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Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-EPT1-003 | **Course name:** (E)motion – movement atanec in emotions 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 233

abs	n	p	v
92.7	7.3	0.0	0.0

Instructor:

Last changed: 23.02.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 12-IDR | **Course name:** An Introduction to Debate and Reasoning

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., II.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: doc. PhDr. Dana Benčiková, PhD.

Last changed: 31.08.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fil-014 | **Course name:** Analytical writing and reading

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
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.
a) continuous assessment:
continuous specialized tasks (0 - 40 points)
b) final assessment:
final assessment:
writing a final academic essay (0 - 60 points)

Learning objectives:
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.

Brief outline of the course:
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, succesive 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.

Recommended literature:
ČMEJRKOVÁ, S. – DANEŠ, F. – SVĚTLÁ, J. (1999): Jak napsat odborný text. Praha: Leda.
KATUŠČÁK, D. (2008): Ako písať záverečné a kvalifikačné práce. Nitra: Enigma.
MARTINICH, A. P. (2005): Philosophical Writing: An Introduction. Oxford: Blackwell Publishing, 3rd Edition.

STARŇOVÁ, K. (2001): Vedecké písanie: Ako písať akademické a vedecké texty. Martin: Osveta.
VYDRA, A. (2010): Akademické písanie. Trnava: Trnavská univerzita v Trnave.
ZOUHAR, M. (2008): Základy logiky pre spoločenskovedné a humanitné odbory. Bratislava: Veda.
SCHMIDT, M.-TALIGA, M.-ŠEDÍK, M: (2018): Ako správne argumentovať, písať a diskutovať. Banská Bystrica: Belianum. dostupné aj na internete: https://www.ff.umb.sk/mschmidt/online-ucebnica-argumentacie-a-kritickeho-myslenia.html
stránka o argumentácii a kritickom myslení: http://argumentacia.umb.sk/

Language of instruction:
Slovak

Notes:student time load:
90 hrs., consisting of:
combined studies (L,S,C): 26 hrs.
writing of continuous specialized tasks: 20 hrs.
library study: 15 hrs.
writing a final academic essay: 29 hrs.

Course assessment
The final number of assessed students: 418

A	B	C	D	E	FX(0)	FX(1)	n
5.26	10.77	22.73	20.33	24.88	7.66	8.37	0.0

Instructor: Mgr. Michal Šedík, PhD., univ. doc., doc. Mgr. Jaroslav Cepko, PhD., doc. Mgr. Miloš Taliga, PhD.

Last changed: 07.07.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-103	**Course name:** Anatomy, Traumatology, and First Aid

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 13
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. During the last week of the semester, the student demonstrates their ability to perform resuscitation techniques in practice; during the examination period, the student takes a written test.
a) continuous assessment:
continuous assessment:
The ability to perform resuscitation techniques in practice: 20 points (min. 13 p.)
b) final assessment:
final assessment:
Written test: 80 p. (min. 52 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- actively uses correct specialised terminology related to anatomy, traumatology, and basic first aid;
- knows the positions, structure, and functions of human body parts – organs, and organs systems (the prerequisite to further develop their theoretical and practical knowledge);
- has the theoretical knowledge and practical skills necessary to provide first aid in the case of typical injuries and health disorders, mainly those related to physical education and sports.
- understands the importance of anatomy, traumatology, and basic first aid for health and physical development; can apply this knowledge in their own physical regime as well as to prevent civilisation diseases.

Brief outline of the course:
Brief outline of the course:
Cell and tissues – basic division and characteristics.

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

Recommended literature:

Recommended literature:
1. ABRAHAMS, P., ZLATOŠ, J. 2004. Ľudské telo. Atlas anatómie človeka. Praha : CESTY, 2004, 256s. ISBN 80-718-195-65.
2. BINOVSKÝ, 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 přehled anatomie člověka. 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: 957

A	B	C	D	E	FX(0)	FX(1)
3.87	12.43	23.93	26.23	25.71	0.52	7.31

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ark-199 **Course name:** Anthropological curiosities

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 60

abs	n	p	v
88.33	11.67	0.0	0.0

Instructor: prof. PhDr. Alexandra Bitušíková, CSc., doc. PhDr. Katarína Koštialová, PhD., PhDr. Kamila Koza Beňová, PhD., doc. PhDr. Ivan Murin, PhD., Mgr. Ivan Souček, PhD.

Last changed: 29.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-112	**Course name:** Anthropometrics and Sports Anthropology

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. Acceptable absence is 2 hours. from the total subsidy for the semester. It only applies to students without an individual study plan. During the semester, the student will perform anthropometric measurements, based on which he will prepare seminar papers. Submission of seminar papers in the required quality in the field of anthropomotorics and sports anthropology is a condition for the student's participation in written tests in anthropomotorics and sports anthropology. Students can correct the interim evaluation in sports anthropology in the deadlines listed by the teacher within the period for completing the study obligations.Students can correct the interim evaluation of anthropomotorics in the deadlines set by the teacher within the period for completing the study obligations.

a) continuous assessment:
a) continuous assessment:
- Written test focused on anthropometrics: 50 p. (min. 32.5 p.)
- Written test focused on sports anthropology: 50 p. (min. 32.5 p.)

b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- can use their knowledge to measure physical, functional, and motor development of a person;
- can diagnose different parameters of physical, functional, and motor development in children, youth, and adults;
- can apply the methods of physical anthropology to determine whether a person is growing and developing correctly;

- can evaluate the biological criteria related to identifying potential talents and assess the risks;
- can design a survey or research focused on physical education and sports;
- can apply the anthropometric methods and instruments to physical education and sports;
- masters the motor skill measurement methods.

Brief outline of the course:

Brief outline of the course:
Anthropometrics – basic categories, terminology, application in PE practice. Basic concepts and research methods in anthropometrics.
Human physical attributes and motor skills. Motor skill disorders and laterality in PE and sports.
Testing physical ability and performance to tailor PE and sports.
Sports anthropology – basic concepts and categories. Anthropometry – methodology of measuring human body parameters.
Physical anthropology methods (proportional indexes, somatotype, body composition).
Human ontogenesis (definition of terms: body growth and development, development stages, ontogenesis of motor skills).
Body growth in children.
Regulation of human growth and development (genetics, endocrine factors, environmental factors, etc.). Biological criteria for selecting sporting talents (children and youth): genetic and somatic preconditions, biological age).
Evaluation of physical and motor skill development in children and youth.

Recommended literature:

Recommended literature:
1 BENCE, L. 2012. Základy antropomotoriky 2. Banská Bystrica : Univerzita Mateja Bela, 2012. 105 s. ISBN 978-80-8141-022-2. 2. ČEPIČKA, L. 2003. Modely teorie položkových odpovědi v diagnostice motoriky člověka. [online]. Plzeň : Západočeská univerzita, 2003. 165 s. [cit. 2021.13.09.] Dostupné na internete: https://is.muni.cz/el/1451/jaro2013/bp1053/45110955/Skripta_Antropo_Mgr_2011.pdf 3.
3. KOPECKÝ, M. 2011. Somatotyp a motorická výkonnosť 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 internete: http://www.sportcenter.sk/userfiles/file/Eduka%C4%8Dny_material%20pre%20N%C5%A0C%20n%C3%A1r.%20program%20mod.%207.pdf
5. LEBL, J. – KRÁSNIČANOVÁ, 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 internete:https://telemedicina.med.muni.cz/pdm/detska-radiologie/res/f/hodnoceni-kostniho-veku.pdf 7. NOVOTNÝ, J. 2013. Sportovní antropologie. [online]. Dostupné na internete: 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: 496

A	B	C	D	E	FX(0)	FX(1)
22.38	26.01	29.23	10.89	8.87	1.21	1.41

Instructor: PaedDr. Martina Mandzáková, PhD., univ. doc., Mgr. Marián Škorik, PhD.

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-VA1-003 | **Course name:** Art studio I.

Type, extent and method of instruction:
Form of instruction: Practical
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 205

abs	n	p	v
74.63	25.37	0.0	0.0

Instructor: PaedDr. Renáta Pondelíková, PhD., Mgr. Lenka Lipárová, PhD.

Last changed: 30.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-105	**Course name:** Athletics

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 52
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
In the course of the semester, the student completes the verification of the level of technique and performance in athletic disciplines, completes a test on the rules and participates in the organization and decision-making of athletic competitions.
a) continuous assessment:
- mastering the technique and achieving the required performance level in athletic disciplines: 70 points
- written test focused on athletic rules and terminology: 20 points
- active participation in the organization of an athletic competition: 10 points
b) final assessment:
- on the basis of an ongoing assessment.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
Learning outcomes:
The student:
- navigates the basic athletic disciplines;
- masters their techniques;
- knows the influence of fitness training on the development of physical abilities and fitness, and can use it in their own training to improve their performance;
- knows the basic rules of athletic disciplines;
- understands the importance of general and specific warm-up and can use it in teaching as well as in training;
- knows the terminology, procedures, and methodology of basic athletic training.

Brief outline of the course:
Brief outline of the course:
Technique, methodology of practicing basic athletic discipline preparatory exercises: short distance running, hurdles, relay running, endurance running, long jump, high jump, shot put, javelin throw, shot put, low start, special running exercises, special rebounding exercises.
Performance development, measuring athletic performance.

Basic rules and judging in athletics.

Recommended literature:
ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9.
Recommended literature: domestic/ foreign books, journals, magazines, internet sources

Language of instruction:
slovak

Notes:student time load:
Time load for the student:
90 h.
Combined study: 52 h. Studying for the written test: 10 h.
Skill and performance improvement: 18 h.
Active participation in races (organiser/race official): 10 h.

Course assessment
The final number of assessed students: 671

A	B	C	D	E	FX(0)	FX(1)
1.49	5.66	12.97	19.37	31.45	1.64	27.42

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Miroslava Rošková, PhD.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-006	**Course name:** Athletics and Swimming in Sports Training

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
During the semester, students create fitness programmes addressing the selected topics. Fitness programmes are submitted by the end of the semester.
Practical presentation of the programme is required. A written test is taken during the examination period.
a) continuous assessment:
a) continuous assessment:
- Creating athletic and swimming fitness programmes addressing the selected topics: 30 p.
- Practical presentation: 20 p
b) final assessment:
final assessment:
Written exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has basic knowledge of athletics in the context of fitness training and can apply it to create a training/teaching unit
- knows the correct terminology and can effectively use games and exercises in PE and sports training
- can select and follow the correct procedure to improve individual swimming skills and learn different styles
- can creatively apply suitable methods, procedures, and forms of sports training to improve one's swimming performance
- can design a fitness programme focused on improving specific physical abilities through swimming

- can use swimming to compensate specific load

Brief outline of the course:

Brief outline of the course:
Athletics in fitness training – definition, athlete's physical potential. Focus, contents, and forms of fitness training involving athletic exercises focused on developing speed, strength, and endurance. Starting points and current tendencies in fitness training. Fitness for women and children – specificities.
Athletic tools and their use in fitness training. Fitness swimming – characteristics.
Fitness swimming tools. The principles of fitness swimming programme creation. Using fitness swimming in training.
Using different swimming elements to improve performance in practice.
Specific swimming methods in practice (volume, intensity, alternating load, interval training, fartleks, repeated sequences, series, hypoxic training, etc.).
Children and youth training

Recommended literature:

Recommended literature:
1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9.
2. HOFER, Z. et al. 2003. Technika plaveckých způsobů. Dotisk 1. vyd. Praha: Karolinum, 2003. 100 s. ISBN 978-80-246-3263-6.
3. LEDNICKÝ, A. 2008. Pohybové hry v kondičnej príprave. Bratislava : SVSTVŠ, 2008.
4. BENCE,M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
5. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
6. RUŽBARSKÝ, P. – TUREK,M. 2006. Didaktika, technika a tréning v plávaní. Prešov: PUPFŠ, 2006. 136 s. ISBN 80-8068-532-0.
7. SEDLÁČEK, J., LEDNICKÝ, A. 2010. Kondičná atletická príprava. Bratislava: SVSTVŠ, 2010. 167 s. ISBN 80-89075-34-8.

Language of instruction:

Notes:student time load:

Notes: student time load
120 hours:
Combined study (L, S, C): 39 h.
Creation of an athletic fitness programme: 15 h.
Creation of a swimming fitness programme: 15 h.
Practical presentation (athletics): 10 h.
Practical presentation (swimming): 10 h.
Studying for the written test: 31 h

Course assessment

The final number of assessed students: 317

A	B	C	D	E	FX(0)	FX(1)
24.29	27.44	29.65	9.78	5.05	2.52	1.26

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-106	**Course name:** Basics of Gymnastic Sports and Combat Exercises

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 52
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 3 classes per each thematic block. This applies to students without an individual study plan.
During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports.
a) continuous assessment:
a) continuous assessment:
- Mastering practical skills in artistic gymnastics: 35 p.
- Written test focused on artistic gymnastics: 5 p.
- Mastering practical skills in rhythmic gymnastics: 20 p.
- Written test focused on rhythmic gymnastics: 10 p.
- Mastering practical skills in combat sports: 30 p.

Students can correct the interim assessment from individual parts of the subject in the deadlines listed by the teacher within the period for completing the study obligations.
b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Course completion conditions:
Active attendance is required. The student is allowed to miss 3 classes per each thematic block. This applies to students without an individual study plan.
During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports.

Brief outline of the course:
Brief outline of the course:

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

Recommended literature:

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

Language of instruction:
slovak

Notes:student time load:
student time load
120 h.
Combined study (L, S, C): 52 h.
Preparation for completing the practical assignments: 38 h. Studying for the written test: 30 h.

Course assessment
The final number of assessed students: 657

A	B	C	D	E	FX(0)	FX(1)
5.02	16.59	41.55	13.24	3.04	0.0	20.55

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-234 | **Course name:** Basics of Movement Training

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions: Active attendance is required. The subject is intended exclusively for students of the 1st year of the bachelor study.
a) continuous assessment:
- active participation and demonstration of basic skills in sport games, athletics, strengthening and hiking - 70 points
- active participation in two organized sport events - 30 points
b) final assessment:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student: - is able to implement basic skills from performed movement activities.

Brief outline of the course:
During the lessons, the student will become acquainted with the basics of movement training in selected sports in terms of the teaching process requirements. During the implementation of the subject, he will have the opportunity to acquire basic skills and subsequently demonstrate them during the implemented competitive organized activities.

Recommended literature:
ARGAJ, G. - REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : UK, 2007. 137s.
ČILLÍK, I. a kol.2020. Atletika. Banská Bystrica : Slovenský atletický zväz., 2020. 245 s.
JARKOVSKÁ, H. – JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha: Grada. 2009. 208 s. ISBN 9788024725352
KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
NEMEC, M. a kol. 2013. Športové hry 1. časť. Banská Bystrica : UMB FHV - Belianum, 202s. 2013
ONDRUŠ, D. 2010. Florbal, ako trénovať a hrať. Žilina : ŠK Juventa Žilina, 2010. 117s.
PERÁČEK, P. a kol. 2004. Teória a didaktika športových hier 1. Bratislava : PEEM, 2004. 184s.
PŘÍBRAMSKÝ, M. 2001. Lyžování. Praha : Grada, 2001. 187s.

PŘIDAL, V. - ZAPLETALOVÁ, L. 2003. Volejbal. Bratislava : PEEM, 2003. 180s.
STOPPANI, J. 2016. Velká kniha posilování. Praha: Grada 2. vyd. 2016. 640 s. ISBN 978-80-247-5643-1. 9.

Language of instruction:
slovak

Notes:student time load:
90 hrs., of which:
combined study: 26 hrs.
individual preparation for demonstrating practical skills: 32 hrs.
individual theoretical preparation necessary for the implementation of practical and competitive activities: 32 hrs.

