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## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-fil-014	<b>Course name:</b> Analytical writing and reading
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 2., 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> The maximum number of points covering continual and final assessment is 100. Credits are assigned to students who acquire a minimum of 65 points out of a possible 100. <b>a) continuous assessment:</b> continuous specialized tasks (0 - 40 points) <b>b) final assessment:</b> writing a final academic essay (0 - 60 points)	
<b>Learning objectives:</b> Students will be able: 1. To understand the specifics of an academic text with emphasis on the critical and analytical aspects. 2. To use basic strategies and techniques of critical reading and writing. 3. Knowledge of preparing, planning and writing academic texts. 4. To fulfil academic homework connected to academic reading and writing.	
<b>Brief outline of the course:</b> 1. Author and reader – the teacher as reader, the student as author. 2. Logic and argumentation in writing and reading – consistency, contradiction, contrary and contradictory statements, the expressive strength of propositions. 3. Essay structure – basic features of structure. 4. Writing – how to select an essay topic, techniques for composing, outlining, successive elaboration, conceptual note taking, research and composing, polishing the text. 5. Tactics for analytic writing and reading – definitions, distinctions, analysis, dilemmas, counterexamples, Reductio ad Absurdum. 6. Some constraints on content – the pursuit of truth, the use of authority, the burden of proof.	
<b>Recommended literature:</b> KATUŠČÁK, D. (2008): Ako písať záverečné a kvalifikačné práce. Nitra: Enigma. STARŇOVÁ, K. (2001): Vedecké písanie. Ako písať akademické a vedecké texty. Osveta, Martin. VYDRA, A. (2010): Akademické písanie. Trnavská univerzita v Trnave.	

ZOUHAR, M. (2008): Základy logiky pre spoločenskovedné a humanitné odbory. Veda, Bratislava.							
<b>Language of instruction:</b> Slovak							
<b>Notes:student time load:</b> 90 hrs., consisting of: combined studies (L,S,C): 26 hrs. writing of continuous tasks: 20 hrs. library study: 15 hrs. writing a final academic essay: 29 hrs.							
<b>Course assessment</b> The final number of assessed students: 11							
A	B	C	D	E	FX(0)	FX(1)	n
0.0	0.0	27.27	36.36	36.36	0.0	0.0	0.0
<b>Instructor:</b> Mgr. Michal Šedík, PhD.							
<b>Last changed:</b> 06.02.2024							
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.							

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-103	<b>Course name:</b> Anatomy, Traumatology, and First Aid
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 / 13 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 2.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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. <b>a) continuous assessment:</b> continuous assessment: The ability to perform resuscitation techniques in practice: 20 points (min. 13 p.) <b>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- actively uses correct specialised terminology related to anatomy, traumatology, and basic first aid;</li> <li>- knows the positions, structure, and functions of human body parts – organs, and organs systems (the prerequisite to further develop their theoretical and practical knowledge);</li> <li>- 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.</li> <li>- 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.</li> </ul>	
<b>Brief outline of the course:</b> 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. Cardiopulmonary resuscitation.  
 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: 84

A	B	C	D	E	FX(0)	FX(1)	n
3.57	16.67	28.57	20.24	21.43	1.19	8.33	0.0

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

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-112	<b>Course name:</b> Anthropometrics and Sports Anthropology
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 5.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. 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.	
<b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- can use their knowledge to measure physical, functional, and motor development of a person;</li> <li>- can diagnose different parameters of physical, functional, and motor development in children, youth, and adults;</li> <li>- can apply the methods of physical anthropology to determine whether a person is growing and developing correctly;</li> <li>- can evaluate the biological criteria related to identifying potential talents and assess the risks;</li> <li>- can design a survey or research focused on physical education and sports;</li> <li>- can apply the anthropometric methods and instruments to physical education and sports;</li> <li>- masters the motor skill measurement methods.</li> </ul>	

**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) BENČE, 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](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 detí 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](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](http://www.fsps.muni.cz/~novotny/SA_text.pdf) 8. RIEGEROVÁ, J. - PŘIDALOVÁ, 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: 60

A	B	C	D	E	FX(0)	FX(1)	n
33.33	26.67	25.0	8.33	1.67	1.67	3.33	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. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-105	<b>Course name:</b> Athletics
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 52 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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.	
<b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- navigates the basic athletic disciplines;</li> <li>- masters their techniques;</li> <li>- 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;</li> <li>- knows the basic rules of athletic disciplines;</li> <li>- understands the importance of general and specific warm-up and can use it in teaching as well as in training;</li> <li>- knows the terminology, procedures, and methodology of basic athletic training.</li> </ul>	
<b>Brief outline of the course:</b>	

<p><b>Brief outline of the course:</b>  Training, improving techniques and improving performance in selected athletic disciplines and skills – techniques of movement abilities. Special running and jumping exercises. Low and high start, various types of running, sprint, relay race and hurdle race, long jump, high jump, throwing balls and grenades, shot-put back technique, javelin throwing. Taxonomy and terminology, basic rules of athletics. Organizing and refereeing of athletic races.</p>																							
<p><b>Recommended literature:</b>  Recommended literature:  ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9.</p>																							
<p><b>Language of instruction:</b>  slovak</p>																							
<p><b>Notes:student time load:</b>  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><b>Course assessment</b>  The final number of assessed students: 56</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>8.93</td> <td>8.93</td> <td>14.29</td> <td>10.71</td> <td>35.71</td> <td>3.57</td> <td>17.86</td> <td>0.0</td> </tr> </tbody> </table>								A	B	C	D	E	FX(0)	FX(1)	n	8.93	8.93	14.29	10.71	35.71	3.57	17.86	0.0
A	B	C	D	E	FX(0)	FX(1)	n																
8.93	8.93	14.29	10.71	35.71	3.57	17.86	0.0																
<p><b>Instructor:</b> prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Miroslava Rošková, PhD.</p>																							
<p><b>Last changed:</b> 05.09.2023</p>																							
<p><b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.</p>																							

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-100	<b>Course name:</b> Basic Movement Skills
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 52 <b>Method of study:</b> combined	
<b>Number of credits:</b> 5	
<b>Recommended semester/trimester:</b> 1.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: During the course, the student learns the methodology of basic movement skills in practice: run, jump, throw. The students creates a methodological output focused on the preparatory and complex exercises developing basic movement skills and masters elementary equipment and acrobatic exercises. Practical output: the student learns how to provide assistance to an athlete who uses equipment or performs acrobatic exercises and rescue them in case of need.	
<b>a) continuous assessment:</b> continuous assessment: The methodology of basic movement skills in practice: run, jump, throw: 25 p. The methodological output focused on the preparatory and complex exercises developing basic movement skills: 25. p. - Elementary use of equipment and acrobatic exercises: 25 p. - Practical output: assistance and rescue (elementary use of equipment, acrobatic exercises): 25 p.	
<b>b) final assessment:</b> final assessment: Based on the continuous assessment.	
<b>Learning objectives:</b> Learning outcomes: The student learns the methodology of basic movement skill development; - learns how assistance is provided and how to rescue a person performing exercises; The student - learns the basic technique of fast and endurance run, long jump, high jump, cricket ball throw; - learns the drills and gymnastics skills through games, competitions, and other physical activities. The student - can apply the theoretical knowledge of movement skills in practice;	

- understands how basic movement skills influence human health and universal physical development;  
can identify basic errors in gymnastic shapes, exercising using equipment, and acrobatics.

**Brief outline of the course:**

Brief outline of the course:

Basic movement skills: walking, running, jumping, throwing and their development through the selected athletic exercises (younger school age) – training methodology. Movement games focused on basic locomotion. Preparatory and complex exercises (walking, running, jumping, throwing) for younger school pupils (1st stage of primary schools). Forward/backward roll, shoulderstand. Balanced endurance, turns, hops. Springboard and small trampoline jumps, jumping on and off gymnastic equipment. Changing positions, turns, headfirst position. Moving along narrow and raised areas of support. Gymnastic games.

