3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, weightlifting talent search 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. evaluates the training unit plan, training cycles, long-term sports training plans, weightlifting aptitude 6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.	
Language of instruction:	
Notes: student time load:	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-346	Course name: Sport Specialization 6 – Wrestling
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 26 Method of study: combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: grade a) continuous assessment: Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment: written and oral exams: 0–50 p.	
Learning objectives: Learning outcomes: 1. understands the sports training management within the discipline 2. applies this knowledge in the training process and coaching 3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, wrestling talent search 4. applies their knowledge to evaluate the performance of the contemporary athletes 5. evaluates the training unit plan, training cycles, long-term sports training plans, wrestling aptitude 6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.	
Brief outline of the course:	
Recommended literature: Recommended literature: Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012. Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s. Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed. Bratislava: UK v Bratislave, 2006. 53 s. Perič, T., Dovalil, J. 2010. Spotovni tréning. Praha: Granda Publishing a.s., 2010. 68 s. Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.	
Language of instruction:	
Notes: student time load:	

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment

The final number of assessed students: 0

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-111	Course name: Sports History and Olympianism
Type, extent and method of instruction: Form of instruction: Lecture Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. To receive the final assessment, the student is obliged to take the final written exam.	
b) final assessment: final assessment: Written exam: 100 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - knows the basic terminology related to history of sports and physical education; - understands the evolution of sports and physical education; - develops general knowledge of history of sports and Olympianism as well as selected sports disciplines; - can use the available specialised literature, retrieve relevant information from printed and online sources; - understands how history shaped the current reality of sports and physical education; - knows basic social phenomena (civilisation changes, etc.) and understands how they influence the development of sports and physical education (from the historical point of view); - can properly analyse the source texts and draw conclusions. 	
Brief outline of the course: Brief outline of the course: Stages and milestones in Slovak and world history of sports and physical education (PE). The establishment and development of the sports movement around the world and in Slovakia. Major figures who shaped sports and PE during different stages of their evolution.	

Ancient Greek Olympic Games vs. contemporary OG – origin and evolution.

Recommended literature:

Recommended literature:

1. GAJDOŠ, A. 2007. Osobnosti slovenského športu 1896 – 2006. Martin: Matica slovenská, 2007, 274 s. EAN 9788070909560
2. GREXA, J a kol. 1996. Olympijské hnutie na Slovensku. Od Atén po Atlantú. Bratislava . Slovenský olympijský výbor, 1996. 212 s. ISBN 80-85401-56-8.
3. GREXA, J., 2006. Olympijská výchova. Metodická príručka SOV. Bratislava : SOV 2006, 86 s. ISBN 80-969522-0-X.
3. KÖSSL, J. 1977. Dějiny Československého olympijskeho hnutí. Praha : Olympia, 1977.
4. KRUSEOVÁ, B. – MENDEM, A.1996. Kronika olympijských hier 1986 – 1996. Bratislava : Fortuna Print, 1996.
5. PERÚTKA, J. 1980. Dejiny telesnej výchovy a športu na Slovensku. Bratislava : Šport, 1980. 284s.
6. PERÚTKA, J. et al.1985. Dejiny telesnej kultúry. Bratislava : SPN, 1985. 288s.
7. SEMAN, F. 2012. Míľniky svetového športu. Bratislava : SOV, MŠVVaŠ. ISBN 978-80-89460-09-0
8. SOMMER, J. 2003. Dějiny sportu. Olomouc : Fontána, 2003. 274s. ISBN 978-80-73361-16-7
9. VLADOVIČOVÁ, N. – GÖRNER, K. 1996. Vybrané kapitoly z dejín telesnej kultúry. B. Bystrica : PF UMB, 1996. 92s.

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 26 h.

Seminar paper preparation 1: 20 h. Seminar paper preparation 2: 20 h. Studying for the written test: 24 h.

Course assessment

The final number of assessed students: 302

A	B	C	D	E	FX(0)	FX(1)	n
2.32	9.27	19.21	14.24	30.46	0.0	24.5	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Boris Beťák, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-115	Course name: Sports Psychology and Pedagogy
Type, extent and method of instruction: Form of instruction: Lecture Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. To complete the course, the student has to master the theoretical as well as practical topics. a) continuous assessment: continuous assessment: Seminar paper: 40 p. b) final assessment: final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - can transfer their knowledge of sports psychology and pedagogy to other contexts (courses on sports theory and didactics, specialisations, coaching practice, recreational sports, practice, etc.) - and apply them to sport-specific didactics; - applies their knowledge in practice; - can evaluate their knowledge in this field and apply it in PE and sports; - can evaluate other people's knowledge of this field; - creates a seminar paper addressing this topic. 	
Brief outline of the course: Brief outline of the course: Mental processes – characteristics and functions in physical education and sports (cognitive, emotive, motivational, volitional). The ontogenesis of motor skills and motor learning. Social-psychological aspects of PE and sports, team dynamics, communication, interaction.	