Course assessment
The final number of assessed students: 410

A	B	C	D	E	FX(0)	FX(1)
67.8	0.49	2.93	0.0	11.95	7.07	9.76

Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 06.10.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ZEV-101 | **Course name:** Basics of educational sciences

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1781

A	B	C	D	E	FX(0)	FX(1)	n
11.17	13.36	22.91	23.13	18.53	3.54	7.36	0.0

Instructor: prof. PaedDr. Dana Hanesová, PhD., PhDr. Patrícia Zólyomiová, PhD., doc. Mgr. Lívia Nemcová, PhD., doc. PaedDr. Lenka Rovňanová, PhD.

Last changed: 08.02.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-239 | **Course name:** Basketball Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Andrea Izáková, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-224	**Course name:** Beach Volleyball Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
The student will actively participate in the practical teaching of beach volleyball during the classes, which are normally held after the teaching part of the semester in May or June. The student is evaluated on the basis of testing basic beach volleyball game skills and performance in the game.
The maximum number of points obtained for the interim and final evaluation is 100%.
Corresponds to the rating scale (A: 100-94 points, B: 93-87 points, C: 86-80 points,
D: 79-73 points, E: 72-65 points, F: 64 and less points). Credits will be awarded to a student who obtained at least 65% of all points from the subject for fulfilling the specified conditions.
a) continuous assessment:
Testing basic game skills: 0–40 p. (min. 26 p.). Individual player performance: 0–40 p. (min. 39 p.).
b) final assessment:
Based on the continuous assessment

Learning objectives:
The student
1. knows and uses correct terminology
2. can name and describe the game and demonstrate the basic game action techniques (individual, combinations, system)
3. knows players' roles (defence/offence) and game rules on the level allowing them to judge a beach volleyball match
4. can self-evaluate own player performance as well as team performance
5. understands the importance of this game for the physical development and can integrate it into their regimen to prevent civilisation diseases

Brief outline of the course:
The importance and position of beach volleyball in human life (school, leisure time). Game terminology. Rules and terminology. Characteristics, analysis, game system, contents. Slovak beach volleyball athletes. Player performance and its diagnostics. Training and improvement – defence and offence (individual). Training and improvement – defence and offence (combinations), standard situations. Training and improvement – defence and offence (basic game systems). Complex individual improvement (match). Judging, beach volleyball tournament – organisation

and management.

Recommended literature:

1. NEMEC, M. a kol. 2013. Športové hry 1. časť. Belinianum : Banská Bystrica, 2013. 202 s. ISBN 978-80-557-0608-5
2. KAPLAN, O. - DŽAVORONOK, M. 2001. Plážový volejbal. GRADA, 2001. 104 s. ISBN 80-247-0055-7
3. VLACH, J. - PINZÍK, M. - TURNEROVÁ, T. 2010. Plážový volejbal – hra pre každého. Žilina : Milan Pinzík, 2010. 122s. ISBN 978-80-970313-0-5
4. ZAPLETALOVÁ, L. - PŘIDAL, V. – LAUREN, T. 2007. VOLEJBAL. Základy techniky, taktiky a výučby. UK Bratislava, 2007. 158 s. ISBN 978-80-223-2280-5

Language of instruction:

slovak

Notes:student time load:

student time load
Total: 90 h.
Presence study: 26 h.
Preparation for the evaluation (practical skills): 32 h.
Preparation for the exam: 32 h.

Course assessment

The final number of assessed students: 46

A	B	C	D	E	FX(0)	FX(1)
69.57	21.74	0.0	0.0	0.0	8.7	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. Jaroslav Popelka, PhD., Mgr. Vladimír Franek, PhD.

Last changed: 05.06.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-110	**Course name:** Biomechanics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan.
During the semester, the student creates and submits two seminar papers, and takes a test during the examination period.
a) continuous assessment:
continuous assessment:
Seminar papers 1 and 2 in the required quality are submitted during the final week of the semester.
b) final assessment:
b) final assessment:
- Written test (min. 65%)
Grading scale: A (100–94%), B (93–86%), C (85–79%),
- D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- can explain the basic mechanical and physical principles;
- can explain how physical and biological subsystems cooperate in human movement;
- can apply their knowledge and skills in practice to improve their sports performance.

Brief outline of the course:
Brief outline of the course:
Introduction to biomechanics, basic terminology related to sports and physical exercises.
The biological basis of biomechanics – human body model, body segments, centre of gravity, muscle mechanics, kinematic chains, mechanics of musculoskeletal system.
Movement principle and lever mechanisms. Physics in biomechanics (the base).
Kinematics – point of mass, kinematic characteristics of motion, uniform rectilinear motion, uniformly accelerated motion, circular motion.

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

Recommended literature:

Recommended literature:
1. HAMILL, J. – KNUTZEN, K. M. 2009. Biomechanical basis of human movement. 3. vyd. Philadelphia: Lippincott Williams & Wilkins, 2009. 491 s. ISBN 978-0-7817-2329-19-x
2. HUČKO, B. et al. 2019. Športová biomechanika. Bratislava: Spektrum STU, 2019. 70 s. ISBN 978-80-227-4920-6
3. JANURA, M. – ZAHÁLKA, F. 2004. Kinematická analýza pohybu člověka. 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.
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: 659

A	B	C	D	E	FX(0)	FX(1)
32.78	32.78	19.73	9.71	2.88	0.0	2.12

Instructor: PaedDr. Roman Švantner, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ajs-326	**Course name:** Book Club

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
At the end of the semester, the student completes a final presentation. The student is entitled to one resit attempt. Assessment is carried out according to the grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).

Learning objectives:
Participants will be able to identify and compare the characteristic features of various literary genres, analyse literary texts in terms of theme, narrative techniques, and style, interpret meanings within broader cultural, historical, and social contexts, critically reflect on the works read and formulate their own arguments supported by textual evidence, engage in informed and respectful group discussions, further develop their reading literacy and ability to work with diverse types of texts, and demonstrate openness to a wide range of literary forms, perspectives, and interpretations.

Brief outline of the course:
Week 1 - Introduction
Week 2, 3 – Contemporary Fiction
Week 4, 5 – Mystery / Thriller
Week 6, 7 – Memoir / Biography
Week 8, 9 – Science Fiction / Fantasy
Week 10, 11 – Classic Literature
Week 12, 13 – Wild Card / Member’s Choice

Recommended literature:
McMahon, Susan I., Ed.; Raphael, Taffy E., Ed.: The Book Club Connection: Literacy Learning and
Classroom Talk. Language and Literacy Series.

Language of instruction:
Slovak C1

Notes:student time load:
Attendance: 13 hours
Work on assigned tasks (reading): 39 hours
Preparation of the final presentation: 38 hours
Total: 90 hours

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Barbora Vinczeová, PhD., Mgr. Veronika Gondeková, PhD.

Last changed: 24.04.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-uSDP	**Course name:** Brief History of Law

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The prerequisite for passing the course is attendance at a minimum of 90% of the teaching and active participation of students in class. The evaluation is in accordance with the classification scale according to the Study Regulations of Matej Bel University.
a) continuous assessment:
Continuous evaluation is not performed.
b) final assessment:
The basis for the award of the final grade is the demonstration of mastery of the knowledge of the lecture material, which is demonstrated in an active dialogue with the teacher in the teaching of the subject.

Learning objectives:
The aim of the subject is to present the basic features of the development of the state and law from ancient times to the 20th century. It is intended to clarify to the student how law was born, what stages of development it went through in terms of form and content, with an emphasis on the development of public and private law (basically) in the countries of Europe and the USA. After completing the subject, the student should be able to understand the historical context, understand the authentic meaning and content of contemporary terms, clarify the meaning and content of legal institutes, critically evaluate historical legal institutes, the philosophical and value roots of law, and on their basis should be able to create his own opinion on current law and legal systems (not only) in the European area.

Brief outline of the course:
Basic characteristics of the state establishment in the Greek poleis. Greek ancient law. Ancient Rome – constitutional development in individual periods. Brief basics of Roman law - selected institutes. Medieval state and law; feudalism and the feudal system. Sources of medieval law in Europe. Reception of Roman law. Medieval public and private law. Specifics of the Anglo-Saxon legal system. Modern age - anti-feudal revolutions, constitutionalism, modern law codifications. The origin and development of the United States of America. US law. The French Revolution, the codification of law during the reign of Napoleon, the influence on the development of modern law.

Recommended literature:
ŠOŠKOVÁ, I.: Praktikum k štúdiu dejín práva štátov Európy a USA. 2. dopl. a preprac. vydanie. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2022. 132 s.

ISBN 978-80-557-1968-9; SKALOŠ, M. – ŠOŠKOVÁ, I.: Vývoj inštitútov súkromného práva (vybrané problémy). 1. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2023. 224 s. ISBN 978-80-557-2081-4
ŠOŠKOVÁ, I. - LETKOVÁ, A.: Dejiny práva štátov Európy a USA. Banská Bystrica : Belianum - Vydavateľstvo Univerzity Mateja Bela v Banskej Bystrici, 2021. ISBN 978-80-557-1869-9.
Kol. autorů Právnické fakulty UK: Dějiny evropského kontinentálního práva. 3. vydání. Praha : Leges, 2010. 808 s. ISBN 978-80-87212-54-7. SELTENREICH, R. – KUKLÍK, J.: Dějiny angloamerického práva. 2.vydání. Praha : Leges, 2011. 872 s. ISBN 978-80-87212-87-5.

Language of instruction:
Slovak language

Notes:student time load:
90 hours
combinated study (L, C): 26 hours
self-study: 64 hours

Course assessment
The final number of assessed students: 486

abs	n	p	v
89.51	10.49	0.0	0.0

Instructor: doc. JUDr. Ivana Šošková, PhD.

Last changed: 05.02.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_AP1_cupv	**Course name:** Business Academy 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
Participation in seminars, completion of assigned group tasks, and a final presentation of an idea are voluntary activities. A condition for completing the course is the completion and submission of self-reflection presented in the initial and final mapping of the development of skills related to entrepreneurship, carried out in person during the seminars. The condition for completing the self-reflection is participation in at least three professional seminars.

Learning objectives:
The student:
1. Develops creativity and innovative thinking in order to identify new business opportunities.
2. Knows methods and techniques of convergent and divergent thinking, design thinking, learning through collaborative problem-solving, project-based learning, and challenge-based learning.
3. Is able to design a Business Model Canvas for their future business or team of collaborators.
4. Is able to test the viability of the model and propose possible changes.
5. Is able to evaluate individual components of the business model, compare them with competitors, predict future value, and assess the benefits/revenues of the business.
6. Collaborates effectively with innovators and other inspiring successful entrepreneurs.
7. Is able to apply the latest ICT tools in teamwork as well as in the final processing of a team solution, such as Padlet, Jamboard, Miro, Looka, BioRender, ScreanPal, Genially, Pecha Kucha, Wordwall, and other applications.
8. Demonstrates the ability to work in a team and clearly present their position supported by strong arguments.

Brief outline of the course:
Techniques for searching for business ideas (IF matrix, Crazy 8s, and “pinstagoogling”). Finding at least three own business ideas.
Knock-out criteria for business ideas. Selection of a suitable idea with top potential, which the student will further develop.
Business Model Canvas. Visual outline of one’s own business idea.
Competitor analysis on the domestic and foreign market. Selection and analysis of the most relevant competitors, differentiation of one’s own idea from competitors, and definition of at least two strong competitive advantages.

Business calculator. Basics of pricing, costs, demand, production volume, consideration of direct, indirect, and variable costs, margin, and setting the price of one's own product/service.
Demo slide + reflection on and coordination of prototype development and market research
Visual design and wording of the demo slide as presentation material for the customer. Creation of a product/service prototype, including description, parameters, benefits, and sales arguments.
Implementation of research and incorporation of customer feedback.
Pitch deck or investor presentation. Main requirements of this type of presentation, structure, visualisation, delivery, formulation of key ideas and action steps as a CTA — Call to Action — with the aim of generating interest.
Psychology of sales. Fundamentals of sales skills, definition of the target customer group, identification of customer needs, creation of tailor-made solutions and argumentation, detection of buying signals during sales, and techniques for closing a sale.
The entrepreneur's journey. A personal story of a successful entrepreneur: successes, failures, lessons learned, sharing know-how and personal experience. Sharing specific recommendations for successful entrepreneurship.
Methods and possibilities of financing business ideas. Practical demonstration and presentation of specific options and procedures for obtaining funding for beginning entrepreneurs.
Competition and final presentations of business ideas

Recommended literature:

HANESOVÁ, D., THEODOULIDES, L. 2022. Mastering Transversal Competencies in the Higher Education Environment: Through Processes of Critical Thinking and Reflection. Banská Bystrica: UMB, Belianum. https://doi.org/10.24040/2022.9788055720159
OSTERWALDER, A., PIGNEUR, Y. 2012. Business Model Generation. Praha: Bizbooks, 2012. ISBN 9788026500254.
THEODOULIDES, L. 2020. Development of Critical Thinking through a Coaching Approach in the Higher Education Environment. Banská Bystrica: Belianum. E-book. https://doi.org/10.24040/2020.9788055717920
TIDD, J., BESSANT, J. 2010. Managing Innovation. Chichester: Wiley and Sons Ltd., 2010. ISBN 798-0-470-99810-6.

Language of instruction:
Slovak, English

Notes:student time load:
120 hours in total, including:
blended study — lectures, seminars, consultations: 26 hours
self-study: 54 hours
preparation of partial outputs: 25 hours
preparation of the final business model: 15 hours

Course assessment
The final number of assessed students: 1

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: Ing. Lenka Theodoulides, PhD., MBA

Last changed: 13.05.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-KTPM1-003	**Course name:** Ceramics and creations from natural materials 1

Type, extent and method of instruction:
Form of instruction: Practical
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
Overall evaluation: To obtain grade A, a total of at least 94 points is required; for grade B at least 87 points; for grade C at least 80 points; for grade D at least 73 points; and for grade E at least 65 points. Credits will not be awarded to a student who receives fewer than 30 points in any component.
a) continuous assessment:
A portfolio of the student's artworks with reflection from a pedagogical perspective; ongoing completion of seminar activities and tasks in LMS Moodle.

Learning objectives:
There are two possible study plans for meeting the course requirements:
Basic plan – consisting of theoretical preparation (resources in LMS Moodle) and practical training (in the PF UMB ceramics studio).
The student:
1. demonstrates knowledge of safety principles when working in a workshop, 2. understands the origin of modeling clay, can describe its properties, and select suitable material, 3. understands the principle of recycling and can prepare clay for modeling, 4. can prepare the working environment, take care of tools, and maintain clay, 5. practices basic techniques of working with clay (e.g., slab building, ...), 6. recognizes selected surface treatments of ceramics, 7. presents a chosen type of ceramics from art history, 8. documents and reflects on their creative processes and arrives at their own solution to a given task.
Extended plan – implemented through service-learning participation in leading a ceramics and natural materials creative club for children (ages 6–13). In addition to the basic outcomes (1–8), the student: 9. is able to guide children in working with clay, collaborate, and reflect on the creative process from a pedagogical perspective,10. evaluates the suitability and feasibility of an art activity for a selected child's age, including preparation demands on the teacher and the creative potential of the activity, 11. develops a portfolio of art activities applicable in extracurricular education for children.

Brief outline of the course:
1. Safety principles at work 2. Creating with materials from the Earth 3. Techniques of working with clay 4. Ceramics in art history

Recommended literature:

Language of instruction:
english

Notes:student time load:
90 hours total, including: Lectures: 0 hours, Seminars: 26 hours, Self-study: 64 hours

Course assessment
The final number of assessed students: 318

abs	n	p	v
82.7	17.3	0.0	0.0

Instructor: Mgr. Lenka Lipárová, PhD.