**Recommended literature:**

Recommended literature:

NOVOTNÁ, N. - ROZIM, R. 2014. Základné lokomócie a sezónne pohybové činnosti : (učebné texty). Banská Bystrica: FF UMB. 105 s.

ČILLÍK a kol.2013. Teória a didaktika atletiky.(vysokoškolská učebnica). Banská Bystrica: UMB - Belianum, 2013, 238 s. ISBN 978-80-557-0554-5.

NOVOTNÁ, N. – VLADOVIČOVÁ, N. 2012. Nelokomočné pohybové zručnosti a manipulačné, pohybové a prípravné športové hry. Banská Bystrica: KTVŠ FHV UMB, 2012, 101s. ISBN 978-80-557-0408-1

ROZIM, R. 2007. Rozvoj a hodnotenie rýchlostných schopností 10-ročných žiakov základnej školy. Banská Bystrica : PF UMB, 2007. 122s. ISBN 978-80-8083-449-4.

KOLEKTÍV. 2014. Telesná a športová výchova - základné lokomócie a nelokomočné pohybové zručnosti a športy v prírode. Bratislava: Národné športové centrum v spolupráci s Fakultou telesnej výchovy a športu Univerzity Komenského v Bratislave, 2014. ISBN 978-80-971466-2-7.

**Language of instruction:**

Slovak

**Notes:student time load:**

student time load: 150 h. Presence study: 52 h.

Preparation for the evaluation of practical skills: 53 h. Preparation of methodological outputs: 45 h.

**Course assessment**

The final number of assessed students: 26

A	B	C	D	E	FX(0)	FX(1)
23.08	34.62	15.38	19.23	0.0	0.0	7.69

**Instructor:** Mgr. Bc. Jana Daubnerová, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Juraj Kremnický, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-106	<b>Course name:</b> Basics of Gymnastic Sports and Combat Exercises
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 52 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports. <b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student - can use their newly acquired gymnastic and combat sports skills in practice; - can correctly name exercising positions, movements, gymnastic shapes and combat sports movements. The student can: - put their basic skills in gymnastics and combat sports in practice; - knows gymnastics and combat sports, can describe individual disciplines, exercising content, focus, and goal; - can assess the technique, aesthetics, and components of selected gymnastic exercises; - can assess the technique used in the selected combat sport. The student	

- can apply the optimal technique to perform gymnastic and combat positions, locomotion, and gymnastic shapes;
- can demonstrate imitation and preparatory exercises, basic gymnastic shapes, and perform individual and group movement combinations (gymnastics and combat sports);
- can assess the quality of their peers' performance in gymnastics and combat sports;
- can identify errors, incorrect posture, decreased range of movement and muscle tone; knows the rights and responsibilities related to gymnastic and combat sport competitions.

**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. 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](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: 55

A	B	C	D	E	FX(0)	FX(1)	n
5.45	7.27	41.82	20.0	9.09	0.0	16.36	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. Pavol Bartík, PhD.

## Course Description

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

## Course Description

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

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-ZEV-101		<b>Course name:</b> Basics of educational sciences				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s / 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 2.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 89						
A	B	C	D	E	FX(0)	FX(1)
1.12	14.61	24.72	25.84	26.97	4.49	2.25
<b>Instructor:</b> prof. PaedDr. Dana Hanesová, PhD., PhDr. Patrícia Zólyomiová, PhD.						
<b>Last changed:</b> 08.02.2024						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-110	<b>Course name:</b> Biomechanics
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 13 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. During the semester, the student creates and submits two seminar papers, and takes a test during the examination period. <b>a) continuous assessment:</b> continuous assessment: Seminar papers 1 and 2 in the required quality are submitted during the final week of the semester. <b>b) final assessment:</b> final assessment: - Written test (min. 65%) Grading scale: A (100–94%), B (93–86%), C (86–79%), - 73%, E = 72 - 65%, Fx = 64% and less). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
<b>Learning objectives:</b> 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.	
<b>Brief outline of the course:</b>	
<b>Recommended literature:</b> 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 all. 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](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: 58

A	B	C	D	E	FX(0)	FX(1)	n
41.38	27.59	20.69	3.45	0.0	0.0	6.9	0.0

**Instructor:** Mgr. Jozef Sýkora, PhD.

**Last changed:** 22.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-utr-007	<b>Course name:</b> Coordination Basics in Sports
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. 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. <b>a) continuous assessment:</b> continuous assessment: - presentation of the topic during the seminar (training unit): 10 p. - creation of a training programme (seminar paper): 30 p. <b>b) final assessment:</b> 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.	
<b>Learning objectives:</b> 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	
<b>Brief outline of the course:</b> 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 skills necessary for a variety of sports (age and sex specific).

**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](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 športovcov. 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

120 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: 20 h.

Preparation for the final written exam (45 minute): 31 h.

**Course assessment**

The final number of assessed students: 81

A	B	C	D	E	FX(0)	FX(1)
16.05	44.44	22.22	8.64	3.7	0.0	4.94

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

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica							
<b>Faculty:</b> Faculty of Arts							
<b>Code:</b> 1e-tpzp-101		<b>Course name:</b> Creation and presentation of final theses					
<b>Type, extent and method of instruction:</b>							
<b>Form of instruction:</b> Lecture / Seminar							
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)							
<b>Recommended number of periods:</b> 13 / 13							
<b>Method of study:</b> combined							
<b>Number of credits:</b> 3							
<b>Recommended semester/trimester:</b> 1., 3., 5.							
<b>Level:</b> I.							
<b>Prerequisites:</b>							
<b>Course completion conditions:</b>							
<b>Learning objectives:</b>							
<b>Brief outline of the course:</b>							
<b>Recommended literature:</b>							
<b>Language of instruction:</b>							
<b>Notes:student time load:</b>							
<b>Course assessment</b>							
The final number of assessed students: 2							
A	B	C	D	E	FX(0)	FX(1)	n
50.0	0.0	0.0	50.0	0.0	0.0	0.0	0.0
<b>Instructor:</b> Mgr. Roman Hofreiter, PhD., doc. Mgr. M. A. Ivan Chorvát, CSc., Mgr. Ivan Souček, PhD.							
<b>Last changed:</b> 07.02.2022							
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.							