Athlete, coach, instructor, PE teacher – personality.
The psychological aspects of sports training, regulation of ongoing mental states;
individualisation of sports training, adaptation processes. Cooperation among the coach, PE teacher,
and psychologist.
Diagnosing psychosomatic, social-psychological, psychophysiological, and personality indicators
as part of performance improvement and stabilisation.
Sports pedagogy – general theory. Sports pedagogy – history. Sports pedagogy – methodology.
Sports pedagogy in Slovakia and abroad.
School sports pedagogy. Leisure sports pedagogy. Experiential pedagogy.
Leisure pedagogy, Leisure activities for the youth.
Sports and leisure-time physical activity.

Recommended literature:

Recommended literature:

1. BLAHÚTKOVÁ, M. – SLIŽIK, M. 2013. Vybrané kapitoly z psychologie sportu. Brno: FSPPS, 2013. 118 s. ISBN 978-80-210-6859-9 online <https://www.fsps.muni.cz/impact/knihovna/vybrane-kapitoly-z-psychologie-sportu/>
2. GREGOR, T. 2013. Psychológia športu. Bratislava: MAURO Slovakia, 2013. 400s. ISBN 9788096809271
3. GURSKÝ, T. 2005. Psychológia športu. Bratislava: SZTK, 2005.
4. JANSÁ, P. – DOVALIL, J. et al. 2009. Sportovní příprava. Praha: Q-art, 2009. 295 s. ISBN 9788090328099
5. JANSÁ, P. 2012. Pedagogika sportu. Praha: Karolinum, 2012, 226 s. ISBN 978-80-246-3986-4.
6. LERNER, J. 1988. Didaktické základy vyučovacích metod. Bratislava: SPN, 1988.
7. MACÁK, I. – HOŠEK, V. 1987. Psychológia telesnej výchovy a športu. Bratislava: SPN, 1987.
8. MACÁK, I. 1997. Psychológia športovej úspešnosti. Bratislava: FTVŠ UK, 1997
9. MOJŽÍŠEK, L. 1988. Vyučovacie metody. 3.vyd. Praha: SPN, 1988.
10. PRÚCHA, J. 2005. Moderní pedagogika. 3. vyd. Praha: Portál, 2005, 481 s. ISBN 80-7367-047-X.
11. SLEPIČKA. Et al 2009 Psychologie sportu. UK: Karolinum 2009. 242 s. ISBN 9788024616025
12. SLEPIČKOVÁ, I. 2005. Sport a volný čas. Praha: Karolinum, 2005. 115 s. ISBN 8024610396
13. SVOBODA, B. 2007. Pedagogika sportu, 2. vyd. Praha: Karolinum, 2007, 250 s. ISBN 978-80-246-1358-1
14. ŠVEC, Š. et al. 1998. Metodológia vied o výchove. Bratislava: IRIS, 1998. 300s. ISBN 8088778735
15. TOD, D. – THATCHER, J. – RAHMAN, R. 2012. Psychologie sportu. Praha: Grada. 2012. 200s. ISBN 9788024739236
16. VÁŽANSKÝ, M. 1992. Volný čas a pedagogika zážitku. Brno: MU, 1992, 64 s. ISBN 80-210-0428-2. Dostupné na: <http://alis.uniba.sk:8088/lib/item?id=chamo:211813&fromLocationLink=false&theme=Katalog>
17. ZUSKOVÁ, K. a kol. 2010. Osobnosť športovca z pohľadu vybraných oblastí psychológie a športu. Prešov: Prešovská univerzita, Fakulta športu, 2010. 231 s. ISBN 978-80-555-0134-5.

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 39 h. Preparation for the exam: 35 h.

seminar paper preparation: 16 h.

Course assessment

The final number of assessed students: 121

A	B	C	D	E	FX(0)	FX(1)	n
14.05	31.4	32.23	9.92	0.83	6.61	4.96	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Andrea Izáková, PhD.**Last changed:** 23.03.2023**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Arts						
Code: 1d-tre-107		Course name: Sports Sociology				
Type, extent and method of instruction:						
Form of instruction: Lecture / Seminar						
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
Recommended number of periods: 13 / 13						
Method of study: combined						
Number of credits: 5						
Recommended semester/trimester: 6.						
Level: I.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature:						
Language of instruction:						
Notes:student time load:						
Course assessment						
The final number of assessed students: 60						
A	B	C	D	E	FX(0)	FX(1)
13.33	60.0	25.0	0.0	0.0	1.67	0.0
Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD.						
Last changed: 23.03.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-tre-105	Course name: Sports Theory and Didactics
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 / 13 Method of study: combined	
Number of credits: 5	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the student creates a presentation addressing the selected topic and keeps records of the training process. After completing the semester, the student takes the final test. a) continuous assessment: a) continuous assessment: - Presentation addressing the selected topic delivered during a class: 20 p. - Training records: 20 p. b) final assessment: final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - has knowledge of sports theory and didactics; - uses their competences in the training process; - navigates the issue of performance and top level sports; - applies the knowledge acquired during this course to a specific sport; - evaluates the training unit plan, microcycle, and mesocycle; - can keep track of the training microcycles and mesocycles; - can apply the knowledge acquired during this course to sports didactics, performance and top level sports; and their own specialisation.	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9	