Last changed: 30.04.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-203 | **Course name:** Children's Athletics 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The student presents min. 3 games using the aids provided by the Kids' Athletics programme.
Attends 1 children's athletics competition.
a) continuous assessment:
a) continuous assessment:
Presentation of 3 children's games: 50 p. Participation in the competition: 50 p.
b) final assessment:
b) final assessment:
Based on continuous assessment.

Learning objectives:
Learning outcomes:
The student: 1) has knowledge of athletics, mainly children's athletics 2) can apply this knowledge in project creation 3) navigates children's athletics as a field 4) applies their knowledge at a primary school 5) can evaluate the course of children's athletics teaching in terms of methodology 6) uses their knowledge in the teaching process

Brief outline of the course:
Brief outline of the course:
Introduction. The world Kids' Athletics project. The Slovak Kids' Athletics project. Specificities of training children. Kids' Athletics project aids and their use. Participation in children's competitions. Practical output.

Recommended literature:
Recommended literature:
Čillík, I. a kol. Detská atletika I. Bratislava, 2018. Slovenský atletický zväz.
Čillík, I. a kol. Detská atletika II. Bratislava, 2020. Slovenský atletický zväz.

Language of instruction:

Notes:student time load:
student time load
Total: 60 h. Presence study: 26 h. Output creation: 10 h. Participation in the children's competition + analysis: 14 h. Studying theory: 10 h.

Course assessment
The final number of assessed students: 111

A	B	C	D	E	FX(0)	FX(1)
74.77	10.81	6.31	0.0	0.0	6.31	1.8

Instructor: prof. PaedDr. Ivan Čillík, CSc., Mgr. Maroš Varga

Last changed: 05.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-106 | **Course name:** Coaching Practice 1

Type, extent and method of instruction:
Form of instruction: Prax
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 2

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, the student leads a part of the training unit, evaluates other methodological procedures and prepares hospital records from the completed training practice.
a) continuous assessment:
- leading part of the training unit: 60 points
- written preparations for leading part of the training unit: 20 points
- hospital records from practice: 20 points
b) final assessment:
- on the basis of an ongoing assessment
The maximum number of points obtained for the interim and final assessment is 100 points, which represents 100%.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
Learning outcomes:
The student:
- acquires practical knowledge
- applies their theoretical knowledge and practical skills to conduct a training unit
- the student learns how to conduct a training unit
- applies their knowledge of their sports specialisation in coaching
- evaluates individual parts of the training unit, course of training, contents, methods, forms, and training instruments
- develops complex understanding of how training units should be conducted in youth categories.

Brief outline of the course:
Brief outline of the course:
Conducting a training unit within the student's sports specialisation.
Analysis of the training unit as a complex of different components and as a whole. Participation in min. 10 training units.

Recommended literature:
Recommended literature:

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

Language of instruction:
slovak

Notes:student time load:
student time load
60 h.
Combined study: 26 h. Preparation for coaching: 14 h.
Analysis of the practical performance, training evaluation: 10 h. Preparation of the sitting-in reports: 10 h.

Course assessment
The final number of assessed students: 280

A	B	C	D	E	FX(0)	FX(1)
66.07	11.07	7.14	5.71	5.71	1.43	2.86

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

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-099	**Course name:** Coaching Practice 2

Type, extent and method of instruction:
Form of instruction: Prax
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student conducts part of a training unit, evaluates other methodological procedures, and drafts sitting-in reports on the coaching practice completed.
a) continuous assessment:
continuous assessment:
- conducting the training unit: 60 p.
- written preparation for conducting of the training unit: 20 p.
- sitting-in reports: 20 p.
b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- acquires practical knowledge
- applies their theoretical knowledge and practical skills to conduct a training unit
- the student learns how to conduct a training unit
- applies their knowledge of their sports specialisation in coaching
- evaluates individual parts of the training unit, course of training, contents, methods, forms, and training instruments
- develops complex understanding of how training units should be conducted in youth categories

Brief outline of the course:
Brief outline of the course:
Conducting a training unit within the student's sports specialisation.
Analysis of the training unit as a complex of different components and as a whole. Participation in min. 10 training units.

Recommended literature:

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

Language of instruction:

slovak

Notes:student time load:

student time load
90 h.
Combined study: 26 h. Preparation for coaching: 24 h.
analysis of the practical performance, training evaluation: 20 h. Preparation of the sitting-in reports: 20 h.

Course assessment

The final number of assessed students: 236

A	B	C	D	E	FX(0)	FX(1)
58.9	13.98	7.63	9.75	2.12	3.81	3.81

Instructor: prof. PaedDr. Ivan Čillík, CSc., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc., PaedDr. Rastislav Kollár, PhD., Mgr. Jaroslav Popelka, PhD., Mgr. Andrea Izáková, PhD., Mgr. David Brűnn, PhD., doc. PaedDr. Jiří Michal, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Kristián Bako, PhD.

Last changed: 08.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_PG_cuvp	**Course name:** Computer Graphics

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
Final assessment is based on tasks, test, and final project.
a) continuous assessment:
tasks 0-40, test: 0-20
b) final assessment:
project: 0-40

Learning objectives:
After successful completion of the course, the student can:
1. apply design principles to evaluate, modify or create business graphics like logo, poster, brochure, newsletter, social media graphics or other
2. compare various graphics file formats according to their practical usage in business
3. use various graphics application for creation & modification of both vector & bitmap graphics
4. create graphics that can be used in business practice

Brief outline of the course:
Basic design principles. Computer graphics applications. Graphics fileformats. Vector graphics editors: Inkscape, ... Object creation and manipulation, text editing, color models, layers and styles. Import and export between various graphic fileformats. Bitmap manipulation applications. Computer usage in creation of classic and electronic publications, on-line publishing.

Recommended literature:
1. WILLIAMS, R. 2008. The Non-Designer's Design Book. Berkeley : Peachpit Press, 3rd edition, 2008. ISBN 978-0321534040.
2. Internet graphics standards World Wide Web: www.w3c.org.
3. Inkscape on-line tutorials and documentation: https://inkscape.org/en/learn/

Language of instruction:
slovak

Notes:student time load:
90 hours
combined study: S: 26
self-study: 64

Course assessment
The final number of assessed students: 3

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

Instructor: Ing. Peter Laco, PhD.

Last changed: 22.04.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 12-SKS	**Course name:** Contemporary Conflicts in the World: Economic, Political, Social and Legal Dimensions

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 0
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., II.

Prerequisites:

Course completion conditions:
.

Learning objectives:
Upon successful completion of the course, the student will be able to:
explain the main causes, characteristics and typology of contemporary conflicts;
identify the political, economic, social, security and legal dimensions of conflicts;
analyse selected contemporary conflicts from an interdisciplinary perspective;
assess the impact of conflicts on international security, the economy, migration, social stability and human rights;
describe the role of states, international organisations and non-state actors in the emergence, development and resolution of conflicts;
distinguish between facts, expert interpretations, propaganda and disinformation;
use relevant academic sources and critically evaluate information about conflicts;
formulate and substantiate their own position on selected issues related to contemporary conflicts;
propose basic approaches to conflict prevention, mitigation and peaceful resolution.

Brief outline of the course:
Introduction to the study of contemporary conflicts – key concepts, causes and typology of conflicts.
The evolution of armed conflicts and the changing nature of warfare in the 21st century.
State and non-state actors in contemporary conflicts.
Political and geopolitical dimensions of conflicts.
Economic causes and consequences of conflicts – sanctions, trade and the financing of warfare.
Energy, resource and food security in conflict situations.
Social consequences of conflicts – migration, poverty, radicalisation and social polarisation.
International legal aspects of conflicts and international humanitarian law.
Human rights protection and international criminal responsibility.
Hybrid threats, information operations, propaganda and disinformation.
Analysis of selected contemporary conflicts in Europe and its neighbourhood.
Analysis of selected conflicts in the Middle East, Africa and Asia.
Conflict prevention, management and peaceful resolution – final discussion and synthesis of acquired knowledge.

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: doc. PhDr. Rastislav Kazanský, PhD., EMBA

Last changed: 07.09.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-007 | **Course name:** Coordination Basics in Sports

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
During the semester, the student proves their theoretical knowledge and practical skills. They create a training plan focused on developing skills necessary for a variety of sports.
a) continuous assessment:
a) continuous assessment:
- presentation of the topic during the seminar (training unit): 10 p.
- creation of a training programme (seminar paper): 30 p.
b) final assessment:
final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has theoretical knowledge of the subject matter
- can use this knowledge in practice and to evaluate
- understands how coordination skills are developed
- uses their skills in the training process
- can create a training plan focused on developing coordination skills
- can evaluate whether the coordination exercises are performed correctly

Brief outline of the course:
Brief outline of the course:
Theory of coordination skills.
Practical exercises: balance, spatial orientation, kinaesthetics and differentiation skills, speed, rhythm.
Diagnosing motor docility (IOWA-BRACE test).

Creation of a training plan focused on developing 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. - UCHAĽ, J. 2009. Vplyv netradičných športov na rozvoj koordinačných schopností. MPC Prešov. 2009. 91 s. dostupne: https://www.statpedu.sk/files/articles/dokumenty/sutaze/pedagogicke_citanie_hajdukova_uchal.pdf
3. Kolektív autorov, 2008. Normy koordinačných schopností pre 11-15 ročných športovcov. Nitra: PF UKF.2008 107 s.
4. KRIŠTOFIČ, J. 2004. Gymnastická průprava sportovce. Praha: Grada. 2006. 112 s.
5. KRIŠTOFIČ, J. 2006. Pohybová příprava 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:

Notes:student time load:

Notes: 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: 511

A	B	C	D	E	FX(0)	FX(1)
30.14	33.07	21.92	9.2	1.17	0.98	3.52

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-202 | **Course name:** Cross-Country Skiing Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The student proves their ability to use the correct cross-country skiing technique. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. B=93-86%; C=85-79%; D=78-72%; E=71-65%).
a) continuous assessment:
N/A
b) final assessment:
final assessment:
Demonstration of two cross-country skiing techniques.

Learning objectives:
Learning outcomes:
The student:
1. knows the cross-country skiing techniques and can explain them
2. masters the two cross-country skiing techniques in practice
3. knows the influence of cross-country skiing on the development of physical abilities and fitness, and can use it in their own training to improve their performance
4. knows the basic rules of the cross-country skiing competitions
5. understands the importance of general and specific warm-up and can use it in teaching as well as in training
6. knows the terminology, procedures, and learning methods.

Brief outline of the course:
Brief outline of the course:
Cross-country skiing – preparatory games and exercises. Improving classic and skating techniques. Ski hiking. Night cross-country skiing and hiking. Safety rules and winter outdoor survival.

Recommended literature:
Recommended literature:
1. BRTNÍK, J. – NEUMAN, J. 1999. Zimní hry na sněhu i bez něj. Praha : Grada, 1999.
2. PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. Učebné texty pre študentov telesnej výchovy. Banská Bystrica : UMB, FHV, SLZ, 2004. 237 s.
3. PŘÍBRAMSKÝ, M. 1999. Bežecké lyžování. Praha : Grada, 1999

Language of instruction:
Slovak, Czech

Notes:student time load:
Notes: student time load
90 h.
26 h. – combined study. 14 h. – self-study.
50 h. – skill and performance improvement.

Course assessment
The final number of assessed students: 79

A	B	C	D	E	FX(0)	FX(1)
83.54	0.0	0.0	0.0	0.0	16.46	0.0

Instructor: PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Jiří Michal, PhD.

Last changed: 07.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_KvOF_cuvp	**Course name:** Cryptocurrencies in Personal Finances

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment – active participation 50 points;
b) final assessment – presentation of current topics 50 points.

Learning objectives:
The student will:
1. be able to describe what cryptocurrencies and blockchain technology are, i.e. cryptographic functions (hash), the process of mining and issuing new currency, various consensus mechanisms including Proof-of-Work and Proof-of Stake used in the Bitcoin and Ethereum blockchains.
2. understand how cryptocurrencies work, distinguish the basic characteristics and key metrics of Bitcoin and altcoins such as Ethereum, Tether, XRP, BNB Cardano, Dogecoin, etc.
3. identifiy the advantages of cryptocurrencies, distinguishes between different types and features of centralized, decentralized and hybrid blockchains and appropriately assesses which one is suitable for which purposes.
4. evaluate how cryptocurrencies can be stored, searched and analyzed for real transactions in open blockchain networks.
5. examine how cryptocurrencies can be secured, identifies selected risks, including legal, regulatory and tax aspects
6. identify selected uses of cryptocurrencies in personal finances, such as means of payment, trading, investing or hedging.
7. understand more advanced uses of blockchain, such as smart contracts, digital assets, tokenization, CBDC, DeFi and others.

Brief outline of the course:
The course provides an introductory understanding of cryptocurrencies such as bitcoin or ethereum and blockchain technology in the context of personal finance. The course will:
- examine the theory and principles of functioning of digital currencies;
- provide practical examples of basic transactions and operations of blockchain or distributed ledger-based systems;
- examine the current and future interaction of digital currencies with banking, financial, legal and regulatory systems;

- will help students understand the disruptive potential of blockchain and how this ecosystem can be seen as an innovation;
- discuss the latest developments (such as tokenization, DeFi and CBDC).
The course will consist of the following topics:
1. Theoretical introduction to cryptocurrencies and their history. Decentralized consensus proof-of-work and proof-of-stake, cryptocurrency overview.
2. A practical introduction to cryptocurrencies. Hands-on exercises in using and creating transactions with digital currencies. Working with a digital wallet, crypto exchanges, crypto ATMs.
3. Examples of the use of cryptocurrencies. Domestic and foreign payments. Trading and investing. Hedging and prediction markets. Tokenization. DeFi. CBDC.
4. Taxes, regulations and risks of cryptocurrencies.

Recommended literature:

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

Language of instruction:
Slovak, English

Notes:student time load:
90 hours
Combined study: 26 h.
Self-study: 50 h.
Presentation preparation: 14 h.

Course assessment
The final number of assessed students: 133

abs	n	p	v
66.92	32.33	0.0	0.75

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-POR-402 | **Course name:** Differences in psychological development

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 384

A	B	C	D	E	FX(0)	FX(1)	n
55.99	22.92	9.11	5.73	2.08	3.13	1.04	0.0

Instructor: PaedDr. Jana Stehlíková, PhD.

Last changed: 17.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-che-607 **Course name:** Digital Technologies in School

Type, extent and method of instruction:
Form of instruction: Lecture / Practical / Seminar / Laboratory practical
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 26 / 0 / 0
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 2

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

Instructor: doc. RNDr. Marek Skoršepa, PhD.

Last changed: 12.04.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1-OEV1	**Course name:** Diplomacy in Practice - Professional Excursion at the Embassy I.

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 400

abs	n	p	v
88.75	11.25	0.0	0.0

Instructor: doc. PhDr. Erik Pajtinka, PhD.

Last changed: 07.06.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1-OEMO1	**Course name:** Diplomacy in Practice - Professional Excursion in an International Organization I.

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 298

abs	n	p	v
98.99	1.01	0.0	0.0

Instructor: doc. PhDr. Erik Pajtinka, PhD.

Last changed: 07.06.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: e1-BACEP	**Course name:** EMERGE BRIDGE - Active Community Engagement in Practice

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26s
Method of study: combined

Number of credits: 5

Recommended semester/trimester: 1., 3., 5.