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-201		<b>Course name:</b> Cross-Country Skiing Exercises 1				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Seminar						
<b>Course type:</b> C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b>						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 33						
A	B	C	D	E	FX(0)	FX(1)
75.76	0.0	0.0	0.0	0.0	24.24	0.0
<b>Instructor:</b> Mgr. Bc. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.						
<b>Last changed:</b> 04.10.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-DKP-221		<b>Course name:</b> Didactics of Primary Education				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 22						
A	B	C	D	E	FX(0)	FX(1)
9.09	13.64	22.73	31.82	18.18	4.55	0.0
<b>Instructor:</b>						
<b>Last changed:</b> 02.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-POR-402		<b>Course name:</b> Differences in psychological development				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
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
<b>Instructor:</b> PaedDr. Jana Stehlíková, PhD.						
<b>Last changed:</b> 03.02.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-che-607		<b>Course name:</b> Digital Technologies in School				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Practical / Seminar / Laboratory practical						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 0 / 26 / 0 / 0						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 3.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
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	0.0	100.0
<b>Instructor:</b> doc. RNDr. Marek Skoršepa, PhD.						
<b>Last changed:</b> 12.04.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-005		<b>Course name:</b> General Fitness Training				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 13 / 26						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 3.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 106						
A	B	C	D	E	FX(0)	FX(1)
20.75	13.21	17.92	15.09	9.43	7.55	16.04
<b>Instructor:</b> PaedDr. Jaroslav Kompán, PhD., Mgr. David Brúnn, PhD.						
<b>Last changed:</b> 23.03.2023						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-VVP-401		<b>Course name:</b> General and developmental psychology				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 1.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 117						
A	B	C	D	E	FX(0)	FX(1)
0.85	11.11	22.22	32.48	24.79	0.85	7.69
<b>Instructor:</b> doc. PaedDr. Lucia Pašková, PhD., doc. Mgr. Lenka Ďuricová, PhD.						
<b>Last changed:</b> 03.02.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-VDI-101		<b>Course name:</b> General didactics				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s / 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 5.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 66						
A	B	C	D	E	FX(0)	FX(1)
0.0	6.06	27.27	16.67	46.97	3.03	0.0
<b>Instructor:</b> doc. PaedDr. Lenka Rovňanová, PhD., Mgr. Petra Fridrichová, PhD., Mgr. Karina Zošáková, PhD.						
<b>Last changed:</b> 06.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-002		<b>Course name:</b> Health Theory in PE and Sports				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 13 / 13						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 2.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 84						
A	B	C	D	E	FX(0)	FX(1)
36.9	39.29	13.1	3.57	3.57	1.19	2.38
<b>Instructor:</b> prof. PaedDr. Pavol Bartík, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Bc. Jana Daubnerová, PhD.						
<b>Last changed:</b> 02.11.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-107	<b>Course name:</b> Human Physiology and Biochemistry
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 3.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. During the examination period, the student takes a written test focused on human physiology and biochemistry. <b>a) continuous assessment:</b> continuous assessment: N/A <b>b) final assessment:</b> 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	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- actively uses correct specialised terminology related to physiology and biochemistry;</li> <li>- understands biochemical processes relevant for sports performance and adaptation to the training load;</li> <li>- understands how energy is created and transformed, metabolism of energy substrates, and hormonal regulation;</li> <li>- understands functions of different organs and systems during rest;</li> <li>- understands how body works in terms of physiology;</li> <li>- understands how different physiological processes are linked and how the body adapts to load.</li> </ul>	
<b>Brief outline of the course:</b> 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 (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. Biochémiá. Prešov: Rokus. 308 s. ISBN 9788089510818
2. JANČOKOVÁ, Ľ. 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%3AjhZTQxkNrDPqBnFdkQkf89BDeVnE3%2F02WYLIjULPfwB%2BkBXvuQRf6t3ItT3h2NH>
5. LIPKOVÁ, J. 2011. Základy biochémié. 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: 86

A	B	C	D	E	FX(0)	FX(1)	n
2.33	12.79	25.58	20.93	30.23	3.49	4.65	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. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-IPG-221		<b>Course name:</b> Inclusive Pedagogy				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 13s / 13s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 3.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 78						
A	B	C	D	E	FX(0)	FX(1)
0.0	8.97	20.51	30.77	16.67	21.79	1.28
<b>Instructor:</b> doc. Mgr. Mariana Cabanová, PhD., PhDr. Patrícia Zólyomiová, PhD.						
<b>Last changed:</b> 02.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-fyz-507		<b>Course name:</b> Informatics for teachers				
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Practical / Seminar / Laboratory practical <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 0 / 26 / 0 / 0 <b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 3.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b> The final number of assessed students: 52						
A	B	C	D	E	FX(0)	FX(1)
59.62	25.0	9.62	3.85	0.0	1.92	0.0
<b>Instructor:</b> doc. PaedDr. Miriam Spodniaková Pfefferová, PhD.						
<b>Last changed:</b> 12.04.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-004		<b>Course name:</b> Information Technology in PE and Sports				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Seminar						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 1.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 54						
A	B	C	D	E	FX(0)	FX(1)
64.81	1.85	1.85	0.0	1.85	20.37	9.26
<b>Instructor:</b> Mgr. Vladimír Franek, PhD.						
<b>Last changed:</b> 23.03.2023						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-PVC-102		<b>Course name:</b> Leisure time pedagogy and methodology leisure activities				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 13s / 13s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 35						
A	B	C	D	E	FX(0)	FX(1)
74.29	17.14	2.86	2.86	0.0	0.0	2.86
<b>Instructor:</b> doc. Mgr. Lívia Nemcová, PhD.						
<b>Last changed:</b> 06.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-103	<b>Course name:</b> Manipulation and Preparatory Games
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 39 <b>Method of study:</b> combined	
<b>Number of credits:</b> 5	
<b>Recommended semester/trimester:</b> 2.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. During the semester, the student creates a seminar paper focused on manipulation and preparatory sports games listed in ISCED1 and organises them. During the final week of the semester, the student takes a written test. 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. <b>a) continuous assessment:</b> a) continuous assessment: Seminar paper: 60 p. (min. 40 p.) Practical output: organisation of at least 6 manipulation and preparatory games on the required level to pass. Written test: 40 p. (min. 25 p.) <b>b) final assessment:</b> final assessment: based on the continuous assessment.	
<b>Learning objectives:</b> Learning outcomes: The student <ul style="list-style-type: none"> <li>- knows and uses the correct terminology (manipulation and preparatory sports games);</li> <li>- knows a set of manipulation and preparatory sports games suitable for all parts of the exercise unit;</li> <li>- knows the system of manipulation and preparatory games involving equipment and aids;</li> <li>- can use the manipulation and preparatory games to develop physical abilities in primary school pupils;</li> <li>- can organise and evaluate manipulation and preparatory games;</li> <li>- understands the importance of manipulation and preparatory games for fun, health, and physical development.</li> </ul>	
<b>Brief outline of the course:</b> Brief outline of the course: Meaning, terminology (player, teammate, opponent, captain, referee, rules of the game, field of play,	

goal, basket, playing equipment /ball, bat, hockey stick, etc./, goal, point, pass, shooting, ball control, ball possession, offence – forward (player), defence – defender, defensive activity); the position of manipulative and preparatory games in primary school pupils (1st stage). Motivation factors in manipulation and preparatory sports games. Selection, organisation, and management of manipulation and preparatory sports games (primary school pupils). Manipulation and preparatory games focused on manipulating a variety of traditional and untraditional equipment (different kinds of balls, skipping ropes, sticks, scarves, wall bars, benches, etc. Games focused on developing fitness and coordination skills. Games focused on improving elementary movement skills (gymnastic, athletic, swimming, etc.); preparatory games focused on football, basketball, handball, volleyball, and tennis.

**Recommended literature:**

**Language of instruction:**

**Notes: student time load:**

student time load: Total: 150 h. Combined study: 39 h.

Seminar paper preparation: 40 h. Preparation for the practical output 6x: 50 h. Studying for the written test: 21 h.

**Course assessment**

The final number of assessed students: 26

A	B	C	D	E	FX(0)	FX(1)
34.62	30.77	23.08	3.85	0.0	3.85	3.85

**Instructor:** doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Boris Beťák, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-001		<b>Course name:</b> Methodology and Statistics in Final Theses				
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 13 <b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 5.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b> The final number of assessed students: 55						
A	B	C	D	E	FX(0)	FX(1)
9.09	21.82	18.18	12.73	18.18	7.27	12.73
<b>Instructor:</b> 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 Slováková, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Jozef Sýkora, PhD., doc. PhDr. Peter Šťastný, Ph.D., Mgr. Vladimír Franek, PhD.						
<b>Last changed:</b> 23.03.2023						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-101	<b>Course name:</b> Movement Games and General Gymnastics
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 39 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 1.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. In the second half of the semester, the student presents at least 1 movement game and takes 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.	
<b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- knows the system of movement games suitable for the preparatory, main, and final parts of the exercise units;</li> <li>- knows the system of movement games involving equipment and aids;</li> <li>- knows the system of movement games focused on different sport games;</li> <li>- can organise and evaluate movement games;</li> <li>- can use the movement games to develop physical abilities and skills;</li> </ul>	

- 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](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.
9. FEČ, K. - ŠVEDOVÁ, M. 2013. Vybrané kapitoly z gymnastických športov. Vysokoškolský učebný text. 1.vyd., 156s. ISBN 978-80-8152-011-2.
10. PEREČINSKÁ, K. - KLAČEK, T. - KANDRÁČ, R. 2018. Odborná komunikácia v telesnej výchove a vo vybraných športoch. Prešov. 1.vyd. 241s. ISBN 978-80-555-2154-1.