2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
4. MARTENS, R. Úspěšný tréner. Praha : Grada. 2006. 504 s. ISBN 8024710110
5. Slovak and foreign specialised journals.

Language of instruction:

slovak

Notes:student time load:

150 h., in which:

combined studium: 39 h.

preparation od presentation: 20 hod.

registration and evaluation of training units: 30 hod.

preparation for exam: 61 hod.

Course assessment

The final number of assessed students: 110

A	B	C	D	E	FX(0)	FX(1)
0.91	7.27	24.55	29.09	30.0	0.0	8.18

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Juraj Kremnický, PhD., Mgr. David Brúnn, PhD.

Last changed: 05.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica					
Faculty: Faculty of Arts					
Code: 1d-tre-109		Course name: State Examination – Bachelor Thesis and Defence			
Type, extent and method of instruction:					
Form of instruction:					
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)					
Recommended number of periods:					
Method of study: combined					
Number of credits: 10					
Recommended semester/trimester: 5., 6..					
Level: I.					
Prerequisites:					
Course completion conditions:					
Learning objectives:					
Brief outline of the course:					
Recommended literature:					
Language of instruction:					
Notes:student time load:					
Course assessment					
The final number of assessed students: 0					
A	B	C	D	E	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0
Instructor:					
Last changed: 14.01.2022					
Approved by: prof. PaedDr. Martin Pupiš, PhD.					

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-102	Course name: Summer Seasonal Activities
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 39 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student acquires the following knowledge and skills: practical specialised and technical skills related to outdoor activities and camping; organisation of a hiking-orienteeing run; outdoor games and experiential teaching; practical mastering, planning, preparation, organisation, and implementation of specific hiking routes; successful completion of an orienteeing run. a) continuous assessment: a) continuous assessment: - seminar paper: 20 p. - practical specialised and technical skills related to outdoor activities and camping; organisation of a hiking-orienteeing run; outdoor games and experiential teaching; 20 p. - practical mastering, planning, preparation, organisation, and implementation of specific hiking routes; 40 p. - Successful completion of an orienteeing run: 20 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none"> - navigates the subject matter and has the necessary knowledge of summer seasonal activities including the course of life and health protection, - can apply their knowledge and hiking skills in practice - can plan and organise a short-term hiking activity in practice, - uses their knowledge and skills from training in practice. 	

- can design, facilitate, and organise simple competitive and other summer physical activities

Brief outline of the course:

Brief outline of the course:

The history of hiking and outdoor activities.

Basic practical specialised and technical skills related to outdoor activities and camping; Designing and following specific hiking routes.

Cultural and other excursions allowing to link the knowledge from different academic subjects at schools.

Acquisition of practical knowledge and outdoor sport related skills focused mainly on orienteering and its organisation.

Practical outdoor games and exercises – experiential learning and teaching; outdoor animation; navigation; mountain dangers; hiking equipment; planning and organisation of outdoor activities and camping; health benefits of hiking; navigation using a map; ICT and new trends in outdoor activities.

Environmental protection vs. hiking and camping, basic environmental education.

The course of life and health protection – outdoor activities and camping in school education.

Characteristics of the activities and skills addressed within individual thematic units.

The system of educating sport experts and outdoor activities.

Getting acquainted with the valid legislation addressing outdoor sports and educational activities.

Recommended literature:

Recommended literature:

1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.

2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.

3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724

4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3

5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7

6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.

7. NEUMAN, J. et al. 2000. Turistika a športy v prírodě. Praha: Portál, 2000. ISBN 8071783919

8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

slovak

Notes:student time load:

student time load

90 h.

Combined study (L, S, C): 39 h. Skill improvement: 31 h.

seminar paper preparation: 20 h.