Level: I., P

Prerequisites:

Course completion conditions:

Learning objectives:
Knowledge
The student:
• has knowledge of different forms and pathways of civic engagement and active citizenship
• understands socio-economic, cultural, and ecological characteristics of communities
• has knowledge of ethical principles in community engagement, including “Do No Harm”
• understands key concepts related to social justice, inequality, and systemic change
• has knowledge of project planning, community needs assessment, and asset-based approaches
• understands principles of intercultural communication and teamwork
• is aware of digital tools, inequalities, and creative engagement methods
• understands principles of reciprocity, partnerships, and volunteering ethics
• has knowledge of reflection, resilience, and well-being
Skills
The student:
• can apply theoretical knowledge in real community contexts
• can analyse community needs and resources
• can collaborate effectively in international teams
• can communicate using empathy and intercultural sensitivity
• can apply ethical principles in practice
• can critically reflect on their own learning and assumptions
• can design and implement small-scale engagement activities
• can use digital tools for collaboration and communication
• can facilitate group interaction and participatory processes
Competence (General Competence)
The student:
• demonstrates responsibility and autonomy in community engagement
• shows civic responsibility and commitment to social justice
• demonstrates intercultural awareness and adaptability
• critically evaluates their own practice

• collaborates effectively with community stakeholders
• demonstrates resilience in complex situations
• integrates theory with practice
• contributes to international teamwork and shared outcomes

Brief outline of the course:

Obsah
1. Preparation Phase – Online Course (May –
Students complete a structured online course consisting of the following modules:
1. Pathways of Civic Engagement and Citizenship
2. Rural Realities and Local Contexts
3. Ethics, Cultural Humility, and Social Responsibility
4. Social Justice and Systemic Change
5. Communication, Teamwork, and Interpersonal Skills
6. Project Design, Asset Mapping, and Needs Assessment
7. Digital Empowerment and Creative Methods
8. Community Partnership and Reciprocity
9. Reflection, Resilience, and Well-being
Additional mandatory activities:
• One joint online preparatory session
• One online meeting with the community partner
2. Field Placement Phase
• Participation in a community-based project in an international team
• Collaboration with local organisations and stakeholders
• Engagement with real community needs
• Application of knowledge and skills from the online course
• Ongoing reflection and facilitated group discussions
3. Reflection and Evaluation session
• Structured reflection sessions
• Peer learning and experience sharing
• Evaluation of project impact
• Integration of practice with academic learning

Recommended literature:

Boyte, H. C. (2008). Everyday politics: Reconnecting citizens and public life. University of Pennsylvania Press.
Council of Europe. (2018). Reference framework of competences for democratic culture. Council of Europe Publishing.
Ekman, J., & Amnå, E. (2012). Political participation and civic engagement: Towards a new typology. Human Affairs, 22(3), 283–300. https://doi.org/10.2478/s13374-012-0024-1
Freire, P. (1970). Pedagogy of the oppressed. Continuum.
Jacoby, B. (2015). Service-learning essentials: Questions, answers, and lessons learned. Jossey-Bass.
Mitchell, T. D. (2008). Traditional vs. critical service-learning: Engaging the literature to differentiate two models. Michigan Journal of Community Service Learning, 14(2), 50–65.
Putnam, R. D. (2000). Bowling alone: The collapse and revival of American community. Simon & Schuster.
Rawls, J. (1971). A theory of justice. Harvard University Press.
United Nations. (2015). Transforming our world: The 2030 agenda for sustainable development. United Nations.

Weick, K. E. (1995). Sensemaking in organizations. Sage Publications.

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD., Mgr. Anna Slatinská, PhD., univ. doc.

Last changed: 08.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: e1-ESZ	**Course name:** EMERGE Európa a európsky spôsob života
Type, extent and method of instruction: **Form of instruction:** Seminar **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I., P	
Prerequisites:	
Course completion conditions: a) Continuous assessment (50%): preparation (individually or in small teams) of presentations on a selected topic, submission of a draft version, and incorporation of feedback from the instructors b) Final assessment (50%): active participation in the final colloquium – presentation of the final versions of the presentations and active participation in the discussion on the presented topics **a) continuous assessment:** a) Continuous assessment (50%): preparation (individually or in small teams) of presentations on a selected topic, submission of a draft version, and incorporation of instructors' feedback. **b) final assessment:** b) Final assessment (50%): active participation in the final colloquium – presentation of the final versions of the presentations and active participation in the discussion on the presented topics.	
Learning objectives: After completing the course, the student is able to: - analyse key and current topics of European integration with an emphasis on promoting the European way of life and European values, - understand the causes and consequences of differing attitudes toward European integration and formulate their own position on them, - understand the multidimensional perception of the European Union through the eyes of its citizens, with a focus on its values, - identify the most important factors influencing EU citizens and determine the factors shaping European identity, - recognise different models of Europe's regional division; define Europe's core and peripheral regions; understand the challenges faced by Europe's peripheral regions, - understand the methodology of research on European values, interpret its results, and know how these results can be applied in practice,	

- understand the language policy of the European Union and its application in language education; distinguish between plurilingualism and multilingualism; understand the theoretical framework of intercomprehension.

Brief outline of the course:

- Geography of Europe's regions – defining the European cultural space, models of regional division in Europe, identification of core and peripheral regions, selected issues of Europe's peripheral regions.
- Goals and values of the European Union: legal basis, significance and relevance in today's world – general objectives of the EU (promotion of peace, values, and well#being), objectives in the area of freedom, security and justice, economic objectives, and the main values of the EU (respect for human dignity, freedom, democracy, equality, the rule of law, and human rights); the Charter of Fundamental Rights of the European Union.
- Values of solidarity and cooperation – the EU's timeless contribution to the present; citizen engagement in European debates during European elections; values and principles of the European Union.
- Research on European values – methodology and results of research on European values.
- Hierarchy of priorities and typology of EU policies – hierarchy of priorities in Europe through the analysis of EU budget revenues and expenditures (development trends and current state).
- The euro as an embodiment of European identity – selected aspects of monetary and financial integration in Europe; the international role of the euro in the global economy.
- Europe fit for the digital age – empowering people through the promotion of EU values: rules for the use of AI, ensuring a safe and responsible online environment, ensuring fair and open digital markets, European digital identity, European data strategy.
- The European Union as an area of freedom, security and justice – judicial cooperation in civil and criminal matters; mutual trust in the judicial systems of Member States as a fundamental principle of the European area of freedom, security and justice, and its challenges.
- European languages – linguistic relationships and basic characteristics of language groups; official, regional, minority, and heritage languages in Europe; multilingualism and multiculturalism in European regions.
- The value of linguistic diversity in the European Union – EU language policy and its application in language education in selected Member States; plurilingualism and multilingualism in the EU; theoretical framework of intercomprehension, its basic principles and methods.

Recommended literature:

1. BALDWIN, R., WYPLOSZ, CH. The Economics of European Integration. 2015. London: McGraw-Hill companies, ISBN 978007716965
2. FUNTA, R. kol. Európske právo. 3., doplnené a rozšírené vydanie. Bratislava : Wolters Kluwer SR s.r.o., 2024.
3. GAJDOŠ, A., MAZÚREK, J., TOLMÁČI, L., HOUDKOVÁ, Z., BAAR, V., MADLEŇÁK, T., LACIKA, J. Regionálna geografia Európy. Bratislava: VEDA. 2013. ISBN 978-80-224-1304-6
4. JÁNOŠÍKOVÁ, M.: Repetitórium práva Európskej únie, 3. vydanie, Iuris Libri, Bratislava, 2024
5. LIPKOVÁ, Ľ. A kol. Európska únia. 2011. Bratislava: Sprint dva. ISBN 9788089393336
6. RADIČOVÁ, I. Byť alebo nebyť : Európska únia. Centrum pre otvorené politiku. 2016. ISBN 9788097253608
7. SOMERS F.J.L. et al.. European Business Environmnet. New York: Routledge, 2015. ISBN 978-9-0017-6891-1

8. SUDER, G., LINDEQUE, J. Doing Business in Europe. London: SAGE. 2018. ISBN 978-1-5264-2073-2
9. www.atlasofeuropeanvalues.eu
10. www.aktualneproblemyeuropy.sk
11. Webové sídla európskych inštitúcií a agentúr

Language of instruction:
Slovak, English

Notes:student time load:

Course assessment
The final number of assessed students: 7

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: RNDr. Tibor Madleňák, PhD., doc. PaedDr. Mária Huraj Rošteková, PhD., prof. PhDr. Katarína Chovancová, PhD., JUDr. Elena Júdová, PhD., Mgr. Janka Kubeková, PhD., Ing. Žaneta Lacová, PhD.

Last changed: 08.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: e1-FL1	**Course name:** EMERGE Foreign Language 1
Type, extent and method of instruction: **Form of instruction:** Practical **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I., P	
Prerequisites:	
Course completion conditions: active participation in instruction, final written assessment **b) final assessment:** test	
Learning objectives: After successfully completing the course, the student will possess the following skills in the selected foreign language: - can introduce themselves and make acquaintances; - can express basic needs and communicate in some everyday situations; - is familiar with the basic elements of the culture of the community that actively uses the target language; - is familiar with the key typological and genealogical characteristics of the target language.	
Brief outline of the course: In the course, the student will become acquainted with any new foreign language from the current offer, with their initial level of competence in that language at the beginning of the course being A0–A1.1 according to the Common European Framework of Reference for Languages (CEFR). The aim is to broaden general linguistic awareness, knowledge of European languages, and to deepen individual receptive and productive communicative competence in a new language. The range of foreign languages offered includes selected languages of EU Member States, as well as some minority and regional languages used in Europe and languages of partner countries outside the EU. Instruction in the course partially employs plurilingual approaches to foreign language teaching. The course is intended for applicants interested in the study opportunities offered by the EMERGE European University Alliance.	
Recommended literature:	
Language of instruction: French, German, Spanish, Italian, Polish, Ukrainian, Russian, Irish, Turkish, Slovak for Foreigners	
Notes:student time load: 26 hours – language exercises, 20 hours – self-study, 2 hours – consultations, 2 hours – final assessment	

Course assessment
The final number of assessed students: 12

abs	n	p	v
75.0	25.0	0.0	0.0

Instructor: prof. PhDr. Katarína Chovancová, PhD., doc. PhDr. Jana Pecníková, PhD., Mgr. Eva Reichwalderová, PhD., univ. doc., Mgr. Gabriel Rožai, PhD., univ. doc., Mgr. Igor Cintula, PhD., Mgr. Jana Štefaňáková, PhD., univ. doc., Svitlana Shekhavtsova, PhD., M.A. James Ó Conaill, doc. Mgr. Gabriela Olchowa, PhD., Dr. İsmail Aydo#du

Last changed: 09.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: e1-FL2	**Course name:** EMERGE Foreign Language 2
Type, extent and method of instruction: **Form of instruction:** Practical **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 2., 4., 6.	
Level: I., P	
Prerequisites:	
Course completion conditions: active participation in instruction, final written assessment **b) final assessment:** test	
Learning objectives: After successfully completing the course, the student will possess the following skills in the selected foreign language: - can express basic needs and communicate in common everyday situations; - is familiar with the basic elements of the culture of the community that actively uses the target language; - is familiar with the key typological and genealogical characteristics of the target language. The selected foreign language is mastered at the A1–A2 level.	
Brief outline of the course: In the course, the student continues studying a foreign language from the current offer, with their initial level of competence in that language at the beginning of the course being A1.1–A1 according to the Common European Framework of Reference for Languages (CEFR). The aim is to broaden general linguistic awareness, knowledge of European languages, and to further develop individual receptive and productive communicative competence in the new language. The range of foreign languages offered includes selected languages of EU Member States, as well as some minority and regional languages used in Europe and languages of partner countries outside the EU. Instruction in the course partially employs plurilingual approaches to foreign language teaching. The course is intended for applicants interested in the study opportunities offered by the EMERGE European University Alliance.	
Recommended literature:	
Language of instruction: French, German, Spanish, Italian, Polish, Ukrainian, Russian, Irish, Turkish, Slovak for Foreigner	
Notes:student time load: 26 hours – language exercises, 20 hours – self-study, 2 hours – consultations, 2 hours – final assessment	

Course assessment
The final number of assessed students: 11

abs	n	p	v
90.91	9.09	0.0	0.0

Instructor: prof. PhDr. Katarína Chovancová, PhD., doc. PhDr. Jana Pecníková, PhD., Mgr. Eva Reichwalderová, PhD., univ. doc., Mgr. Gabriel Rožai, PhD., univ. doc., Mgr. Jana Štefaňáková, PhD., univ. doc., Svitlana Shekhavtsova, PhD., M.A. James Ó Conaill, Dr. İsmail Aydo#du, Mgr. Igor Cintula, PhD.

Last changed: 09.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: e1-FL3 | **Course name:** EMERGE Foreign Language 3

Type, extent and method of instruction:
Form of instruction: Practical
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26s
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., P

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:
French, German, Spanish, Italian, Russian, Irish, Turkish, Slovak for Foreigner

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: prof. PhDr. Katarína Chovancová, PhD., doc. PhDr. Jana Pecníková, PhD., Mgr. Eva Reichwalderová, PhD., univ. doc., Mgr. Gabriel Rožai, PhD., univ. doc., Mgr. Bc. Vera Liudogovskaia, Palina Lissitsyna, M.A. James Ó Conaill, Dr. İsmail Aydo#du

Last changed: 09.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: e1-FL4 | **Course name:** EMERGE Foreign Language 4

Type, extent and method of instruction:
Form of instruction: Practical
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 338
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I., P

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:
French, German, Spanish, Italian, Russian, Irish, Turkish, Slovak for Foreigner

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: prof. PhDr. Katarína Chovancová, PhD., doc. PhDr. Jana Pecníková, PhD., Mgr. Eva Reichwalderová, PhD., univ. doc., Mgr. Gabriel Rožai, PhD., univ. doc., Mgr. Bc. Vera Liudogovskaia, Palina Lissitsyna, M.A. James Ó Conaill, Dr. İsmail Aydo#du

Last changed: 09.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: e1-IINT	**Course name:** EMERGE Interkultúrne interakcie

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26s
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I., P

Prerequisites:

Course completion conditions:
The course is taught and assessed in two areas:
1. Theoretical background of intercultural studies and their application in Service Learning (community-oriented assistance/service): continuous assessment – test (50%).
2. Practical application of theoretical knowledge through the implementation of a community-oriented Service Learning project: team proposal, consultation, and implementation of a selected Service Learning project.
Examples of project areas include:
• Volunteer projects in multicultural communities (support for migrants, language education, cultural exchange programs)
• Experiential workshops on intercultural communication and sensitivity
• Joint creative workshops (artistic, culinary, musical) supporting cultural exchange
• Discussion forums and storytelling evenings with members of various cultural communities
• Shadowing programs in organizations supporting intercultural dialogue
• Field research and community mapping aimed at understanding the needs of diverse cultural groups
Final assessment (50%): active participation in the final colloquium – presentation of final project outputs and active participation in discussion (final reflection).
a) continuous assessment:
test (50%)
b) final assessment:
Final assessment (50%): active participation in the final colloquium – presentation of final project outputs and active participation in discussion (final reflection).