**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: 114

A	B	C	D	E	FX(0)	FX(1)	n
0.88	14.91	27.19	30.7	9.65	6.14	10.53	0.0

**Instructor:** doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Boris Beňák, PhD., PaedDr. Zuzana Pupišová, PhD., Mgr. Michaela Slováková, PhD., Mgr. Vladimír Franek, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-101	<b>Course name:</b> Movement to Music and Dance
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 5	
<b>Recommended semester/trimester:</b> 1.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: During the semester, the student's ability to move to music and dance is tested: they perform creative and aesthetic choreographies as well as a variety of dance forms. 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. (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>a) continuous assessment:</b> a) continuous assessment: Mastering the techniques of different dance styles: 50 p.	
<b>b) final assessment:</b> b) final assessment: final performance (skipping rope choreography): 50 p.	
<b>Learning objectives:</b> Learning outcomes: The student <ol style="list-style-type: none"> <li>1. Knows basic terms: rhythmic, bar, tempo, dynamics, dance and its types, dance moves and motives, imagination and creativity in movement, physical activities, and dance improvisation.</li> <li>2. The student can dance walk, hop, run, jump and modify these moves with the accent on correct posture.</li> <li>3. Can perform rhythmical movements and exercises to music.</li> <li>4. Can perform basic dance moves to music.</li> <li>5. Can apply the basic knowledge of movement culture with the emphasis on movement expression.</li> <li>6. Can evaluate and assess whether other person's posture during dancing is correct.</li> <li>7. Can perform rhythmical movements to music and learn a choreography.</li> </ol>	
<b>Brief outline of the course:</b>	
<b>Recommended literature:</b> Recommended literature:	

1. HALMOVÁ, N.- PALOVIČOVÁ, J.-ŠIMONEKOVÁ, H.-TRUNEČKOVÁ, E. 2002. Rytmická gymnastika a tance II. časť. Nitra: PF UKF, 2002, 156 s. ISBN: 80- 8050- 560- 8.
2. NOVOTNÁ, N.- VLADOVIČOVÁ, N. – PALOVIČOVÁ, J. 2013. Kreatívne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. . ISBN 978-80-557-0579-8 3.
3. HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.
4. GÓMEZ, R.A. 2009. Aerobik a step aerobik. Praha: Ottovo nakladatelství. 2009. 190 s.
5. MACÁKOVÁ, M. 2001. Aerobik. Praha: Grada Publishing, spol. s.r.o. 2001, 107 s.
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. 2021-09-09].

Dostupné na internete:

7. [http://www.telesnavychova.sk/userfiles/file/kolektivne\\_sportove\\_cinnosti\\_m.pdf](http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf) Dostupné na internete:

8. [http://videoportal.fhpv.unipo.sk/2015/2015\\_projekt\\_fasportu/rl\\_aer/rl\\_aer.htm](http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm)

**Language of instruction:**

Slovak, Czech

**Notes:student time load:**

student time load

150 h.

Presence study: 26 h.

Development of dance skills: 59 h. Final choreography creation: 65 h.

**Course assessment**

The final number of assessed students: 29

A	B	C	D	E	FX(0)	FX(1)
37.93	24.14	20.69	6.9	6.9	3.45	0.0

**Instructor:** Mgr. Michaela Slováková, PhD., Mgr. Andrea Izáková, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-107	<b>Course name:</b> Nature Activities and Seasonal Physical Activities in Winter
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 5.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. Testing practical teaching skills, practical output (to demonstrate theoretical knowledge and practical skills related to the organisation of outdoor activities and seasonal physical activities in winter: movement and preparatory games focused on skiing and snowboarding, outdoor activities). 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.	
<b>a) continuous assessment:</b> continuous assessment: Testing practical skills related to teaching: 20 p. - Seminar paper, database of outdoor activities and winter physical activities for primary school pupils: 30 p. - practical output (to demonstrate theoretical knowledge and practical skills related to the organisation of outdoor activities and seasonal physical activities in winter: 50 p.	
<b>b) final assessment:</b> final assessment: based on the continuous assessment.	
<b>Learning objectives:</b> Learning outcomes: The student <ol style="list-style-type: none"> <li>1. can use their knowledge to select appropriate outdoor activities and winter physical activities;</li> <li>2. has theoretical knowledge and practical skills related to the organisation of outdoor activities and winter physical activities;</li> <li>3. knows and correctly uses the relevant terminology;</li> <li>4. builds a database of outdoor activities and winter physical activities;</li> <li>5. understands the importance of nature for human health and the development of physical abilities.</li> </ol>	
<b>Brief outline of the course:</b> Brief outline of the course:	

Winter outdoor games: principles, selection, safety. Identification of games and exercises (beginning, preparatory, main, final parts of the teaching unit) focused on outdoor activities, skiing, snowboarding. Motivation factors in games. Winter outdoor games for younger school-aged children: introductory, contact, competitive, trust building, spatial navigation, obstacles, movement and preparatory games focused on skiing and snowboarding, outdoor activities.

**Recommended literature:**

Recommended literature:

MICHAL, J. 1996. Organizácia vybraných sezónnych činností. In Vybrané kapitoly z didaktiky telesnej výchovy a športu detí mladšieho školského veku. Banská Bystrica : PdF UMB, 1996. ISBN 80-88825-53-9.

MICHAL, J. 1998. Vybrané kapitoly zo sezónnych činností. Banská Bystrica : PdF UMB, 1998. 108 s. ISBN 80-85162-99-7.

MICHAL, J. 1998. Zdravotný význam a uplatnenie sezónnych činností v telovýchovnom procese. In Zdravotná úloha v novom poňatí telesnej výchovy na základných školách : zborník referátov a diskusných príspevkov zo seminára. Nitra : Nitrianskej pobočky spoločnosti pre telesnú výchovu a šport, 1998. ISBN 80-8050-165-33, s. 73-78.

MICHAL, J. 2000. Sezónne činnosti na 1. stupni základných škôl. Banská Bystrica : PdF UMB, 2000. 72 s. ISBN 80-8055-461-7

MICHAL, J. 2000. Telesná výchova v prírodnom prostredí. Banská Bystrica : Pedagogická fakulta UMB, 2000. - 64 s. - ISBN 80-8055-348-3.

MICHAL, J. 2001. Teória a didaktika lyžovania. Banská Bystrica : UMB PF, 2001. 94s.

MICHAL, J. – NEMEC, M. – ADAMČÁK, Š. – STRAŇAVSKÁ, S. 2019. Pohybové hry 2 – hry v zimnej prírode. Žilina: IPV Inštitút priemyselnej výchovy, 2019. 116 s. ISBN 978-80-89902-15-0

**Language of instruction:**

slovak

**Notes: student time load:**

Notes: student time load: 120 h. Presence study: 26 h.

Preparation for teaching: 44 h. Seminar paper preparation: 50 h.