Course assessment

The final number of assessed students: 296

A	B	C	D	E	FX(0)	FX(1)	n
25.34	32.77	22.97	8.11	1.69	7.77	1.35	0.0

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., prof. PaedDr. Ivan Čillík, CSc., Mgr. Bc. Jana Daubnerová, PhD., prof. PaedDr. Martin Pupiš, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-HOP-513		Course name: Sustainable development and service learning 1	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: PhDr. Katarína Kurčíková, PhD., Mgr. Jana Šolcová, PhD., PhDr. Lucia Galková, PhD.			
Last changed: 31.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-HO2-513		Course name: Sustainable development and service learning 2	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 2., 4., 6.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: PhDr. Katarína Kurčíková, PhD., Mgr. Jana Šolcová, PhD., PhDr. Lucia Galková, PhD.			
Last changed: 31.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-108	Course name: Swimming
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 39 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. The student demonstrates the correct techniques of swimming styles, starts, and turns as well as swimming performance (tetrathlon). a) continuous assessment: a) continuous assessment: - Swimming styles, starts, and turns – assessment: 45 p. - Performance-focused swimming tetrathlon: 45 p. - swimming underwater: 10 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - knows the swimming terminology, can describe basic turns and starts in different swimming styles; - can use swimming aids correctly (goggles, floating aids); - can perform basic swimming movements pertaining to the selected swimming styles correctly; - can swim correctly in terms of technique including starts and turns; - proceeds correctly in individual learning and improvement of swimming skills and styles; - can evaluate technical errors in swimming techniques upon observation.	
Brief outline of the course: Brief outline of the course:	

Swimming skills (floating, gliding, breathing, navigation, underwater swimming, diving).
 Breaststroke – training legs, arms, breathing, synchronisation, starts, turns.
 Crawl – training legs, arms, breathing, synchronisation, starts, turns.
 Backstroke – training legs, arms, breathing, synchronisation, starts, turns.

Recommended literature:

Recommended literature:

1. BENČEK, M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I. a kol. 2014. Aktualizované poznatky z didaktiky plavání II. Variabilita plaveckých dovedností a techniky plaveckých způsobů. Sborník příspěvku z odborného semináře pořádaného dne 18. září 2014 v Praze. Praha: 2014, FTVS UK. 129 s. ISBN 978-80-87647-18-9.
3. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545
4. LUKÁŠEK, M. 2014. Plavání I. Brno: Masarykova univerzita, ISBN 978-80-210-7324.
5. MACEJKOVÁ, Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127-100-7
6. MANDZÁK, P. a kol. 2011. Návuk plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
7. MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.
8. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wp-content/uploads/2016/09/pravidla_plavania.pdf

Language of instruction:

slovak

Notes: student time load:

student time load

90 h.

Combined study (L, S, C): 39 h.

Preparation of the presentation on common swimming styles: 11 h.

Individual preparation (swimming styles and techniques): 20 h. Preparation for a practical test (swimming tetraathlon): 20 h.

Course assessment

The final number of assessed students: 296

A	B	C	D	E	FX(0)	FX(1)	n
11.82	12.5	18.92	15.2	29.39	3.72	8.45	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., PaedDr. Martina Mandzáková, PhD.

Last changed: 23.03.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-223	Course name: Swimming Exercises 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: - The student adds this course in AIS. - The student completes the assignments necessary to receive their continuous assessment. - The student demonstrates the correct techniques of swimming styles, starts, and turns. - Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%). a) continuous assessment: continuous assessment: - Demonstration of two selected swimming styles (butterfly stroke, backstroke, breaststroke, front crawl): 80%. - Active participation in classes: 20%. b) final assessment: final assessment: Based on the continuous assessment and active attendance.	
Learning objectives: Learning outcomes: The student: - masters the correct techniques of swimming styles, starts, and turns - can use swimming tools correctly - can swim a specific distance using different styles correctly including the start and turn - knows the swimming terminology and technical exercises, and can evaluate errors in swimming techniques upon observation.	
Brief outline of the course: Brief outline of the course: Swimming warm-up and identifying students' swimming skills. Swimming style improvement (breaststroke, front crawl, backstroke) using technical exercises and tools based on the individual skill level. Improving start and turn techniques. Swimming technique evaluation upon observation.	

Recommended literature:

Recommended literature:

1. BENČEK, M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I. a kol. 2014. Aktualizované poznatky z didaktiky plavání II. Variabilita plaveckých dovedností a techniky plaveckých způsobů. Sborník příspěvku z odborného semináře pořádaného dne 18. září 2014 v Praze. Praha: 2014, FTVS UK. 129 s. ISBN 978-80-87647-18-9.
3. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545
4. LUKÁŠEK, M. 2014. Plavání I. Brno: Masarykova univerzita, ISBN 978-80-210-7324.
5. MACEJKOVÁ, Y. – BENČURIKOVÁ, L. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127-100-7
6. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
7. MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.
8. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wpcontent/uploads/2016/09/pravidla_plavania.pdf

Language of instruction:

Slovak

Notes: student time load:

student time load

90 h.

Combined study: 26 h.