Learning objectives:
After completing the course, students will acquire the following:
• Knowledge:
• Ability to define the concept of culture and understand differentiation of cultures based on dominant cultural theories and models (Hofstede, Trompenaars, Lewis, etc.)
• Knowledge of principles and theoretical background of Service Learning
• Apply theoretical knowledge to define their own cultural identity
• Interpret and explain cultural values influencing interaction within and with communities

• Understand cultural differences in communities, their causes, and prevention of negative impacts
• Anticipate cultural conflict situations and propose preventive solutions
• Design and justify solutions to culturally problematic situations
• Differentiate advantages and disadvantages of cultural diversity and propose anti-discrimination measures
• Work collaboratively in teams
• Conduct SWOT analysis, manage work processes, and solve problems
• Think critically and mediate interpersonal situations and conflicts
• Implement a project from initial idea to evaluation report
• Develop realistic self-assessment skills

Brief outline of the course:
• Definition and basics of intercultural communication
• Cultural typologies, values, identities, and communication styles
• Comparison of other cultures with one's own national cultural identity
• Multicultural society
• Management of cultural diversity in communities
• Resolving intercultural differences and conflicts
• Prevention of discrimination in communities
• Use of Service Learning in intercultural interventions
• Project planning, management, and monitoring
• Planning and implementation of a team Service Learning project
• Presentation and evaluation of project results

Recommended literature:
Odporúčaná literatúra:
1. LEWIS, R.L. When cultures collide: Leading across cultures. 2006. Boston - London: Nicholas Brealey International 2006. 3rd ed. ISBN-13: 978-1-904838-02-9
2. TROMPENAARS, F. – HAMPDEN-TURNER, Ch. 1998. Riding the Waves of Culture. Understanding Cultural Diversity in Business. London : Nicolas Brealy Publ.,1998. ISBN 1-85788-176-1.
3. HOFSTEDE, G., MINKOV, M. 2010. Cultures and Organisations. Software of the Mind. New York, McGraw Hill 2010. ISBN 978-07-166418-9.
4. BROZMANOVÁ GREGOROVÁ, A. et al. 2014. Service learning. Inovatívna stratégia učenia (sa). Banská Bystrica: Belianom, 2014. ISBN 978-80-557-0829-4
5. BENČIKOVÁ, D., MINÁROVÁ, M., POLČICOVÁ, M. 2009. Slovensko-anglicko-nemecký výkladový slovník interkultúrnej komunikácie. Banská Bystrica: Univerzita Mateja Bela, Ekonomická fakulta, 2009. 86 s. ISBN 978-80-8083-918-5
6. OLEJÁROVÁ M. a kol. 2007. Charakteristika vybraných krajín z pohľadu interkultúrnej komunikácie. Banská Bystrica, UMB, 2007.
7. MEYER, Erin. 2015. The Culture Map. Decoding how people think, lead, and get things done across cultures. New York: Public Affairs. ISBN 978-1-61039-276-1.
8. https://www.hofstede-insights.com/country-comparison/
9. https://www.thtconsulting.com/models/7-dimensions-of-culture/
10. https://www.crossculture.com/the-lewis-model-dimensions-of-behaviour/
11. Materiály a texty, distribuované na hodinách

Language of instruction:
Slovak, English

Notes:student time load:

90 h

Course assessment
The final number of assessed students: 9

abs	n	p	v
55.56	44.44	0.0	0.0

Instructor: doc. PaedDr. Jana Javorčíková, PhD., univ. prof., doc. PhDr. Jana Pecníková, PhD., Mgr. Petra Strnádová, PhD.

Last changed: 29.01.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajmL-316 | **Course name:** English Language B2 for UMB Students

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
This elective course is intended for students of sports educlogy, sports science and other humanities and philology studies at the Faculty of Arts, UMB in Banská Bystrica, except for study programmes English Language and Culture, English for Translation in Economic Practice and Teaching English Language and Literature. Students will take three written continuous assessment tests during the semester. Upon completion
the course students will take a written final test. Credits will not be awarded a student who scores less than 65% on the continuous assessment tests and the final test. The student is entitled to one re-sit exam. The assessment is in compliance with the following grading scale: A (100-94%), B (93-87%), B (93-87%), B (93-87%), C (86-80%), D (79-73%), E (72-65%).

a) continuous assessment:
Three continuous written tests: 30%
Active participation in seminars: 10%

b) final assessment:
Final test: 60%

Learning objectives:
The student:
1. understands not only essential but also specific information in broader English texts and can communicate in more challenging communicative situations in the professional and private spheres; 2. masters upper-intermediate language activities and strategies in English (listening comprehension, speaking, writing, reading comprehension)
3. is able to identify elements of narrative style in written discourse at B2 level;
4. is able to translate from/into English texts at B2 level;
6. is able to use summarising techniques to summarise relevant data.

Brief outline of the course:
Selected topics incluse:
1. Passions and fashions
2. No fear!
3. It depends how you look at it
4. All things high tech
5. Seeing is believing

6. Telling it how it is

Recommended literature:
SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Students Book. Oxford : OUP, 2010.
SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Work Book. Oxford : OUP, 2010.

Language of instruction:
English

Notes:student time load:
Total: 90 hours
Seminars: 13
Preparation for continuous written tests: 15
Preparation for the final written test: 30
Self-study: 32

Course assessment
The final number of assessed students: 142

A	B	C	D	E	FX(0)	FX(1)	n
42.25	17.61	9.15	7.04	10.56	11.27	2.11	0.0

Instructor: PaedDr. Alena Štulajterová, PhD., M.A. James Ó Conaill, Mgr. Patrícia Kvokačka Hatiarová, Mgr. Richard Gramanich Štromajer, PhD.

Last changed: 11.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajmZ-317 | **Course name:** English Language B2 for UMB Students

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3.

Level: I.

Prerequisites:

Course completion conditions:
This elective course is intended for students of sports educlogy, sports science and other humanities and philology studies at the Faculty of Arts, UMB in Banská Bystrica, except for study programmes English Language and Culture, English for Translation in Economic Practice and Teaching English Language and Literature. Students will take three written continuous assessment tests during the semester. Upon completion
the course students will take a written final test. Credits will not be awarded a student who scores less than 65% on the continuous assessment tests and the final test. The student is entitled to one re-sit exam. The assessment is in compliance with the following grading scale: A (100-94%), B (93-87%), B (93-87%), B (93-87%), C (86-80%), D (79-73%), E (72-65%).

a) continuous assessment:
Three continuous written tests: 30%
Active participation in seminars: 10%

b) final assessment:
Final test: 60%

Learning objectives:
The student:
1. understands not only essential but also specific information in broader English texts and can communicate in more challenging communicative situations in the professional and private spheres; 2. masters upper-intermediate language activities and strategies in English (listening comprehension, speaking, writing, reading comprehension)
3. is able to identify elements of narrative style in written discourse at B2 level;
4. is able to translate from/into English texts at B2 level;
6. is able to use summarising techniques to summarise relevant data.

Brief outline of the course:
Selected topics incluse:
1. Passions and fashions
2. No fear!
3. It depends how you look at it
4. All things high tech
5. Seeing is believing

6. Telling it how it is

Recommended literature:
SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Students Book. Oxford : OUP, 2010.
SOARS, Liz - SOARS, John. New Headway Intermediate. 4th Edition. Work Book. Oxford : OUP, 2010.

Language of instruction:
English, Slovak

Notes:student time load:
Total: 90 hours
Seminars: 13
Preparation for continuous written tests: 15
Preparation for the final written test: 30
Self-study: 32

Course assessment
The final number of assessed students: 190

A	B	C	D	E	FX(0)	FX(1)	n
22.11	14.21	13.68	13.16	16.32	11.58	8.95	0.0

Instructor: PaedDr. Alena Štulajterová, PhD., doc. Natalia Kovalchuk, PhD., Mgr. Richard Gramanich Štromajer, PhD., M.A. James Ó Conaill, Mgr. Patrícia Kvokačka Hatiarová

Last changed: 03.05.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-uELP	**Course name:** Environmental law and policy

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26s
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The prerequisite for passing the course is attendance at a minimum of 90% of the teaching and active participation of students in class. The evaluation is in accordance with the classification scale according to the Study Regulations of Matej Bel University.
a) continuous assessment:
Continuous evaluation is not performed.
b) final assessment:
The basis for the award of the final grade is the demonstration of mastery of the knowledge of the lecture material, which is demonstrated in an active dialogue with the teacher in the teaching of the subject.

Learning objectives:
The graduate of the course understands the theoretical and value-based foundations of environmental protection and development, including anthropocentric and ecocentric approaches and their relationship to human rights protection. The student is familiar with the system of state and local environmental policy and understands the basic principles of legal regulation and decision-making in environmental matters. The graduate is able to analyse legal issues in the field of nature, landscape, water and forest protection, as well as spatial planning and construction law as instruments of environmental protection and development. The student understands the significance of green infrastructure as a tool for sustainable and economic territorial development and is familiar with SEA and EIA processes. The graduate is capable of identifying conflicts between public interest and individual rights and of formulating professional legal opinions supporting the principle of sustainable development.

Brief outline of the course:
1. Introduction to Environmental Protection and Development: Anthropocentric and Ecocentric Approaches
2. Environment and Human Rights
3. State and Local Government Environmental Policy
4. Legal Regulation and Decision-Making in Environmental Matters
5. Sustainable Development
6. Nature and Landscape Protection
7. Water and Forest Protection

8. Spatial Planning and Construction Law as Instruments for Environmental Protection and Development
9. Green Infrastructure – Introduction to the Concept
10. Green Infrastructure as an Economic Instrument for Territorial Development
11. SEA and EIA Processes – Introduction
12. Neighbour Relations

Recommended literature:

1. AUSTIN, Gary. Green infrastructure for landscape planning: integrating human and natural systems. London: Routledge, Taylor & Francis Group, 2014. ISBN 978-0-415-84353-9.
2. MARK A. BENEDICT; EDWARD T. MCMAHON a MARK A. THE CONSERVATION FUND. Green Infrastructure: Linking Landscapes and Communities. Island Press, 2012. ISBN 9781597267649.
3. PÍRY, Martin. Zelená infraštruktúra – Samosprávne metódy podpory a rozvoja. Banská Bystrica: Belianum, 2023. ISBN 9788055720517.

Language of instruction:
English language

Notes:student time load:
90 hours
combinated study (L, C): 26 hours
self-study: 64 hours

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: JUDr. Martin Píry, PhD.

Last changed: 13.03.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: U-1-EUŠRMČ	**Course name:** European Union - structure, decision-making mechanisms, membership

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
Final evaluation:
Discussion on selected topics of current evolution of European integration - 100%

b) final assessment:
Final colloquium on the topic "Position of the Slovak Republic in the European Union - current status and future perspectives from the perspective of political, economic and socio-economic development" - 100%

Learning objectives:
The student learn the basic terminology related to the field of European integration and is able to use it effectively in professional discussions and when processing professional texts and studies focusing on selected aspects of the subject matter. The student can create a basic timeline/line of the development of the European integration process, knows its basic developmental milestones, as well as specific factors and circumstances that influenced the dynamics of the integration process's progress to higher and more complex developmental phases. The student knows the specifics and mechanisms through which the functionality and fulfillment of the basic competences of the European Union are maintained from the perspective of the activities and decision-making mechanisms applied within the key institutions of the European Union. The student correctly understands and can evaluate the extent and level of inter-institutional relations and can identify possible problem areas of the functionality of selected models of these relations. The student will become familiar with the specifics, influences and factors (political, economic, social, cultural) of both the internal and external space of the European Union, which currently most significantly determine its current and future development.

Brief outline of the course:
1. Introduction to the study of European integration.
2. European integration - the main developmental milestones and their significance and impact on the dynamics of the integration process.
3. Institutions of the European Union I. - position in the institutional structure, competencies, mutual relations, decision-making mechanism and their implementation.
4. Institutions of the European Union II. - position in the institutional structure, competencies, mutual relations, decision-making mechanism and their implementation.

5. The transformation process of the countries of Central and Eastern Europe and its specifics.
6. The transformation process of the Slovak Republic - circumstances, situation, key milestones, specifics.
7. The process of integration of the Slovak Republic into the European Union - stages of the integration process.
8. Benefits resulting from the membership of the Slovak Republic in the EU.
9. The European Union and the global financial crisis - the impact of the global financial crisis on the European integration area and the search for ways to solve it.
10. The Europe 2020 strategy and its implementation in the conditions of the Slovak Republic.
11. The impact of the Covid-19 pandemic on the European integration area.
12. The EU energy crisis.
13. The NextGenerationEU instrument in the context of efforts for economic recovery and resilience.
14. The Economic Recovery and Resilience Plan and its implementation in the conditions of the Slovak Republic - main milestones and their fulfillment.

Recommended literature:

1. NUGENT, N. 2017. The Government and Politics of the European Union (8th Edition). Londýn: Palgrave Macmillan, 2017, ISBN: 9781137454089 2. CINI, Michelle a Nieves Pérez SOLÓRZANO BORRAGÁN, 2022. European Union Politics. New York, NY: Oxford University Press, USA. 7th edition. ISBN 978-0-19-886223-9. 3. Kratochvíl, P.: Teorie evropské integrace. Praha: Portál 2008 4. Wiener, A., Diez, T. (Eds.): European Integration Theory. Oxford: Oxford University Press 2004 Elistrup-Sangiovanni, M. (Ed.): Debates on European Integration: A Reader. Basingstoke Palgrave Macmillan 2006, 5. Nelsen, B. F. – Stubb, A. (Eds.): The European Union: Readings on Theory and Practice of European Integration. Basingstoke: Palgrave Macmillan, 2003, 6. Rosamond, B.: Theories of European Integration. Basingstoke: Palgrave Macmillan 2000, 7. Rýsová, L., Štulajter, M., Slobodníková, I., Olejárová, B.: Introduction to European Integration. Banská Bystrica, FPVaMV UMB, 2018, ISBN 978-80-557-1398-4., 8. Rýsová, L., Dobrík, M.: Analýza vybraných náhľadov na proces európskej integrácie In Evropa 21. století: rozmanitost a soudržnost? / zost. Marta Goňcová a kol. Brno:Masarykova univerzita, Centrum pro evropská studia, 2008. - ISBN 978-80-210-4766-2. s. 73-96, 9. Rýsová, L.: Koncepcia neofunkcionalizmu In Interpolis '06 : zborník príspevkov z 3. vedeckej konferencie doktorandov v Banskej Bystrici, 23. novembra 2006 / zost. Dagmar Hoscheková, Rastislav Kazanský. Banská Bystrica : Univerzita Mateja Bela, 2006. ISBN 978-80-8083-375-6. s. 142-150, 8. Dušek, J., Pána, L. a kol.: Udržitelný rozvoj v evropských regionech 1. vyd. - České Budějovice:Vysoká škola evropských a regionálních studií, 2010. - 400 s. - ISBN 978-80-86708-90-4.

Language of instruction:

Notes:student time load:

Course assessment

The final number of assessed students: 301

abs	n	p	v
99.67	0.33	0.0	0.0

Instructor: Mgr. Vladimír Müller, PhD., doc. PhDr. Lucia Rýsová, PhD.

Last changed: 20.02.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-geu-205	**Course name:** European integration organizations

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
Presentation of a report and active participation in seminars (40%)
b) final assessment:
Written exam (60%)

Learning objectives:
After completing the course, the student:
1. defines the basic concepts such as integration and international organizations,
2. is able to state the causes and objectives of integration processes,
3. evaluates the advantages and disadvantages of international integration,
4. provides examples of integration in Europe and worldwide,
5. characterizes the origins and development of integration processes in Europe after the Second World War,
6. identifies the most important milestones of European integration,
7. describes the individual waves of enlargement of the European Communities and/or the European Union up to its present form,
8. lists the candidate countries and assesses their chances of accession to the European Union,
9. know the most important institutions of the European Union, describes their position and functioning,
10. evaluates the position of the European Union in the contemporary world and states the priorities of its foreign and security policy,
11. is able to take a position on current issues of EU monetary, agricultural, and regional policy,
12. is able to discuss important challenges facing contemporary Europe, such as the migration crisis, the rise of populism and extremism, environmental problems, rural depopulation, population ageing, and the sustainability of the welfare state,
13. evaluates Slovakia's position within the European Union and other integration groupings,
14. is able to discuss the advantages and disadvantages of Slovakia's membership in the European Union.