**Course assessment**

The final number of assessed students: 17

A	B	C	D	E	FX(0)	FX(1)
29.41	11.76	58.82	0.0	0.0	0.0	0.0

**Instructor:** doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-109	<b>Course name:</b> Nature Activities and Seasonal Physical Activities in the summer
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 39 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 6.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. Testing practical teaching skills, practical output (to demonstrate theoretical knowledge and practical skills related to the organisation of outdoor activities and seasonal physical activities in summer: movement and preparatory games, inline skating, swimming, riding, scooter and bicycle games). 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.	
<b>a) continuous assessment:</b> continuous assessment: Testing practical skills related to teaching: 20 p. - Seminar paper, database of outdoor activities and summer physical activities for primary school pupils: 30 p. - practical output (to demonstrate theoretical knowledge and practical skills related to the organisation of outdoor activities and seasonal physical activities in summer: 50 p.	
<b>b) final assessment:</b> final assessment: based on the continuous assessment	
<b>Learning objectives:</b> Learning outcomes: The student <ol style="list-style-type: none"> <li>1. can use their knowledge to select appropriate outdoor summer physical activities;</li> <li>2. has theoretical knowledge and practical skills related to the organisation of outdoor summer physical activities;</li> <li>3. knows and correctly uses the relevant terminology;</li> <li>4. builds a database of outdoor summer physical activities and can use them in practice;</li> <li>5. understands the importance of nature for human health and the development of physical abilities.</li> </ol>	
<b>Brief outline of the course:</b>	

Brief outline of the course:

Summer outdoor games: principles, selection, safety. Motivation factors

Page: 2

in games. Summer outdoor games for younger school-aged children: introductory, contact, competitive, trust building, eco-games, spatial navigation, obstacles, problem-solving, rope, riding, scooter, bicycle. Inline skating (forward, stopping, turns, games, competitions). Swimming: exercises and games focused on getting acquainted with the water environment, gliding, breathing, navigation, dives.

**Recommended literature:**

Recommended literature:

ADAMČÁK, Š.- GORNER, K.- MICHAL, J.- NEMEC, M.. S. 2015. Pohybové hry 3 – hry v letnej prírode. Žilina: IPV Žilina, 2015. 103s.

MICHAL, J. 1996. Organizácia vybraných sezónnych činností. In Vybrané kapitoly z didaktiky telesnej výchovy a športu detí mladšieho školského veku. Banská Bystrica : PdF UMB, 1996. ISBN 80-88825-53-9.

MICHAL, J. 1998. Vybrané kapitoly zo sezónnych činností. Banská Bystrica : PdF UMB, 1998. 108 s. ISBN 80-85162-99-7.

MICHAL, J. 2000. Sezónne činnosti na 1. stupni základných škôl. Banská Bystrica : PdF UMB, 2000. 72 s. ISBN 80-8055-461-7.

MICHAL, J. 2000. Telesná výchova v prírodnom prostredí. Banská Bystrica : Pedagogická fakulta UMB, 2000. - 64 s. - ISBN 80-8055-348-3.

MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.

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

ZAPLETAL, M.: Hry v prírodě 1. Praha: Leprez, 1995, 621s Jazyk, ktorého znalosť je potrebná na absolvovanie predmetu:

**Language of instruction:**

slovak

**Notes:student time load:**

student time load

120 h.

Presence study: 39 h.

Preparation for teaching: 31 h. Preparation for the evaluation of practical skills: 50 h.

**Course assessment**

The final number of assessed students: 16

A	B	C	D	E	FX(0)	FX(1)
37.5	31.25	25.0	0.0	6.25	0.0	0.0

**Instructor:** doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD., PaedDr. Martina Mandzáková, PhD.

**Last changed:** 17.05.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tre-102	<b>Course name:</b> Organising Leisure-Time Physical Activities
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 3.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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. <b>a) continuous assessment:</b> 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>b) final assessment:</b> 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>Learning objectives:</b> Student: <ul style="list-style-type: none"> <li>- is familiar with the organization and management of leisure activities for a wide range of people of interested persons;</li> <li>- knows the importance and application of physical activities in leisure time and in contemporary lifestyles youth and adults;</li> <li>- can practically plan and organise different types of leisure-time physical activities;</li> <li>- theoretically knows the control mechanisms for the evaluation of a completed leisure project theoretical and practical aspects of the leisure-time physical activity;</li> <li>- is familiar with the effects and concepts related to the implementation of a leisure-time physical activity;</li> <li>- 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.</li> </ul>	
<b>Brief outline of the course:</b> 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: 27

A	B	C	D	E	FX(0)	FX(1)	n
66.67	22.22	3.7	3.7	0.0	0.0	3.7	0.0

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

**Last changed:** 08.09.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-113	<b>Course name:</b> Physiology of Exercise and Sports and Functional Anatomy
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 5.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. A written test is taken during the examination period. <b>a) continuous assessment:</b> N/A <b>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- understands the role and function of the individual parts of the musculoskeletal system, their control and regulation mechanisms;</li> <li>- knows the structure of a muscle cell, its parts, and function;</li> <li>- understands the basics mechanisms of muscle contraction and the process of creating energy for muscle work;</li> <li>- understands how organ systems work in the process of creating energy in a muscle (cardiovascular, respiratory, hormonal);</li> <li>- understands how muscular activity is controlled by CNS and ANS;</li> <li>- understands the adaptation changes to organ systems during systematic training;</li> <li>- can apply this knowledge to create physical activity programmes focused on increasing performance and improving health;</li> </ul>	
<b>Brief outline of the course:</b> 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 VO<sub>2</sub> 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](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: 59

A	B	C	D	E	FX(0)	FX(1)	n
16.95	11.86	28.81	10.17	23.73	5.08	3.39	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. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-tvj-106		<b>Course name:</b> Professional Practice 1				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Prax						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 10						
A	B	C	D	E	FX(0)	FX(1)
70.0	10.0	20.0	0.0	0.0	0.0	0.0
<b>Instructor:</b> doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD.						
<b>Last changed:</b> 10.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-108	<b>Course name:</b> Professional Practice 2
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Prax <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 5.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: The student creates protocols on PE teaching observation or actively participates in PE and sports related processes in a school facility (parts of preparation for teaching in after-school clubs, educational facilities, and sports clubs focused on primary school PE and sports (max. 80 p.) and provides feedback including proposals and recommendations (max. 20 p.). The final assessment is based on a) the continuous assessment – teaching observation and participation (50 p.) + b) portfolio covering the materials related to the student’s teaching practice (50 p.). Final assessment: A – 100–94% (Excellent), B – 93–87% (Very Good), C – 86–80% (Good), D – 79–73% (Satisfactory), E – 72–65% (Passing). Fx – 64 and less (Insufficient).	
<b>Learning objectives:</b> Learning outcomes: - The student can apply pedagogical theories, PE didactic methods, concepts, and educational programmes in practice to evaluate their teaching observation and participate in teaching in an educational facility focused on PE and sports. - The student understands pedagogical documents.	
<b>Brief outline of the course:</b> Brief outline of the course: During professional practice, the student learns to design a lesson project for primary education. The student consults their project with the department didact before proceeding to teach in practice. Teaching observation. Identification and recording of the phenomena observed. Analysis and reflection. Designing educational activities. An opportunity to formulate questions and find answers related to professional growth, entry into the profession, and motivation for further study.	
<b>Recommended literature:</b> Recommended literature: 1. ANTALA, B. 2001. Didaktika školskej telesnej výchovy. Bratislava : FTVŠ UK, 2001. 2. DOUŠKOVÁ, A. a i. 2011. Zo študenta učiteľ. Banská Bystrica. 3. HRČKA, K. a kol. 2000. Základy športovej edukológie. Bratislava: FTVŠ UK 2000 4. KALHOUST, Z. - OBST, O.: Školní didaktika. Praha : 2002.ISBN 80-7178-256-X	

5. KOŽUCHOVÁ, M. - OBDRŽÁLEK, Z. - PORUBSKÁ, E. - KÁNIK, R.: Didaktika pre učiteľov základnej a strednej školy. Bratislava : 2000.
6. 6. László, K., & Osvaldová, Z. (2014). Didaktika. Belianum
7. LÁSZLÓ, K. – OSVALDOVÁ, Z.: Didaktika. Banská Bystrica : 2014.
8. MICHAL, J.: Učebné osnovy z predmetu Telesná a športová výchova pre ISCED 2. In: Športový edukátor 1. č.2/09, Nitra: UKF, 2009, s.4-28. ISSN –1337-7809
9. OBDRŽÁLEK, Z.: Didaktika pre študentov učiteľstva základnej školy. Bratislava : 2003.
10. PETLÁK, E.: Pedagogicko-didaktická práca učiteľa. Bratislava : 2000.
11. ŠIMONEK, Jaromír. Didaktika telesnej výchovy. Nitra : PF UKF, 2005. 112 s. ISBN 80-8050-873

**Language of instruction:**

slovak

**Notes:student time load:**

student time load

Total: 120 h.