Individual preparation (swimming styles and techniques): 34 h. Individual preparation (turns): 15 h.

Individual preparation (starts): 15 h.

Course assessment

The final number of assessed students: 26

A	B	C	D	E	FX(0)	FX(1)
34.62	19.23	30.77	3.85	3.85	7.69	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., PaedDr. Martina Mandzáková, PhD.**Last changed:** 07.11.2022**Approved by:** prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-225	Course name: Tennis Exercises 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. The student is allowed to miss 6 classes per semester. This applies to students without an individual study plan. During the semester, the student takes a practical test focused on practical skills and game performance. a) continuous assessment: continuous assessment: Test of practical skills: 100 p. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: <ul style="list-style-type: none">- masters the practical skills on the appropriate level- masters the procedures and methods in theory and practice- understands the importance of tennis for the physical development and can integrate it into their regimen to prevent civilisation diseases	
Brief outline of the course: Brief outline of the course: Basic strokes (forehand, backhand, serving). Preparatory exercises with and without the tennis racket. Movement games focused on tennis.	
Recommended literature: Recommended literature: 1. HRDINA, V. 2001. Tenis pre každého. Plzeň : vlastný náklad, 2001.	

2. JANKOVSKÝ, J. 2002. Tenis. Praha : Grada 2002. 100 s.
3. KOROMHÁZOVÁ, V. – LINHARTOVÁ, D. 2008. Jak Dokonale zvládnout tenis. Praha : Grada, 2008. 112 s. ISBN 978-80-247-2316-7.
4. LANGEROVÁ, M. – HEŘMANOVÁ, B. 2005. Tenis a děti. Praha : Grada 2005. 104 s. ISBN 80-247-1256-3.
5. LINHARTOVÁ, D. 2009. Tenis. Praha : Grada 2009. 104 s. ISBN 978-80-247-2703-5.
6. MERUNKA, L. 1978. Tenis mladých. Bratislava : SPN, 1978. Pravidlá tenisu. Bratislava : Šport, STU.

Language of instruction:

slovak

Notes: student time load:

student time load

90 h.

Combined study: 26 h.

Preparation for mastering of the technique and selected practical skills: 64 h

Course assessment

The final number of assessed students: 29

A	B	C	D	E	FX(0)	FX(1)
65.52	20.69	3.45	0.0	0.0	0.0	10.34

Instructor: PaedDr. Boris Beťák, PhD.

Last changed: 08.11.2022

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-vdsl-01	Course name: The Great Works in World Literature I
Type, extent and method of instruction: Form of instruction: Lecture Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I, P	
Prerequisites:	
Course completion conditions: The student prepares an essay in which he/she takes a position on the issue discussed. The final assessment is passed/failed.	
Learning objectives: 1. The student will obtain an adequate overview of the origin and functioning of selected representative literary works from several civilizational and cultural areas of ancient literature; will improve in professional terminology. 2. The student will acquire the specific interpretation skills necessary when working with a literary text anchored in a radically different cultural environment, thereby strengthening tolerance towards cultural differences and the will to respect the right to be different.	
Brief outline of the course: The greatest works in ancient Mesopotamia. Sumerian literature, Sumerian-Akkadian synthesis in literature. Ancient Egyptian literature – the greatest works. Ancient Chinese literature; basic Confucian and Taoist texts, old Chinese poetry. Ancient Indian literature - the most important written monuments from the Vedic period and from the so-called historical period, ancient Indian epics. Hebrew (ancient Jewish) literature. The Bible. Ancient Arabic literature; poetry of the pre-Islamic era, the Koran as a religious text and a literary monument. Ancient Greek literature (great works of archaic epic, lyric and drama). Ancient Roman literature, the great works of poets of the classical period (Vergilius, Horatius, Ovidius).	
Recommended literature: 1. BURKE, Peter. Kulturní historie. Dokořán, 2011. 2. MACURA, V. a kol.: Slovník světových literárních děl 1. – 2. Praha : Odeon, 1989. 3. ELIADE, M.: Dejiny náboženských predstáv a ideí 1. – 3. Bratislava : Agora, 1995, 1997, 4. 1997. 5. Velké postavy východního myšlení: slovník myslitelů. Uspořádal Ian P. McGreal. Praha : 6. Prostor, 1998. 7. ASSMANN, J.: Kultura a paměť. Písmo, vzpomínka a politická identita v rozvinutých 8. kulturách starověku. Praha : PROSTOR, 2001. 9. Duchovní prameny života: stvoření světa ve starých mýtech a náboženstvích. Praha : Vyšehrad, 1997. 10. PUTNA, M. C.: Homér 21, http://www.fhs.cuni.cz/homer21/main.html	

11. CANFORA, Luciano: Dějiny řecké literatury
12. CONTE, Gian Biagio: Dějiny římské literatury.

Language of instruction:

Slovak

Notes: student time load:

90 hours, of which 26 hours full-time, 64 hours self-study

Course assessment

The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Bariaková, PhD., prof. PaedDr. Martin Golema, PhD., doc. Ivan Jančovič, PhD., Mgr. Martina Kubealaková, PhD., Mgr. Eva Pršová, PhD., doc. PaedDr. Jozef Tatár, PhD.