Brief outline of the course:
• Definition of the concept of integration, types and stages of integration, examples of existing integration groupings worldwide, significance of integration (advantages and disadvantages).

• Various concepts and attempts at integration in Europe in the past (before 1945); integration groupings in Western and Eastern Europe during the Cold War (Euratom, Coal and Steel Community, EEC vs. COMECON).
• The process to the creation of the European Union and the successive waves of its enlargement up to its current form; possible scenarios for further EU enlargement.
• Internal functioning of the EU, its structure and institutions.
• Current discussions on the state and possible reforms of the EU, different perspectives on its internal organization and future perspectives.
• The EU's position in the contemporary global geopolitical situation; EU foreign and security policy.
• EU monetary policy.
• EU agricultural policy.
• Europe of regions, regionalism in the EU, regional policy and regional disparities, euroregions.
• Other integration groupings in contemporary Europe, their characteristics and significance (EFTA, EEA, OSCE, SEI, CEFTA, V4, Benelux, and others).
• The process of Slovakia's integration and its position within the EU.
• Slovakia's membership and position in other integration groupings.

Recommended literature:

1. ASH, T. G. (2006): Svobodný svět. Amerika, Evropa a budoucnost západu. Praha : Paseka, 2006, 240 s. ISBN 80-7185-707-6
2. GEISTLINGER, M. a kol. (2000): Európska integrácia. Bratislava : Eurounion, 2000, 341 s. ISBN 80-88984-13-0
3. GERBET, P. (2004): Budování Evropy. Praha: Karolinum, 2004, 450 s. ISBN 80-246-0111-7
4. KOZIAK, T. (2003): Federálna únia a britské projekty európskej integrácie do r. 1945. Prešov, 2003. 145 s. ISBN 80-88876-11-7
5. KREJČÍ, O. (2000): Geopolitika středoevropského prostoru. Praha : Ekopress, 2000, 319 s. ISBN 80-86119-29-7
6. DEFARGES, P. M. (2002): Evropské instituce. Praha : Karolinum, 221 s. ISBN 8024600862
7. PLECHANOVOVÁ, B. (2004): Institucionální vývoj Evropské unie od Maastrichtské smlouvy k východnímu rozšíření. Praha : Karolinum, 2004. ISBN 80-246-0800-6
8. ŠÍBL, D. a kol. (2001): Európska únia. Bratislava : Ekonóm, 2001, 221 s. ISBN 80-225-1376-8.
9. ŠÍBL, D. a kol. (2004): Postavenie Slovenska v Európskej únii. Bratislava : Ekonóm, 2004, 250 s. ISBN 80-225-1864-4
10. VEBER, L. (2004): Dějiny sjednocené Evropy od antických počátku po současnost. Praha : Lidové noviny, 2004, 645 s.

Language of instruction:

slovak

Notes:student time load:

90 hours
Combined study (seminars, consultation): 26 hours
Preparation of a presentation: 20 hours
Ongoing preparation for seminars: 13 hours
Self-study and exam preparation: 31 hours

Course assessment
The final number of assessed students: 42

A	B	C	D	E	FX(0)	FX(1)	n
73.81	16.67	0.0	0.0	0.0	7.14	0.0	2.38

Instructor: RNDr. Tibor Madleňák, PhD.

Last changed: 17.02.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fpv-313 | **Course name:** Everyday Chemistry

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 309

abs	n	p	v
95.15	4.85	0.0	0.0

Instructor: doc. RNDr. Marek Skoršepa, PhD.

Last changed: 29.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fpv-211 | **Course name:** Field course abroad

Type, extent and method of instruction:
Form of instruction: Practical
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 120s
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
Active participation in field courses organized by the Department of Geography and Geology, Faculty of Natural Sciences, UMB, lasting 10 to 12 days in a selected country or region (the destination changes each year). To enroll in the course, it is necessary to follow the announcements on the department's website and register via the online application form within the specified time period. The instructor will confirm or decline participation by email. Students are responsible for covering the financial costs associated with participation in the field courses. The requirements for successful completion are specified with regard to the visited country and regions.
Active participation in field courses includes: preparation of a selected topic; participation in discussions on selected issues; preparation of photo documentation; use of field orientation tools; sharing experiences from visited locations with other participants of the field course; and participation in workshops organized in cooperation with the visited universities.

Learning objectives:
The student:
• prepare for fieldwork by studying literature and using map and online sources,
• is able to navigate in unfamiliar terrain,
• uses orientation tools (maps, diagrams, plans, GPS devices),
• applies acquired knowledge in a specific geographical area,
• applies and develops critical analysis and resulting synthesis,
• evaluates causal relationships behind differing economic levels of regions and generalizes the acquired knowledge,
• uses a foreign language in research tasks as well as in communication with residents, authorities, and institutions,
• assesses acquired knowledge and develops new foundations leading to comprehensive syntheses,
• creates textual and visual materials,
• is able to defend his/her opinions and support them with the submitted work.

Brief outline of the course:
• Landscape type of a European or non-European region
• A specific rural and urban area that does not occur in Slovakia
• Coastal, high-mountain, arid, or humid landscape area

• Population and settlements of the selected region
• Historical, social, and political development of the region
• Economic activities and the economic development level of the region

Recommended literature:

1. GAJDOŠ, A. a kol., 2014. Regionálna geografia Európy. Bratislava: VEDA. 592 s. ISBN 978-80-224-1304-6
2. GAJDOŠ, A., MADLEŇÁK, T., 2020: Geografia regiónov Európy. Južná Európa. 1.vyd. Banská Bystrica : Fakulta prírodných vied Univerzity Mateja Bela, 2020, 127 s. ISBN 978-80-557-1796-8. VI
3. GAJDOŠ, A., MADLEŇÁK, T., 2022: Geografia regiónov Európy : Juhovýchodná Európa 1. časť. - 1. vyd. - Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2022, 73 s. ISBN 978-80-557-2013-5. Dostupné na: https://www.fpv.umb.sk/katedry/katedra-geografie-a-geologie/veda-a-vyskum/publikacie/book-19586/geografia-regionov-europy-juhovychodna-europa-1-cast.html
4. Professional textual and cartographic sources on individual European regions and countries, or non-European territories.

Language of instruction:
slovak, english

Notes:student time load:
Preparation and active fieldwork: 120 hours
Self-study and preparation of a selected topic: 30 hours
Processing of photo documentation and worksheets: 30 hours

Course assessment
The final number of assessed students: 66

A	B	C	D	E	FX(0)	FX(1)	n
56.06	0.0	0.0	0.0	0.0	42.42	0.0	1.52

Instructor: RNDr. Tibor Madleňák, PhD., doc. RNDr. Alfonz Gajdoš, PhD., RNDr. Michaela Žoncová, PhD.

Last changed: 18.02.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fpv-133 | **Course name:** Financial literacy

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., P

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 99

abs	n	p	v
94.95	5.05	0.0	0.0

Instructor: Ing. Jana Crmanová

Last changed: 21.09.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-227 | **Course name:** Fitness swimming 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The student masters two swimming styles on the basic level.
a) continuous assessment:
continuous assessment:
Active participation in classes: 30 p. Endurance swimming test: 70 p.
12-minute endurance test (min. 500m).
b) final assessment:
final assessment:
Based on the continuous assessment

Learning objectives:
Learning outcomes:
The student masters at least two swimming styles, can evaluate it upon observation and provide assistance.

Brief outline of the course:
Brief outline of the course:
Input swimming ability test. Fitness goals in swimming. The structure of a fitness swimming programme. Determining the load intensity in water. Training methods and principles in fitness swimming. Using swimming tools in fitness swimming Testing swimming skills and performance

Recommended literature:
Recommended literature:
1. BENCE,M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545.
3. MACEJKOVÁ,Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127- 100-7
4. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
5. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wpcontent/uploads/2016/09/pravidla_plavania.pdf

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

Language of instruction:
slovak

Notes:student time load:

Course assessment
The final number of assessed students: 96

A	B	C	D	E	FX(0)	FX(1)
58.33	19.79	6.25	4.17	2.08	9.38	0.0

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

Last changed: 08.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fj-001 | **Course name:** French Language 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements.
a) continuous assessment:
participation and activities in classes (0-20 points)
b) final assessment:
final exam (0-80 points)

Learning objectives:
The student 1. uses basic language skills in French, 2. is able to talk about his interests and his plans for the future. 3. can write an e-mail asking for something. 4. can talk about events that took place in the past.

Brief outline of the course:
1. 1. Understand interests and preferences based on recordings and then be able to talk about yours. 2. Weekend plans. 3. Description of the house/apartment and its equipment. 4. Gastronomy in France and Slovakia. 5. Tense of irregular verbs. 6. Free time.

Recommended literature:
LOISEAU, Y. - MERIEUX, R. 2009. Latitudes 1. Paris: Didier
Pecníková, J. - Ráčková, L. 2023. Základy francúzštiny. Belianum, BB.

Language of instruction:
French A1

Notes:student time load:
120 hours, of which: full-time study: 26 hours Exam preparation + written exam: 94 hours

Course assessment
The final number of assessed students: 39

A	B	C	D	E	FX(0)	FX(1)	n
51.28	20.51	17.95	2.56	0.0	7.69	0.0	0.0

Instructor: doc. PhDr. Jana Pecníková, PhD., Gautier Quentin Crept

Last changed: 14.09.2023
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fj-029 | **Course name:** French Language 3

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements.
a) continuous assessment:
participation and activities in classes (0-20 points)
b) final assessment:
final exam (0-80 points)
b) final assessment:
test

Learning objectives:
The student 1. uses basic language skills in French, 2. is able to talk about his interests and his plans for the future. 3. can write an e-mail asking for something. 4. can talk about events that took place in the past.

Brief outline of the course:
1. Lire/Ecouter divers documents
2. Discussions simples sur des thèmes relatifs à la vie quotidienne
3. Exercices de grammaire
4. Travail sur le vocabulaire

Recommended literature:
1. Abou-Samra, M., Pinson, C., Perrard, M., & Heu, E. (2018). Edito A1.
2. Berthet, A. (2011). Alter ego 1 : méthode de français.
3. Chahi, F., Denyer, M., Gloanec, A., Briet, G., Collige-Neuenschwander, V., & Fouillet, R. (2019). Défi 1, A1, méthode de français : Livre de l'élève.
4. Hirschsprung, N., & Tricot, T. (2017). Cosmopolite A1 : Méthode de français. Hachette Français Langue Etrangère.

Language of instruction:
French A1-A2

Notes:student time load:
90 hours, of which: full-time study: 26 hours Exam preparation + written exam: 64 hours

Course assessment
The final number of assessed students: 0

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

Instructor: doc. PhDr. Jana Pecníková, PhD., Elsa Manon Pachoud Janody

Last changed: 26.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fj-030 | **Course name:** French language 4

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements.
a) continuous assessment:
participation and activities in classes (0-20 points)
b) final assessment:
final exam (0-80 points)
b) final assessment:
test

Learning objectives:
The student 1. uses basic language skills in French, 2. is able to talk about his interests and his plans for the future. 3. can write an e-mail asking for something. 4. can talk about events that took place in the past.

Brief outline of the course:
1. Lire/Ecouter divers documents
2. Discussions simples sur des thèmes relatifs à la vie quotidienne
3. Exercices de grammaire
4. Travail sur le vocabulaire

Recommended literature:
1. Abou-Samra, M., Pinson, C., Perrard, M., & Heu, E. (2018). Edito A1.
2. Berthet, A. (2011). Alter ego 1 : méthode de français.
3. Chahi, F., Denyer, M., Gloanec, A., Briet, G., Collige-Neuenschwander, V., & Fouillet, R. (2019). Défi 1, A1, méthode de français : Livre de l'élève.
4. Hirschsprung, N., & Tricot, T. (2017). Cosmopolite A1 : Méthode de français. Hachette Français Langue Etrangère.

Language of instruction:
French A1-A2

Notes:student time load:
90 hours, of which: full-time study: 26 hours Exam preparation + written exam: 64 hours

Course assessment
The final number of assessed students: 0

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

Instructor: doc. PhDr. Jana Pecníková, PhD., Elsa Manon Pachoud Janody

Last changed: 26.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-240 | **Course name:** Fundamentals of Conditioning in Ice Hockey 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-241 | **Course name:** Fundamentals of Conditioning in Ice Hockey 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-242 | **Course name:** Fundamentals of Conditioning in Ice Hockey 3

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-243 | **Course name:** Fundamentals of Conditioning in Ice Hockey 4

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-244 | **Course name:** Fundamentals of Conditioning in Ice Hockey 5

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-245 | **Course name:** Fundamentals of Conditioning in Ice Hockey 6

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Marek Janík

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-005 | **Course name:** General Fitness Training

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 6 classes per semester. This applies to students without an individual study plan.
a) continuous assessment:
continuous assessment:
Seminar paper – design of training unit and its practical implementation: 30 p. Seminar paper – creation of a fitness programme: 30 p.
b) final assessment:
final assessment:
Based on the student's knowledge of weight lifting kinesiology: 40 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student: understands how physical abilities are improved through fitness training; uses their knowledge and skills from training in practice; can design an individual fitness programme (based on personal and developmental specifics) has basic understanding of diagnostics in fitness training understands the basic kinesiology of weight lifting exercises as well as the training unit structure from the viewpoint of general fitness training in sports

Brief outline of the course:

Recommended literature:
Recommended literature:
1. JARKOVSKÁ, H. – JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha: Grada. 2009. 208 s. ISBN 9788024725352 2. KREMNICKÝ, J. 2010. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem: PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s. 3. KRIŠTOFIČ, J. 2007. 207 cvičení s medicinbaly, expandery a aerobary Praha: Grada. 2007. 196 s. ISBN 978-80-247-6230-2 4. LACZO, E. a kol. 2014. Rozvoj a diagnostika pohybových

schopností detí a mládeže, Národné športové centrum v spolupráci s Fakultou telesnej výchovy a športu Univerzity Komenského v Bratislave, Bratislava: 2014, 1.vydanie, 160 strán ISBN: 978-80-971466-0-3 5. LEHNERT, M. et al. 2010. Trénink kondice ve sportu. Olomouc: FTK UP. 2010. 143 s. ISBN 9788024426143 6. NEUMAN, J. 2003 Cvičení a testy obratnosti, vytrvalosti a síly. Praha: Portál,2003, 160s. ISBN 80-7178-730-2 7. PERIČ, T. – DOVALIL, J. 2010 Sportovní trénink, Praha: Grada. 2010. 160 s. ISBN 9788024721187 8. STOPPANI, J. 2016. Velká kniha posilování. Praha: Grada 2. vyd. 2016. 640 s. ISBN 978-80-247-5643-1. 9. TLAPÁK, P. 2010. Tvarování těla pro muže a ženy. Praha: ARSCI, 2010. 264 s. ISBN 978-80-7420-001-4. 10. VANDERKA, M. 2013. Silový tréning pre výkon. Bratislava: Slovenská vedecká spoločnosť pre Tv a šport, 2013. 270s. ISBN 978-80-89075-40-9

Language of instruction:

Notes:student time load:
Notes: student time load
Total: 120 h. combined study (lectures/seminars/consultations): 39 h.
Seminar paper preparation: 36 h.
Skill improvement: 23 h.
Performance improvement: 22 h.

Course assessment
The final number of assessed students: 330

A	B	C	D	E	FX(0)	FX(1)
13.64	13.33	23.33	23.94	16.36	2.12	7.27

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-VVP-401 | **Course name:** General and developmental psychology

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1954

A	B	C	D	E	FX(0)	FX(1)	n
7.22	10.9	20.73	21.6	31.06	1.33	7.16	0.0

Instructor: doc. PaedDr. Lucia Pašková, PhD., doc. Mgr. Lenka Ďuricová, PhD.