Professional practice: 26 h.

Teaching preparation: 34 h.

Processing observation protocols, micro-output preparation: 60 h.

**Course assessment**

The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
92.86	7.14	0.0	0.0	0.0	0.0	0.0

**Instructor:** doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-KRE-402		<b>Course name:</b> Psychology of creativity				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Practical						
<b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 3						
<b>Recommended semester/trimester:</b> 2.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 32						
A	B	C	D	E	FX(0)	FX(1)
87.5	3.13	3.13	0.0	6.25	0.0	0.0
<b>Instructor:</b> doc. PaedDr. Lucia Pašková, PhD.						
<b>Last changed:</b> 03.02.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-102	<b>Course name:</b> Psychomotor and Health-Oriented Exercises
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 13 <b>Method of study:</b> combined	
<b>Number of credits:</b> 5	
<b>Recommended semester/trimester:</b> 2., 4., 6.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: To complete the course, the student has to master the theoretical as well as practical topics. The maximum number of points is 100 (=100%). Course assessment corresponds to the standard A-FX 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. Assessment: Mastering psychomotor exercises and games in practice: 50 p. Creation of the portfolio with at least 50 psychomotor exercises and games: 50 p.	
<b>Learning objectives:</b> Learning outcomes: The student <ol style="list-style-type: none"><li>1. understands the theory of physical activity and its structure (body movement, load).</li><li>2. has a positive attitude to healthy lifestyle;</li><li>3. understands the age-related specificities of younger school aged children;</li><li>4. understands the structure of a lesson;</li><li>5. develops knowledge of psychomotor didactics and creation of physical activity programmes involving psychomotor exercises and games for younger and older school aged children;</li><li>6. creates their own database of psychomotor exercises and games.</li></ol>	
<b>Brief outline of the course:</b> Brief outline of the course: Psychomotor physical activities. Psychomotor skills and health. Mental hygiene. Psychomotor games. Psychomotor game rules. Psychomotor exercises in leisure time. Psychomotor activities. School psychomotor activities. Exercises using psychomotor aids. Introduction games, games promoting mutual contact, games using non-traditional aids, games using traditional psychomotor aids, sensorimotor exercises, relaxation exercises, psychostimulation.	
<b>Recommended literature:</b> Recommended literature: BLAHUTKOVÁ, M. 2002. Psychomotorika pre každého. Prešov : Rokus s.r.o., 2002. 1.vyd. 106s. ISBN 80-89055-24-9.	

BLAHUTKOVÁ, M, et al. 2005. Psychomotorické hry pro děti s poruchami pozornosti a pro hyperaktivní děti. Brno : Masarykova univerzita, 2005. 1.vyd. 56s. ISBN 80-210-3627-3.  
 BLAHUTKOVÁ, M. – JONÁŠOVÁ, D. – OŠMERA, M. 2015. Duševní zdraví a pohyb. Brno: Akademické nakladatelství CERM, 2015. 109 s. ISBN 978-80-7204-916-5.  
 NOVOTNÁ, N, et al. 2010. Psychomotorika. Banská Bystrica : FHV UMB, 2010. 58 s. ISBN 978-80-557-0051-9.

**Language of instruction:**

slovak

**Notes:student time load:**

student time load

150 h.

Presence study (S): 26 h. Self-study: 54 h.

Portfolio creation: 70 h.

**Course assessment**

The final number of assessed students: 8

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

**Instructor:** doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Bc. Jana Daubnerová, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-SOP-401		<b>Course name:</b> Social psychology				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture / Seminar						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s / 13s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 3.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 89						
A	B	C	D	E	FX(0)	FX(1)
3.37	7.87	17.98	26.97	40.45	3.37	0.0
<b>Instructor:</b> PhDr. Beáta Žitniaková Gurgová, PhD.						
<b>Last changed:</b> 03.02.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-104	<b>Course name:</b> Specificities of Younger School Aged Children's Motor Skills and Their Development
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 13 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 3.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. The student is allowed to miss 3 classes per semester. To complete the course, the student has to master the theoretical as well as practical topics. The student creates a seminar paper during the semester and proceeds to take a written test during the examination period. 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. <b>a) continuous assessment:</b> seminar paper: 0–40 p. (min. 26 p.) <b>b) final assessment:</b> b) final assessment: Written exam: 0–60 p. (min. 39 p.)	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- can use their knowledge and skills to diagnose motor skill in younger school aged children;</li> <li>- can evaluate their own knowledge of younger children's motor skills, their specificities and diagnostics;</li> <li>- can evaluate other people's knowledge of this topic;</li> <li>- can use specialised literature to create a seminar paper addressing this topic</li> <li>- proves their knowledge of this field by passing a written test.</li> </ul>	
<b>Brief outline of the course:</b> Brief outline of the course: Specificities of younger children's motor skills and their development: anatomy, human physiology, physiology of physical exercises. Specificities of younger children's motor skills and their development: psychological specificities. Diagnosing fitness level and movement coordination skills in younger school aged children.	

Diagnosing posture.  
Diagnosing muscle imbalance.

**Recommended literature:**

Recommended literature:

1. ADAMČÁK, Š. – NEMEC, M. – BARTÍK, P. 2015. Pohybové aktivity žiakov a žiačok základných škôl. Banská Bystrica: BELIANUM, 2015, 96 s. ISBN 978-80-557-1053-2.
2. BARTÍK, P. 2005. Zdravotná telesná výchova I. Banská Bystrica: PF UMB, 2005, 124 s. ISBN 80-8083-132-7.
3. BARTÍK, P. – SITÁR, P. 1997. Vybrané kapitoly z fyziológie a psychológie telesnej výchovy pre študentov učiteľstva pre 1.-4. ročník základnej školy. Banská Bystrica: Pedagogická fakulta, 1997, 90 s. ISBN 80-8055-070-0.
4. BARTÍK, P. 1999. Úpolové cvičenia a hry na 1.stupni základnej školy. Banská Bystrica: PF UMB, 1999, 88 s. ISBN 80-8055-285-1.
5. JURAŠKOVÁ, Ž. – BARTÍK, P. 2010. Vplyv pohybového programu na držanie tela a svalovú nerovnováhu žiakov 1.stupňa základnej školy. Banská Bystrica: FHV UMB, 2010, 172 s. ISBN 978-80-8083-983-3.
6. JURAŠKOVÁ, Ž. – BARTÍK, P. 2011. Kompenzačné cvičenia na karimatkách a fitloptách pre žiakov základných škôl. Banská Bystrica: FHV UMB, 2011, 64 s. ISBN 978-80-55700-29-8.
7. KRULL, J. – NOVOTNÁ, N. 2015. Možnosti rozvoja pohybových schopností žiakov primárnej edukácie intervenčným programom. Banská Bystrica: BELIANUM, 2015, 130 s. ISBN 978-80-557-0910-.
8. NOVOTNÁ, N. – ROZIM, R. 2014. Základné lokomócie a sezónne pohybové činnosti. Banská Bystrica: BELIANUM, 2014, 105 s. ISBN 978-80-557-0754-9.
9. ŠVACHOVÁ, S. 2013. Vplyv projektu „Atletika pre deti“ na zmeny úrovne všeobecnej pohybovej výkonnosti detí v mladšom školskom veku. Krakov: Spolok Slovákov v Poľsku, 2013, 100 s. ISBN 978-83-7490-720-0.
10. SAMEKOVÁ, Z. 1999. Kompenzačné cvičenia pre žiakov mladšieho školského veku 1.diel (Preventívne cvičenia). Banská Bystrica: PF UMB, 1999, 172 s. ISBN 80-8055-258-4.
11. SAMEKOVÁ, Z. 2001. Kompenzačné cvičenia pre žiakov mladšieho školského veku 2.diel (Vyrovnávajúce cvičenia). Banská Bystrica: PF UMB, 1999, 172 s. ISBN 80-8055-258-4.