Last changed: 19.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajm-309	Course name: Turkish Language 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%). a) continuous assessment: a) written test – 40 points b) final assessment: b) final written examination: 0 – 60 points	
Learning objectives: Students will be able: 1. to talk about places/directions/family/occupation in Turkish, 2. to listen to and understand some simple short dialogues in Turkish, 3. to read some texts in Turkish, 4. to write some texts in Turkish.	
Brief outline of the course: 1. Greeting 2. Daily Life 3. Our family and our relatives 4. Time is passing 5. Enjoy your mail 6. Bureaucracy everywhere 7. The future will come some day also 8. He said something 9. Different worlds and lifes 10. Our media 11. Healthy living	

12. Travel

Recommended literature:

1. Gökkuşuğu Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commision, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.

seminars: 13

study for the continuous written test: 30 hrs.

study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 131

A	B	C	D	E	FX(0)	FX(1)	n
40.46	11.45	19.85	16.03	3.05	8.4	0.76	0.0

Instructor: Mgr. Görkem Arslan

Last changed: 16.08.2022

Approved by: prof. PaedDr. Martin Pupiř, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajm-310	Course name: Turkish Language 2
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%). a) continuous assessment: a) written test – 40 points b) final assessment: b) final written examination: 0 – 60 points	
Learning objectives: Students will be able: 1. to talk about places/directions/family/occupation in Turkish, 2. to listen to and understand some simple short dialogues in Turkish, 3. to read some texts in Turkish, 4. to write some texts in Turkish.	
Brief outline of the course: 1. Greeting 2. Daily Life 3. Our family and our relatives 4. Time is passing 5. Enjoy your mail 6. Bureaucracy everywhere 7. The future will come some day also 8. He said something 9. Different worlds and lifes 10. Our media 11. Healthy living	

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşuğu Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commission, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 55

A	B	C	D	E	FX(0)	FX(1)	n
29.09	16.36	34.55	3.64	12.73	3.64	0.0	0.0

Instructor: Mgr. Görkem Arslan

Last changed: 16.08.2022

Approved by: prof. PaedDr. Martin Pupiř, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajm-311	Course name: Turkish Language 3
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%). a) continuous assessment: a) written test – 40 points b) final assessment: b) final written examination: 0 – 60 points	
Learning objectives: Students will be able: 1. to talk about places/directions/family/occupation in Turkish, 2. to listen to and understand some simple short dialogues in Turkish, 3. to read some texts in Turkish, 4. to write some texts in Turkish.	
Brief outline of the course: 1. Greeting 2. Daily Life 3. Our family and our relatives 4. Time is passing 5. Enjoy your mail 6. Bureaucracy everywhere 7. The future will come some day also 8. He said something 9. Different worlds and lifes 10. Our media 11. Healthy living	

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşuğu Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commission, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 18

A	B	C	D	E	FX(0)	FX(1)	n
55.56	11.11	11.11	5.56	5.56	11.11	0.0	0.0

Instructor: Mgr. Görkem Arslan

Last changed: 16.08.2022

Approved by: prof. PaedDr. Martin Pupiř, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ajm-312	Course name: Turkish Language 4
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 4., 6.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%). a) continuous assessment: a) written test – 40 points b) final assessment: b) final written examination: 0 – 60 points	
Learning objectives: Students will be able: 1. to talk about places/directions/family/occupation in Turkish, 2. to listen to and understand some simple short dialogues in Turkish, 3. to read some texts in Turkish, 4. to write some texts in Turkish.	
Brief outline of the course: 1. Greeting 2. Daily Life 3. Our family and our relatives 4. Time is passing 5. Enjoy your mail 6. Bureaucracy everywhere 7. The future will come some day also 8. He said something 9. Different worlds and lifes 10. Our media 11. Healthy living	

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşuğu Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commission, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)	n
28.57	14.29	14.29	14.29	0.0	28.57	0.0	0.0