Last changed: 03.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-VDI-101 | **Course name:** General didactics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 965

A	B	C	D	E	FX(0)	FX(1)	n
23.21	20.1	23.21	19.38	11.81	0.62	1.66	0.0

Instructor: doc. PaedDr. Lenka Rovňanová, PhD.

Last changed: 06.12.2021

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-fpv-107	**Course name:** Geographical expolration of Europe

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., P

Prerequisites:

Course completion conditions:
Mandatory: 100% attendance at the scheduled seminars
Continuous assessment: attendance record
Final assessment: quantitative evaluation of attendance and active participation in the presented topic

Learning objectives:
After completing the course, the student is able to:
1. identify geographical areas and countries of Europe and the Mediterranean
2. master the presented geographical area so that he has basic knowledge of geographical phenomena,
3. is able to know and actively use existing basic sources of information, critically evaluate them and partially synthesize them in the form of a current discussion,
4. apply theoretical knowledge and own experience in evaluating the presented area.
5. analyze the socio-political conditions of the designated geographical area of Europe

Brief outline of the course:
-Central Europe (areas: Alpine, Carpathian, Baltic, North Sea, Rhineland, Danube),
-Western Europe (areas: Rhine Delta, Greater Paris, Greater London, British Isles),
-Southwestern Europe (areas: Iberian, Apennine, Insular),
-Southeastern Europe (areas: Adriatic, Dinaric, Hellenic, Black Sea),
-Eastern Europe (areas: Carpathian, Polesie, Dnieper, Crimean, European part of Russia),
-Northern Europe (areas: Scandinavian, Jutland, Baltic, Insular),

Recommended literature:
GAJDOŠ, A. a kol., 2014. Regionálna geografia Európy. Bratislava: VEDA. 592 s. ISBN 978-80-224-
1304-6
GAJDOŠ, A., MADLEŇÁK, T., 2020: Geografia regiónov Európy. Južná Európa. 1.vyd. Banská Bystrica
: Fakulta prírodných vied Univerzity Mateja Bela, 2020, 127 s. ISBN 978-80-557-1796-8. VI
GAJDOŠ, A., MADLEŇÁK, T., 2022: Geografia regiónov Európy : Juhovýchodná Európa 1. časť. - 1.

vyd. - Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2022, 73 s. ISBN 978-80-557-
2013-5. Dostupné na: https://www.fpv.umb.sk/katedry/katedra-geografie-a-geologie/veda-a-vyskum/publikacie/book-19586/geografia-regionov-europy-juhovychodna-europa-1-cast.html

Language of instruction:
slovak

Notes:student time load:
Notes - student workload: 26 hours
combined study (P, C/L, consultation): 26 hours

Course assessment
The final number of assessed students: 1610

abs	n	p	v
90.06	9.94	0.0	0.0

Instructor: doc. RNDr. Alfonz Gajdoš, PhD., RNDr. Tibor Madleňák, PhD.

Last changed: 10.04.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-nj-001 | **Course name:** German Language 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
Continuous assessment. Active participation in seminars: 0–40 p. Completion of assignments and exercises: 0–20 p.
Final assessment. Written exam: 0–40 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student learns the basic rules of German pronunciation, orthography, grammar, and vocabulary used in the basic common communication situations (A1 level).

Brief outline of the course:
The seminar focuses on learning basic orthoepic, orthographic, grammatical rules, and vocabulary on the A1 level. German language course book texts are used along with authentic texts, and grammatical and lexical exercises (printed and electronic).
1. Grammar – conjugation of auxiliary, weak, and strong verbs; modal verbs, declination of the determiners and nouns in 1st and 4th cases; personal pronouns, the negative, syntax in indicative, interrogative, and exclamatory sentences.
2. Topics: German in basic communication situations: introduction, travelling, family, housing, etc.
3. Training receptive and productive language skills – A1 level.

Recommended literature:
1. ALBRECHT, U. – DANE, D. – FANDRYCH, CH.: Passwort Deutsch neu 1 – Kurs/ Übungsbuch + CD. Stuttgart : Klett Verlag, 2014. ISBN 9783126764100
2. WITZLINGER, H: Deutsch. Aber Hallo! Grundstufe I A1. Online: www.deutschkurse-passau.de.
3. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Kursbuch. München : Hueber-Verlag, 2008. ISBN 978-3-19-001823-9
4. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Arbeitsbuch. München : Hueber-Verlag, 2008. ISBN 9783190118236
www.mein-deutschbuch.de
www.lingolia.de

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

Language of instruction:
Slovak language

Notes:student time load:

Course assessment
The final number of assessed students: 125

A	B	C	D	E	FX(0)	FX(1)	n
33.6	32.8	10.4	4.8	7.2	11.2	0.0	0.0

Instructor: Mgr. Jana Štefaňáková, PhD., univ. doc., Mgr. Adriána Tarajová

Last changed: 26.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-nj-002 | **Course name:** German Language 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
Continuous assessment.
Active participation in seminars: Completion of assignments and exercises: 0–40 p. 0–20 p.
Final assessment. Written exam: 0–40 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Upon successful completion of this course, the student:
1. masters grammar on the A1–A2 level
2. has the vocabulary to communicate in the A1–A2 level communication situations
3. can read, listen to, and write texts on the selected topics on the A1–A2 level
4. can speak on the A1–A2 level

Brief outline of the course:
The seminar is focused on learning and training German grammar and vocabulary on the A1–A2 level.
1. Grammar: possessive pronouns, prepositions for the 3rd and 4th cases, adjectives, coordinating conjunctions, reflective verbs, verb „werden“; weak verbs – future tense, preterite, and perfectum.
2. Topics: daily regime, social relationships, clothes, housing, navigation in a city, hobbies
3. Development of the receptive and productive language skills through completing assignments and working with texts on the A1–A2 level.

Recommended literature:
1. ALBRECHT, U. – DANE, D. – FANDRYCH, CH.: Passwort Deutsch neu 1 – Kurs/ Übungsbuch + CD. Stuttgart : Klett Verlag, 2014. ISBN 9783126764100
2. WITZLINGER, H: Deutsch. Aber Hallo! A2. Online: www.deutschkurse-passau.de.
3. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Kursbuch. München : Hueber-Verlag, 2008. ISBN 978-3-19-001823-9
4. KRENN, W. – PUCHTA, H.: Ideen 1. Deutsch ales Fremdsprache. Arbeitsbuch. München : Hueber-Verlag, 2008. ISBN 9783190118236
www.mein-deutschbuch.de

www.lingolia.de

Language of instruction:
German A1, Slovak

Notes:student time load:

Course assessment
The final number of assessed students: 79

A	B	C	D	E	FX(0)	FX(1)	n
65.82	25.32	3.8	0.0	1.27	3.8	0.0	0.0

Instructor: Mgr. Jana Štefaňáková, PhD., univ. doc., Mgr. Adriána Tarajová

Last changed: 26.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-nj-003	**Course name:** German Language 3

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
completion of exercises and short texts: 40 p.
b) final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student learns the rules of the German grammatical system and vocabulary for the selected topics on the A2–B1 level. They can apply these rules in common communication situations and engage in written and spoken communication.

Brief outline of the course:
The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.

Recommended literature:
H. Funk a kol. STUDIO d A2. Plzeň: Fraus, 2006. ISBN 80-7238-580-1
L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3
http://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku)

Language of instruction:
German A2–B1, Slovak

Notes:student time load:

Course assessment
The final number of assessed students: 11

A	B	C	D	E	FX(0)	FX(1)	n
36.36	63.64	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Palina Lissitsyna

Last changed: 26.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-nj-004	**Course name:** German Language 4

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
Active participation in seminars: 20 p.
Seminar paper: 20 p.
b) final assessment:
oral exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student learns the rules of the German grammatical system and vocabulary for the selected topics on the A2–B1 level. They can apply these rules in common communication situations and engage in written and spoken communication.

Brief outline of the course:
The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.

Recommended literature:
H. Funk a kol. STUDIO d A2. Plzeň: Fraus, 2006. ISBN 80-7238-580-1
L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3
http://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne A2 – B1)

Language of instruction:
German A2–B1, Slovak

Notes:student time load:

Course assessment
The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)	n
69.23	23.08	7.69	0.0	0.0	0.0	0.0	0.0

Instructor: Palina Lissitsyna

Last changed: 26.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-nj-005	**Course name:** German Language 5

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
completion of exercises and short texts: 40
b) final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student learns the rules of the German grammatical system and vocabulary for the selected topics on the B1–B2 level. They can apply these rules in common communication situations and engage in written and spoken communication.

Brief outline of the course:
The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.

Recommended literature:
H. Funk a kol. STUDIO d B1. Plzeň: Fraus, 2006. ISBN 80-7238-580-1
L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3
http://www.schubert-verlag.de/aufgaben/uebungen_b1/b1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne B1 – B2)

Language of instruction:
German B1–B2, Slovak

Notes:student time load:

Course assessment
The final number of assessed students: 6

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

Instructor: Palina Lissitsyna

Last changed: 21.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-221 | **Course name:** Golf Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. B=93-86%; C=85-79%; D=78-72%; E=71-65%).
Golf techniques, basic swings: Drive, Put, Chip, Lob.
a) continuous assessment:
continuous assessment:
Practical skills: 100 p. (min. 65 p.)
b) final assessment:
Based on the continuous assessment.

Learning objectives:
Learning outcomes:
Learning outcomes:
- The student masters the practical golf skills on the appropriate level
- masters the procedures and methods in theory and practice
- understands the importance of golf for the physical development and can integrate it into their regimen to prevent civilisation diseases

Brief outline of the course:
Brief outline of the course:
– Golf safety.
– Golf ethic – behaviour and speed at the golfing course.
– Basic golf rules.
– Golf techniques, basic swings: Drive, Put, Chip, Lob.
– Golf as a game – harmonising the elements.

Recommended literature:
Recommended literature:
ALLIS, P. Golf. Dokonalý pruvodce hrou. Brno: Jota, 1995. 220 s. ISBN 80-85617-59-5. Z anglického The Golf handbook the comlete guide to the greatest game vydaného v r. 1989 v nakladatelství MARSCHALL EDITION Ltd.

BALLINGALL, P. 1998. Golf - 101 Praktických rád. Bratislava: Ikar, 1998. 72 s. ISBN 80-7118-445-4. Z anglického originálu 101 Essentiel Tips/Golf. 1998. London: Dorling Kindersley Limited
KALIVODOVÁ, M. Golfík má súrodenca. Golf – revue a golfe a životnom štýle. 2008, r. 4, č. 5, s. 68. ISSN 1336-7390.
PAVLÍK, M. Kondičná príprava – pevné základy. Golf – revue a golfe a životnom štýle. 2010b, r. 6, č. 1, s. 46. ISSN 1336-7390.
PAVLÍK, M. Škola pre pokročilých – sila švihu. Golf – revue a golfe a životnom štýle. 2010c, r. 6, č. 1, s. 47. ISSN 1336-7390.

Language of instruction:

Notes:student time load:
student time load
90 h. Presence study: 26 h. Developing practical skills: 64 h.

Course assessment
The final number of assessed students: 92

A	B	C	D	E	FX(0)	FX(1)
48.91	33.7	4.35	3.26	0.0	9.78	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-222 | **Course name:** Gymnastic Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active participation in seminars. Mastering basic gymnastic shapes. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
a) continuous assessment:
Active participation in seminars: 70 b. Mastering basic gymnastic shapes: 30 p. Min. passing score = 65 p. (E).
b) final assessment:
b) final assessment:
based on the continuous assessment.

Learning objectives:
Learning outcomes:
The student acquires theoretical knowledge of the subject matter and becomes able to perform basic gymnastic shapes; uses their knowledge and skills in the training and teaching processes; an use preparatory exercises in gymnastics; applies their knowledge to train and master more advanced gymnastic shapes.

Brief outline of the course:
Brief outline of the course:
The goal is to develop physical abilities necessary for artistic gymnastics. Remove shortcomings and improve the technique.

Recommended literature:
Recommended literature:
1) FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s. 2. KREMNICKÝ, J. 2003. Prípravné cvičenia v športovej gymnastike. In: Nové trendy v súčasnom. životnom štýle v oblasti fitnes, gymnastiky, tancov a úpolov zo IV. vedeckej konferencie. Bratislava : FTVŠ UK. 2003. s. 53-57 ISBN 80-88901-88-X. 3. KREMNICKÝ, J. 2004.

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

Language of instruction:
slovak

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

Course assessment
The final number of assessed students: 146

A	B	C	D	E	FX(0)	FX(1)
73.29	11.64	4.11	1.37	2.74	6.16	0.68

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Michaela Slováková, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-003	**Course name:** Gymnastics and Combat Sports in Training

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
During the semester, the student proves their theoretical knowledge and practical skills in the creation of physical activity plans. They create a training plan focused on developing skills necessary for a variety of sports while using exclusively gymnastic and combat sport elements.
a) continuous assessment:
a) continuous assessment:
- presentation of the topic during the seminar: 40 p.
- designing specific training programmes: 60 p.
b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- uses their knowledge to create physical activity plans based on gymnastics and combat sports in practice
- can use gymnastic and combat sport elements to develop physical abilities Knows and uses the correct terminology, can describe and use gymnastic and combat sport elements in the creation of physical activity plans
-
can select optimal gymnastic and combat sport elements for their physical activity programme
-
- can perform these elements in practice
- can evaluate their peers' performance, identify technical errors, range of motion and muscle tension

Brief outline of the course:

Brief outline of the course:
Creation of a training plan focused on developing skills necessary for a variety of sports (including age and sex-related specificities)
Gymnastic tools for developing physical abilities: motor-functional preparation, rolls, weight training with gymnastic equipment, stretching, yoga, relaxation exercises.
Combat sport tools for developing physical abilities: fighting exercises and games, correct falling, basic elements (karate, wrestling, judo).

Recommended literature:

Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. BARTÍK, P. et al. 2010. Teória a didaktika úpolov pre základné a stredné školy. Banská Bystrica: FHV UMB, 2010. 241 s. ISBN 978-80-557-0004-5.
4. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-08]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf
5. KREMNICKÝ, J. 2010. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
6. KRIŠTOFIČ, J. 2004. Gymnastická průprava sportovce. Praha: Grada. 2006. 112 s.
7. KRIŠTOFIČ, J. 2006. Pohybová příprava detí. Praha: Grada. 2006. 112 s.
8. KRIŠTOFIČ, J.2000. Gymnastika pro kondiční a zdravotní účely. Praha: ISV , 2000. 126 s.
9. Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes: student time load
120 hours:
Combined study (L, S, C): 39 h.
preparation for conducting of a training unit involving gymnastic elements: 10 h.
Preparation for conducting of a training unit involving combat sport elements 10 h.
Preparation for the gymnastic performance: 35 h.
Preparation for the combat sports performance: 26 h.

Course assessment

The final number of assessed students: 150

A	B	C	D	E	FX(0)	FX(1)
34.67	30.67	20.67	6.67	2.67	0.0	4.67

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-002 | **Course name:** Health Theory in PE and Sports

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student creates and presents a seminar paper. Active attendance is required. The student is allowed to miss 2 classes per semester.
During the examination period, the student takes a written test from health theory in PE and sports. The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–86%), C (85–79%), D
(78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements
a) continuous assessment:
a) continuous assessment:
seminar paper – 40 p.
b) final assessment:
b) final assessment:
written test – 60 points

Learning objectives:
Learning outcomes:
The student
- can identify attributes of healthy lifestyle
- can identify healthy and unhealthy eating
- understands the risks of addictive substances and their negative impact on human health
- can explain the importance of physical activity for human health
- understands the importance of accustoming one's body to cold and its methods
- adheres to the hygienic requirements related to physical activity
- follows the safety rules during physical activity
- integrates physical activity in their daily regimen.