**Language of instruction:**

slovak

**Notes: student time load:**

Notes: student time load

Total: 120 h.

Presence study (L, S, C): 26 h. Self-study: 94 h.

- Seminar paper preparation: 36 h.

- Studying for the written test: 58 h.

**Course assessment**

The final number of assessed students: 26

A	B	C	D	E	FX(0)	FX(1)
0.0	7.69	26.92	30.77	19.23	0.0	15.38

**Instructor:** prof. PaedDr. Pavol Bartík, PhD., doc. PaedDr. Štefan Adamčák, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Juraj Kremnický, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-104	<b>Course name:</b> Sport Games 1 (Volleyball, Handball, Floorball)
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 52 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 2.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. 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.	
<b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- understands the importance of sport games for the physical development and can integrate it into their regimen;</li> <li>- knows and uses correct terminology (volleyball, handball, and floorball);</li> <li>- knows the rules of volleyball, handball, and floorball;</li> <li>- understands the point of suitable warm-up activities and can apply them in practice;</li> </ul>	

- 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 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.

### **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 antropological 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: 82

A	B	C	D	E	FX(0)	FX(1)	n
2.44	20.73	23.17	31.71	8.54	0.0	13.41	0.0

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

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-114	<b>Course name:</b> Sport Games 2 (Basketball, Football)
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 52 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 5.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. 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.	
<b>a) continuous assessment:</b> 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- knows and uses correct terminology (basketball, football);</li> <li>- 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;</li> <li>- knows the rules of basketball and football;</li> <li>- can name and describe player roles in offence and defence in both games;</li> </ul>	

- 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;
- 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, L. 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: 60

A	B	C	D	E	FX(0)	FX(1)	n
1.67	20.0	20.0	41.67	13.33	0.0	3.33	0.0

**Instructor:** doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Boris Beťák, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Rastislav Kollár, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-ozvstv-999		<b>Course name:</b> Sport Sciences				
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 1.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b> The final number of assessed students: 125						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.8	8.0	23.2	39.2	7.2	21.6
<b>Instructor:</b> doc. PaedDr. Pavol Pivovarniček, PhD., PaedDr. Jaroslav Kompán, PhD.						
<b>Last changed:</b> 14.01.2022						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-111	<b>Course name:</b> Sports History and Olympianism
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 2.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. To receive the final assessment, the student is obliged to take the final written exam. <b>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- knows the basic terminology related to history of sports and physical education;</li> <li>- understands the evolution of sports and physical education;</li> <li>- develops general knowledge of history of sports and Olympianism as well as selected sports disciplines;</li> <li>- can use the available specialised literature, retrieve relevant information from printed and online sources;</li> <li>- understands how history shaped the current reality of sports and physical education;</li> <li>- 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);</li> <li>- can properly analyse the source texts and draw conclusions.</li> </ul>	
<b>Brief outline of the course:</b> 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 Atlantu. 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: 81

A	B	C	D	E	FX(0)	FX(1)	n
1.23	19.75	32.1	14.81	19.75	0.0	12.35	0.0

**Instructor:** prof. PaedDr. Martin Pupiš, PhD., PaedDr. Boris Beťák, PhD.**Last changed:** 23.03.2023**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-115	<b>Course name:</b> Sports Psychology and Pedagogy
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 6.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. To complete the course, the student has to master the theoretical as well as practical topics <b>a) continuous assessment:</b> continuous assessment: Seminar paper: 40 p. <b>b) final assessment:</b> 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	
<b>Learning objectives:</b> Learning outcomes: The student: <ul style="list-style-type: none"> <li>- 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.)</li> <li>- and apply them to sport-specific didactics;</li> <li>- applies their knowledge in practice;</li> <li>- can evaluate their knowledge in this field and apply it in PE and sports;</li> <li>- can evaluate other people’s knowledge of this field;</li> <li>- creates a seminar paper addressing this topic.</li> </ul>	
<b>Brief outline of the course:</b> 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. – SLIŽÍK, M. 2013. Vybrané kapitoly z psychologie sportu. Brno: FSPS, 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. Vyučovací 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: 35

A	B	C	D	E	FX(0)	FX(1)	n
8.57	25.71	37.14	17.14	0.0	5.71	5.71	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. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-009		<b>Course name:</b> Sports Sociology				
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 13 / 13 <b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 6.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b> The final number of assessed students: 6						
A	B	C	D	E	FX(0)	FX(1)
16.67	83.33	0.0	0.0	0.0	0.0	0.0
<b>Instructor:</b> doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD.						
<b>Last changed:</b> 23.03.2023						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica					
<b>Faculty:</b> Faculty of Arts					
<b>Code:</b> 1e-ozvstv-116		<b>Course name:</b> State Examination – Bachelor Thesis and Defence			
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> <b>Method of study:</b> combined					
<b>Number of credits:</b> 10					
<b>Recommended semester/trimester:</b> 7., 8..					
<b>Level:</b> I.					
<b>Prerequisites:</b>					
<b>Course completion conditions:</b>					
<b>Learning objectives:</b>					
<b>Brief outline of the course:</b>					
<b>Recommended literature:</b>					
<b>Language of instruction:</b>					
<b>Notes:student time load:</b>					
<b>Course assessment</b> The final number of assessed students: 3					
A	B	C	D	E	FX(1)
0.0	0.0	66.67	0.0	33.33	0.0
<b>Instructor:</b>					
<b>Last changed:</b> 21.02.2022					
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.					

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-102	<b>Course name:</b> Summer Seasonal Activities
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 39 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 2.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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. <b>a) continuous assessment:</b> continuous assessment: - seminar paper: 20 p. - practical mastering specialised and technical skills related to outdoor activities and camping, organisation of hiking and 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>b) final assessment:</b> 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.	
<b>Learning objectives:</b> Learning outcomes: The student - 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;  
zabezpečenie túr hviezdového charakteru.

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. 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 prírode. 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: 77

A	B	C	D	E	FX(0)	FX(1)	n
23.38	20.78	25.97	10.39	11.69	6.49	1.3	0.0

**Instructor:** doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemeč, 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. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-108	<b>Course name:</b> Swimming
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 39 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 3.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> Course completion conditions: Active attendance is required. The student demonstrates the correct techniques of the selected swimming styles, starts, and turns as well as swimming performance (tetrathlon). <b>a) continuous assessment:</b> continuous assessment: - Swimming styles, starts, and turns – assessment: 45 p. - Performance-focused swimming tetrathlon: 45 p. - swimming underwater: 10 p <b>b) final assessment:</b> 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.	
<b>Learning objectives:</b> 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.	
<b>Brief outline of the course:</b> 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, E. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127-100-7
6. MANDZÁK, P. a kol. 2011. Návčik 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](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 tetathlon): 20 h.