Instructor: Mgr. Görkem Arslan

Last changed: 11.09.2023

Approved by: prof. PaedDr. Martin Pupiř, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-FS1-003		Course name: Univerzitný folklórny súbor 1	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 15			
abs	n	p	v
100.0	0.0	0.0	0.0
Instructor: Mgr. art. Martin Urban, PhD.			
Last changed: 30.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-UKO1-003	Course name: Univerzitný komorný orchester 1		
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 6			
abs	n	p	v
66.67	33.33	0.0	0.0
Instructor: Mgr. Pavel Martinka, PhD.			
Last changed: 30.03.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-SPZ1-003		Course name: Univerzitný spevácky zbor 1	
Type, extent and method of instruction:			
Form of instruction: Seminar			
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)			
Recommended number of periods: 26			
Method of study: combined			
Number of credits: 3			
Recommended semester/trimester: 1., 3., 5.			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment			
The final number of assessed students: 16			
abs	n	p	v
81.25	18.75	0.0	0.0
Instructor: Mgr. Pavel Martinka, PhD.			
Last changed: 04.04.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-230	Course name: Water Polo
Type, extent and method of instruction: Form of instruction: Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student signs up for this course in AIS and completes the assignments necessary to receive their continuous assessment: seminar papers, active participation in seminars, written test. (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%). a) continuous assessment: a) continuous assessment: Seminar paper and active participation in classes b) final assessment: b) final assessment: Written test	
Learning objectives: Learning outcomes: The student has theoretical knowledge of the water polo rules and practical knowledge regarding training, improvement, and game systems.	
Brief outline of the course: Brief outline of the course: 1. Improving fitness level – strength, speed, endurance. 2. Improving joint mobility. Water polo rules.	
Recommended literature: Recommended literature: JUNK, Ivan: Vodní pólo - určeno pro posl. fak. tělesné kultury. Olomouc : Univerzita Palackeho, 1992 NEDOROST, K.: Jednotný tréninkový systém vodného póla. Praha 1983 ŠTELLER, P.: Vodné pólo. Moskva, 1981 VIDUMANSKÝ, Ladislav – KALEČÍK Ľubomír: Teória a didaktika vodného póla. Bratislava: FTVŠ UK, 2006, 72s. ISBN 8022321699 EGAN, Tracie: Water Polo. Rosen Pub Group, 2004, ISBN-10: 1404201866 EVERIST, Kirk: Becoming a Champion Water Polo Player: Defensive Techniques, Skills & Drills. EVERIST, Kirk: Becoming a Champion Water Polo Player: Ofensive Techniques, Skills & Drills. TANNER, John: Coaching Water Polo. TANNER, John: Team Tactics for Water Polo. Časopisy: Telesná výchova a šport, Tělesná výchova a sport mládeže	

Language of instruction:						
Notes:student time load: Notes: student time load Time load for the student: Total: 120 h. Combined study (lectures/seminars/consultations): 26 h. Preparation of the presentation: 30 h. Studying for the oral exam: 64 h.						
Course assessment The final number of assessed students: 3						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	100.0	0.0
Instructor: PaedDr. Zuzana Pupišová, PhD., PaedDr. Martina Mandzáková, PhD.						
Last changed: 23.03.2023						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-utr-010	Course name: Water Sports and Bicycle Touring
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student proves their practical skills in water sports and bicycle touring and takes a written test a) continuous assessment: a) continuous assessment: water sports: 40 p. (min. 26 p.) (canoe: getting in and out – 10 p.; rowing – 10 p.; kayak: getting in and out – 10 p.; rowing – 10 p.) bicycle touring: 40 p. (min. 26 p.): flat tyre repair – 20 p.; trail track – 20 p. b) final assessment: b) final assessment: The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student <ul style="list-style-type: none"> - knows the history of boats and the correct terminology - can name, describe, show, and use the basic rowing techniques - knows the history of bicycle touring and can name, describe, show, and use the trail track/road cycling technique - understands the importance of water sports and bicycle touring for physical development and can integrate them into their regiment to prevent civilisation diseases - develops a positive attitude to water sports and bicycle touring, nature protection, and cultural heritage of the region - knows the cycling and rowing safety rules 	
Brief outline of the course: Brief outline of the course: The importance and position of water sports and bicycle touring in human life. The history and evolution of water sports and bicycle touring in Slovakia and abroad.	

Basic terminology and rules. Training and improving basic rowing techniques (rowing boat, canoe, kayak). Training on still water. Safety and rescuing in water sports (preparation and the course of a water sporting event). Equipment for different types of events. Basic boat maintenance. Training and improving basic cycling techniques – trail and road. Organisation of bicycle tours and safety. Bicycle maintenance.

Recommended literature:

Recommended literature:

1. BENČE, M., BOBULA, T., ZBIŇOVSKÝ, P.: 2008. Vodné športy. Banská Bystrica: FHV UMB, 2008. ISBN 978-80-8083-521-7 [Online] [cit. 2021-09-09]. Dostupné na internete: https://kdv.rt.sk/wp-content/uploads/2008/01/vodne_sporty.pdf 2. BÍLÝ, M. a kol. 2001. Kanoistika. Praha: Grada Publishing, 2001, 140s. ISBN: 80-247-9050-5 3. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7 4. KRÁL, L., MAKEŠ, P. 2003. Velká kniha cyklistiky. Brno : Computer Press, 2003. 144s, ISBN: 80-7226-815-5 5. LANDA, P. 2005. Cyklistika. Praha : Grada, 2005, 108s. ISBN: 80-247-0726-8 6. LIŠKOVÁ, J. 2005. Kolo a děti, vybavení, výuka jízdy, tipy na výlety. Praha : Grada, 2005, 90s. ISBN 8024711346 7. ZAJAC, A. a kol. 1983. Športy a turistika na vode. Bratislava: Šport, 198s. ISBN 77-035-83 8. HÁP, P. a kol. 2014. Pobyt v letní přírodě. (e-kniha). Olomouc: UP Olomouc, 2014. [Online] [cit. 2021-09-09]. Dostupné na internete: <https://publi.cz/books/174/Hap.html>

Language of instruction:**Notes: student time load:**

Notes: student time load
120 h.

Presence study: 26 h.

Developing practical skills: 60 h.

Studying for the written test: 10 h.

Preparation for the evaluation: 24 h.

Course assessment

The final number of assessed students: 127

A	B	C	D	E	FX(0)	FX(1)	n
46.46	36.22	3.94	0.0	0.0	13.39	0.0	0.0

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD.

Last changed: 31.05.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Arts	
Code: 1d-ozvstv-109	Course name: Winter Seasonal Activities
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 65 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: The condition for the evaluation of the course is mandatory, active participation of the student in the class. The student will acquire practical skills in cross-country and downhill skiing, snowboarding, and skating. a) continuous assessment: On the basis of a continuous assessment. The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100. b) final assessment: final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student: <ul style="list-style-type: none"> - knows how to apply his/her knowledge in the selection of suitable ski equipment, - has mastered the basic rules of safety of staying and moving on the slopes and on the ice surface, - knows and is able to use correctly the technical terminology used in winter sports (skiing, snowboarding and skating, - knows the practical skills of cross-country and downhill skiing, snowboarding and skating, - can analyze terrain conditions and adapt their riding to them, - understands the impact and importance of the natural environment and the implementation of winter sports for human health and physical development. 	
Brief outline of the course: Student: Theoretical basics of downhill and cross-country skiing, snowboarding, and skating.	

Selection of skiing, snowboarding and skating equipment. Maintenance and waxing of skis and snowboards.

Games in the snow. Principles of safety on the slopes and on the ice. Principles safety of staying and moving on the slopes - white code.

Practice of basic and advanced downhill skiing techniques (balance on skis, downhill, curves - in two-sided inversion, from two-sided inversion, from inversion top and bottom ski, downhill curves, riding in rough terrain, basics of carving).

Practice of basic snowboard training techniques (sliding down the chute, sliding diagonally slope, slant slope riding, sliding a half-arch to the slope (fan, girlangs), snowboard curves (frontside and backside), snowboard control, smooth and safe riding on downhill, riding on the lift).

Practice of technique in classic and skate style cross-country skiing (alternating two-step running, running with a push-off, single and single-step, double-sided skating single- and double-step with alternating arm work).

Practice of basic skating technique (walking on skates, forward skating, skating backwards, stopping, short arcs, forward skating, skate control, smooth and safe skating on ice).

Recommended literature:

1. MICHAL, J. 2001. Teória a didaktika lyžovania. Banská Bystrica: PDF UMB v Banskej Bystrici, 2001. 94 s. ISBN 80-8055-591-5.
2. MICHAL, J. 2013. Snowboarding. Zvolen: Technická univerzita vo Zvolene, 2013. 80 s. ISBN 978-80-228-2597-9.
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Language of instruction:

slovak

Notes:student time load:

student time load: 90 hrs., of which:

combined study (s): 65 hrs.

skills development: 10 hrs.

preparation for practical skills assessment: 15 hrs.

Course assessment

The final number of assessed students: 305

A	B	C	D	E	FX(0)	FX(1)	n
2.3	12.13	32.46	29.18	12.13	6.56	5.25	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., PaedDr. Boris Beťák, PhD.

Last changed: 08.09.2023

Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica			
Faculty: Faculty of Arts			
Code: 1d-YWO-513		Course name: Youth Work	
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined			
Number of credits: 3			
Recommended semester/trimester:			
Level: I.			
Prerequisites:			
Course completion conditions:			
Learning objectives:			
Brief outline of the course:			
Recommended literature:			
Language of instruction:			
Notes:student time load:			
Course assessment The final number of assessed students: 0			
abs	n	p	v
0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Peter Jusko, PhD.			
Last changed: 08.09.2023			
Approved by: prof. PaedDr. Martin Pupiš, PhD.			