**Course assessment**

The final number of assessed students: 84

A	B	C	D	E	FX(0)	FX(1)	n
14.29	15.48	21.43	14.29	25.0	2.38	7.14	0.0

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

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-TVV-221		<b>Course name:</b> Theory of Education				
<b>Type, extent and method of instruction:</b>						
<b>Form of instruction:</b> Lecture						
<b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)						
<b>Recommended number of periods:</b> 26s						
<b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b>						
The final number of assessed students: 23						
A	B	C	D	E	FX(0)	FX(1)
39.13	13.04	30.43	8.7	4.35	0.0	4.35
<b>Instructor:</b> PaedDr. Monika Brozmanová, PhD., doc. PaedDr. Ivana Rochovská, PhD.						
<b>Last changed:</b> 02.12.2021						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-tvj-105	<b>Course name:</b> Untraditional Sports and Movement Games
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester:</b> 4.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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. 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 <b>a) continuous assessment:</b> continuous assessment: - Test of practical skills: 80 p. (min. 52 p.) - Written test: 20 points (min. 13 p.) <b>b) final assessment:</b> final assessment: Based on the continuous assessment.	
<b>Learning objectives:</b>	
<b>Brief outline of the course:</b> Brief outline of the course: The importance and position of untraditional sports and movement games in human life. History and evolution of untraditional sports and movement games in Slovakia and abroad. Rules and terminology. Training and improvement of physical skills in the selected alternative and untraditional sports games: – faustball, ringo, indiacca, frisbee, netball, rugby, softball, speedminton, petanque, tchoukball, beach tennis. Judging, tournament organisation and management.	
<b>Recommended literature:</b> Recommended literature:	

- 1) KUPR, J. 2014. Netradiční hry. Liberec : Technická univerzita v Liberci, 2014. 68 s. ISBN 978-80-7494-124-5.
  2. NEMEC, M. a kol. 2013. Športové hry 1. časť. Belinanium : Banská Bystrica, 2013. 202 s. ISBN 978-80-557-0809-6.
  3. TÁBORSKÝ, F. 2004. Sportovní hry. Praha : Grada Publishing, 2004. 164 s. ISBN 978-80-247-6201-2
  4. TÁBORSKÝ, F. 2005. Sportovní hry II. Praha : Grada Publishing, 2005. 172 s. ISBN 987-80-247-0200-5.
  5. ŽIGA, L. - MIKUŠ, M. 1995. Menej známe pohybové a športové hry. Prešov : Metodické centrum, 1995. 68 s. ISBN 80-80450-00-5.
- Internetové odkazy:
6. [https://netradicnesporty.sk/?page\\_id=1061](https://netradicnesporty.sk/?page_id=1061)
  7. <https://www.youtube.com/watch?v=E2H-Y8gIhlw> 8. <https://www.youtube.com/watch?v=op3Z0ED7VHw&t=37s> 9. <https://www.youtube.com/watch?v=TJcuWwYKBsc>

**Language of instruction:**

**Notes: student time load:**

student time load

120 h.

Combined study: 26 h.

Developing practical skills: 60 h. Studying for the written test: 14 h.

Preparation for the evaluation of physical performance: 20 h

**Course assessment**

The final number of assessed students: 23

A	B	C	D	E	FX(0)	FX(1)
43.48	30.43	17.39	0.0	0.0	8.7	0.0

**Instructor:** doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemeč, PhD.

**Last changed:** 23.03.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica						
<b>Faculty:</b> Faculty of Arts						
<b>Code:</b> 1e-utr-010		<b>Course name:</b> Water Sports and Bicycle Touring				
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 26 <b>Method of study:</b> combined						
<b>Number of credits:</b> 4						
<b>Recommended semester/trimester:</b> 4.						
<b>Level:</b> I.						
<b>Prerequisites:</b>						
<b>Course completion conditions:</b>						
<b>Learning objectives:</b>						
<b>Brief outline of the course:</b>						
<b>Recommended literature:</b>						
<b>Language of instruction:</b>						
<b>Notes:student time load:</b>						
<b>Course assessment</b> The final number of assessed students: 52						
A	B	C	D	E	FX(0)	FX(1)
51.92	30.77	9.62	0.0	0.0	0.0	7.69
<b>Instructor:</b> doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD.						
<b>Last changed:</b> 23.03.2023						
<b>Approved by:</b> prof. PaedDr. Pavol Bartík, PhD.						

## Course Description

<b>University:</b> Matej Bel University in Banská Bystrica	
<b>Faculty:</b> Faculty of Arts	
<b>Code:</b> 1e-ozvstv-109	<b>Course name:</b> Winter Seasonal Activities
<b>Type, extent and method of instruction:</b> <b>Form of instruction:</b> Seminar <b>Course type:</b> A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) <b>Recommended number of periods:</b> 65 <b>Method of study:</b> combined	
<b>Number of credits:</b> 3	
<b>Recommended semester/trimester:</b> 3.	
<b>Level:</b> I.	
<b>Prerequisites:</b>	
<b>Course completion conditions:</b> 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. <b>a) continuous assessment:</b> Practical presentation of: Alpine skiing - 30 points (min.20 points), Cross country skiing - 25 points (min.16 points), Snowboarding - 25 points (min. 16 points), Skating - 20b (min. 13 points), <b>b) final assessment:</b> 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>Learning objectives:</b> The student: <ul style="list-style-type: none"> <li>- knows how to apply his/her knowledge in the selection of suitable ski equipment,</li> <li>- has mastered the basic rules of safety of staying and moving on the slopes and on the ice surface,</li> <li>- knows and is able to use correctly the technical terminology used in winter sports (skiing, snowboarding and skating,</li> <li>- knows the practical skills of cross-country and downhill skiing, snowboarding and skating,</li> <li>- can analyze terrain conditions and adapt their riding to them,</li> <li>- understands the impact and importance of the natural environment and the implementation of winter sports for human health and physical development.</li> </ul>	
<b>Brief outline of the course:</b> 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, gurlangs), 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.
3. MICHAL, J. – NEMEC, M. – ADAMČÁK, Š. – STRAŇAVSKÁ, S. 2019. Pohybové hry 2 – hry v zimnej prírode. Žilina: IPV Inštitút priemyselnej výchovy, 2019. 116 s. ISBN 978-80-89902-15-0
4. PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie : Učebné texty pre študentov telesnej výchovy. Banská Bystrica: FHV UMB, 2004. 237 s. ISBN 80-8055-880-9.
5. STARŠÍ, J. - FILC, P.- KRIŽKOVÁ,E. 1994. Teória a didaktika korčuľovania a základov hokeja. Bratislava: FTVŠ UK.
6. Video-skola-bezeckeho-lyzovani [online]. Dostupné na: <https://bezky.net/skupiny/2-skola-bezeckeho-lyzovani>.
7. Video technika bežecké lyžovanie UMB [online]. Dostupné na: [https://lms.umb.sk/pluginfile.php/332902/mod\\_resource/content/2/Techniky%20a%20sp%C3%B4soby%20behu%20na%20ly%C5%BEiach.mp4](https://lms.umb.sk/pluginfile.php/332902/mod_resource/content/2/Techniky%20a%20sp%C3%B4soby%20behu%20na%20ly%C5%BEiach.mp4)
8. Základy bezpečnosti - Biely kodex [online]. Dostupné na: (<https://www.jasna.sk/informacie/ostatne/biely-kodex>)
8. Zjazdové lyžovanie - obrat prednožením, [online]. Dostupné na: <https://www.ff.umb.sk/jmichal/film-metodicky-vystup-zjazdove-lyzovanie-obrat-prednozenim.html>
9. Zjazdové lyžovanie -Základný lyžiarsky výcvik -metodický rad, [online]. Dostupné na:<https://www.ff.umb.sk/jmichal/film-zjazdove-lyzovanie-zakladny-lyziarsky-vycvikmetodickyrad-4503.html>

**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: 80

A	B	C	D	E	FX(0)	FX(1)	n
3.75	10.0	23.75	28.75	25.0	0.0	8.75	0.0

**Instructor:** doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Štefan Adamčák, PhD., Mgr. Juraj Kremnický, PhD., doc. PaedDr. Miroslav Nemeč, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., PaedDr. Boris Beťák, PhD., Mgr. Bc. Jana Daubnerová, PhD.

**Last changed:** 08.09.2023

**Approved by:** prof. PaedDr. Pavol Bartík, PhD.