Brief outline of the course:
Brief outline of the course:
Healthy lifestyle principles, the importance of daily physical activity and rest during the day, drinking regimen, balanced nutrition.

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

Recommended literature:

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

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 120 h.
Combined study (lectures/seminars/consultations): 26 h.
Self-study, seminar paper preparation and presentation: 94 h.

Course assessment

The final number of assessed students: 750

A	B	C	D	E	FX(0)	FX(1)
29.73	32.8	22.8	8.4	1.87	2.8	1.6

Instructor: PaedDr. Stanislava Straňavská, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-HAT1-003 | **Course name:** Hra a tanec 1

Type, extent and method of instruction:
Form of instruction: Practical / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 46

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: Mgr. art. Martin Urban, PhD.

Last changed: 30.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-229	**Course name:** Hron River Rafting

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The student can swim

b) final assessment:
final assessment:
Theoretical knowledge: 50 p.
Mastering basic practical rafting skills: 50 p

Learning objectives:
Learning outcomes:
The student:
- understands the subject matter and is properly acquainted with rafting
- can apply their knowledge and skills in practice
- can plan and organise a short-term hiking activity in practice
- uses their knowledge and skills from training in practice.

Brief outline of the course:
Brief outline of the course:
1. Basic movement habits necessary to control a canoe or raft.
2. Practical training on still water.
3. Practical training on running water.
4. Getting acquainted with the river morphology, using water and river currents for the rafter's favour.
5. Getting acquainted with river rafting safety measures, self-rescue, rescue using throwing bag, resuscitation after drowning.
6. Hron River rafting

Recommended literature:
Recommended literature:
BENCE,M. – BOBULA,T. – ZBIŇOVSKÝ, P. 2008. Vodné športy. Banská Bystrica : FHV UMB, 2008.
BÍLÝ, M. et al. 2001. Kanoistika. Grada publisching et al. 2001.
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

ŠTEMPROK, S. 1983. Vodní turistika. Praha : Olympia, 1983.
ZAJAC, A. et al. 1983. Športy a turistika vo vode. Bratislava : Šport, 1983.

Language of instruction:

Notes:student time load:
Time load for the student:
90 h.
Combined study (L, S, C): 26 h. Skill improvement: 31 h., self-study: 33 h.

Course assessment
The final number of assessed students: 278

A	B	C	D	E	FX(0)	FX(1)
94.24	0.0	0.0	0.0	0.0	3.24	2.52

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-107	**Course name:** Human Physiology and Biochemistry

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan.
During the examination period, the student takes a written test focused on human physiology and biochemistry.
a) continuous assessment:
continuous assessment:
N/A
b) final assessment:
final assessment:
Written test: 100 points (min. (min. 65 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student:
- actively uses correct specialised terminology related to physiology and biochemistry;
- understands biochemical processes relevant for sports performance and adaptation to the training load;
- understands how energy is created and transformed, metabolism of energy substrates, and hormonal regulation;
- understands functions of different organs and systems during rest;
- understands how body works in terms of physiology;
- understands how different physiological processes are linked and how the body adapts to load.

Brief outline of the course:
Brief outline of the course:

The relationship between the structure and function of substances, which form the essence of the living matter.
Biological compounds: saccharides, fats, proteins, vitamins, enzymes, nucleic acids. Enzymatic catalysis in biochemical reactions, ways of acquiring energy and its transformation.
Metabolism of energy substrates, hormonal regulation.
Chemical processes in human body and the role of nutrients
.
General neurophysiology (general, neuroglia, resting membrane potential, stimulus, peripheral nerve, synaptic transmission).
Physiology of the central nervous system (functional division: sensory, motor, autonomic nervous system).
Physiology of the cardiovascular system (cardiac physiology, hemodynamics, blood). Physiology of the respiratory system (ventilation, mechanics, regulation of breathing).
Chronophysiology. Thermal regulation.

Recommended literature:

Recommended literature:
1. ČURDA, M. – MAŠTEROVÁ, V. 2020. Biochémia. Prešov: Rokus. 308 s. ISBN 9788089510818
2. JANČOKOVÁ, 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%2BkBQXvuQRf6t3ItT3h2NH
5. LIPKOVÁ, J. 2011. Základy biochémie. Bratislava: FTVŠ, UK, 2011. 94 s. ISBN 978–80–89257–38–6
6. ŠTULRAJTER, V. 2008. Fyziológia človeka pre študentov FTVŠ. Bratislava: FTVŠ UK, 2008, 188 s.
7. E-CHEMBOOK [online], Dostupné na: http://www.e-chembook.eu/biochemie
8. WIKISKRIPTA. Portál: Biochemie [online], Dostupné na: https://www.wikiskripta.eu/w/Port%C3%A1l:Biochemie

Language of instruction:
slovak

Notes:student time load:
student time load
120 h.
Combined study (L, S, C): 26 h. Studying for the written test: 94 h

Course assessment
The final number of assessed students: 740

A	B	C	D	E	FX(0)	FX(1)
2.97	12.43	25.81	24.32	30.81	2.43	1.22

Instructor: PaedDr. Martina Mandzáková, PhD., univ. doc., PaedDr. Stanislava Straňavská, PhD.

Last changed: 23.09.2025
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-IPG-221 | **Course name:** Inclusive Pedagogy

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 126

A	B	C	D	E	FX(0)	FX(1)	n
3.17	7.14	25.4	25.4	20.63	16.67	1.59	0.0

Instructor: doc. Mgr. Mariana Cabanová, PhD., PhDr. Patrícia Zólyomiová, PhD.

Last changed: 02.12.2021

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fyz-507 | **Course name:** Informatics for teachers

Type, extent and method of instruction:
Form of instruction: Lecture / Practical / Seminar / Laboratory practical
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 26 / 0 / 0
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 498

A	B	C	D	E	FX(0)	FX(1)	n
65.66	14.06	9.44	3.41	3.82	1.41	2.21	0.0

Instructor: doc. PaedDr. Miriam Spodniaková Pfefferová, PhD.

Last changed: 17.06.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-fpv-504 | **Course name:** Information Security

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I., P

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 277

abs	n	p	v
89.53	10.47	0.0	0.0

Instructor: doc. Ing. Ľudovít Trajteľ, PhD., PaedDr. Mgr. Vladimír Siládi, PhD.

Last changed: 28.08.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-004 | **Course name:** Information Technology in PE and Sports

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student proves their practical and theoretical knowledge by creating presentations and evaluating PE and sports data.
a) continuous assessment:
- Seminar work: 60 points (min 39.p)
- Completion of interim tasks 40 points (min. 26. p)
b) final assessment:
final assessment:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- can use the Internet to find information about PE and sports
- can use didactic tools and ICT (computer, projector, TV, screens, PDA, smartphone),
- can use MS Word, MS Excel, MS Powerpoint and graphic software to create presentations
can use online communication tools: e-mail, ICQ, IRC, Skype, Moodle, MS Teams,
- can use ICT in their activity regimen to prevent civilisation diseases.

Brief outline of the course:
Brief outline of the course:
The Internet – characteristics, history, working with it, searching for information. Browsers and security.
Visual, audio, and AV technology and screens.
Practical demonstrations. Collecting, processing, and evaluating research data related to PE and sports (MS Word and Excel, Google Forms).
Communication channels and their use:
e-mail, ICQ, IRC, Skype, Moodle, MS Teams,

Recommended literature:

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

Language of instruction:

Notes:student time load:
120 hours., of which:
part-time study: 26 hours
preparation of the seminar paper: 40 hours
completing interim tasks: 54 hours

Course assessment
The final number of assessed students: 654

A	B	C	D	E	FX(0)	FX(1)
78.44	5.05	3.67	2.6	1.07	6.57	2.6

Instructor: Mgr. Kristián Bako, PhD.

Last changed: 13.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-226 | **Course name:** Inline Skating 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory and practice of inline skating basics. At the end of the semester, they prove their practical skills.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D (78–72%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
- masters the practical skills on the appropriate level
- masters the procedures and methods in theory and practice
- understands the importance of inline skating for the physical development and can integrate it into their regimen to prevent civilisation diseases

Brief outline of the course:
Brief outline of the course:
Inline skating basics (skating forward/backward, curves, stopping and braking, crossovers, etc.)

Recommended literature:
Recommended literature:
CHRIS, E. 1996 Abeceda in-line bruslení. Praha, IKAR 1996.
MICHAL, J.1998 Vybrané kapitoly zo sezónnych činností. PF UMB 1998 str.108 ISBN 80-85162-99-7
MICHAL, J.2000 Sezónne činnosti na 1. stupni základných škôl. Banská Bystrica: UMB PF, 2000, 72 s. ISBN 80-8055-461-7
MILLAR, C. 1998. In-line bruslení: pro začátečníky: pokročilé. Praha, Knižný klub 1998

Language of instruction:
slovak

Notes:student time load:
student time load
Total: 120 h. Presence study: 26 h. Developing practical skills: 94 h.

Course assessment
The final number of assessed students: 81

A	B	C	D	E	FX(0)	FX(1)
58.02	20.99	4.94	0.0	1.23	13.58	1.23

Instructor: PaedDr. Stanislava Straňavská, PhD.

Last changed: 08.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_DVaJO_cuvp	**Course name:** Intellectual and Industrial Property of an Organization

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
attendance at lectures

Learning objectives:
The student:
1. understands the importance of intellectual property in business activities.
2. understands the basic framework of intellectual property law in the Slovak Republic, the EU, and at the regional/international level, including the costs associated with its protection.
3. is able to identify the creation of intellectual property within a company and establish basic processes for its protection.
4. is capable of selecting an optimal intellectual property protection strategy with regard to the type of product/service.
5. is able to apply the basic principles of intellectual property commercialization.
6. is able to identify and prevent infringements of the intellectual property rights of other entities.

Brief outline of the course:
The aim of the course is to provide students with theoretical and practical knowledge of intellectual property and the importance of its protection in business practice. The course focuses on the creation of intellectual property within a company, strategies for its protection, and possibilities for its effective use and commercialization. It also addresses the significance and benefits arising from intellectual property protection for current and future entrepreneurs, as well as examples of good practice.
Experts in the field of intellectual property and industrial property protection will introduce students to the possibilities of protecting brands, ideas, innovations, designs, patents, and copyrighted works, including computer programs and software. Students will gain knowledge about when and how intellectual property should be protected in Slovakia and abroad, how it can be commercialized, and how intellectual property rights can be exercised, enforced, and respected in business activities. The course will also include practical examples and analyses of disputes concerning patents, trademarks, designs, and software based on cases from the practice of the Industrial Property Office of the Slovak Republic. Experts from the Industrial Property Office of the Slovak Republic will participate in the lectures.

Recommended literature:

1. VOJČÍK, Peter a kol. Právo duševného vlastníctva. 2. vyd. Plzeň: Aleš Čeněk, s. r. o. 2014. 496 s. ISBN 978-80-7380-527-2.
2. ADAMOVÁ, Zuzana. Právo duševného vlastníctva. Bratislava: TINCT, 2020. ISBN 978-80-973544-0-4.
3. BAČÁROVÁ Renáta a kol. Ochrana ľudských hodnôt v súkromnom práve. TypoPress, 2023. 229 s. ISBN 978-80-8129-144-9.
4. MEDVEC, Matúš a kol. Označenia pôvodu výrobkov a zemepisné označenia výrobkov. Bratislava: C. H. Beck, s.r.o., organizačná zložka, 2024. 208 s. ISBN 978-80-8232-048-3.
5. SVAČINA, Pavel; BOHÁČEK, Martin; BAČÁROVÁ, Renáta; RÝDLOVÁ, Barbora. Odměňování zaměstnaneckých (podnikových) vynálezů a jeho přiměřenost – právní a ekonomické aspekty. Praha: Wolters Kluwer ČR, 2020, 376 s. ISBN 97880766760189
6. FARKAŠOVÁ, Elena; PETRÁNSKY, Ľudovít. Design teória a metodológia 1. Vydavateľstvo Technickej univerzity vo Zvolene, 1. vyd. 2020, 201 s. ISBN 978-80-228-3219-9.
7. FARKAŠOVÁ, Elena; PETRÁNSKY, Ľudovít. Design teória a metodológia 2. Vydavateľstvo Technickej univerzity vo Zvolene, 1. vyd. 2020, 183 s. ISBN 978-80-228-3243-4.
8. BABIAKOVÁ, Barbora, LALÍKOVÁ, Lucia. Ochrana duševného vlastníctva. Banská Bystrica:
Vydavateľstvo UMB, 2011. ISBN 978-80-557-0179-0. 2.
9. POLTORAK, A. I., & LERNER, P. J. (2013). Essentials of licensing intellectual property. John Wiley & Sons.
10. STIM, R. (2026). Patent, copyright & trademark: An intellectual property desk reference (19th ed.). Nolo.
11. BAINBRIDGE, D. I. (2021). Intellectual property (11th ed.). Pearson Education.
12. CORNISH, W., LLEWELYN, D., & APLIN, T. (2022). Intellectual property: Patents, copyright, trademarks and allied rights (10th ed.). Sweet & Maxwell.
13. KRUSPIG, S., & SCHWARZ, C. (2019). Legal protection for computer-implemented inventions: A practical guide. Wolters Kluwer.
14. European Commission. (2023). Your guide to IP commercialisation. European IP Helpdesk. https://intellectual-property-helpdesk.ec.europa.eu
15. Úrad priemyselného vlastníctva Slovenskej republiky. (2024). Duševné vlastníctvo v podnikaní. Banská Bystrica: ÚPV SR. https://www.indprop.gov.sk
16. World Intellectual Property Organization. (2022). Intellectual property for business series. Geneva: WIPO. https://www.wipo.int/sme/en
17. OECD. (2022). Intellectual property rights and innovation in SMEs. OECD Publishing. https://www.oecd.org
18. Časopis Duševné vlastníctvo (vychádza 2x ročne)
Zákon č. 435/2001 Z.z. o patentoch dodatkových ochranných osvedčeniach a o zmene a doplnení niektorých zákonov (patentový zákon),
Zákon č. 517/2007 Z.z. o úžitkových vzoroch a o zmene a doplnení niektorých zákonov,
Zákon č. 444/2002 Z.z. o dizajnoch,
Zákon č. 506/2009 Z.z. o ochranných známkach,
Zákon č. 469/2003 Z.z. o označeniach pôvodu výrobkov a zemepisných označeniach výrobkov a o zmene a doplnení niektorých zákonov.

Language of instruction:
Slovak

Notes:student time load:
90 hours
direct teaching: 26 hours

self-study: 64 hours

Course assessment
The final number of assessed students: 276

abs	n	p	v
81.88	18.12	0.0	0.0

Instructor: Ing. Barbora Mazúrová, PhD.

Last changed: 21.05.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-kom-050 | **Course name:** International Certificate of German Language

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
active participation in seminars: 0–30 p. Written test: 0–30 p.
b) final assessment:
Written and oral test: 0–40 p.
The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student can read and listen with comprehension, speak fluently, write, and actively participate in a conversation about general topics on the respective CEFR level (A1–C2).

Brief outline of the course:
The seminar focuses on improving language skills in the four basic areas (reading and listening comprehension, writing, speaking). The goal is to prepare the student for an international language certificate exam proving their German language skills on the respective CEFR level (A1–C2).

Recommended literature:
HELBIG, G. - BUSCHA, J. Übungsgrammatik Deutsch. Langenscheidt, 1992. ISBN 3-324-00379-2
HILPERT, S. - SCHÜMANN, A. - GOTTSTEIN-SCHRAMM, B. - KALENDER, S. – ROBERT, A. -SPECHT, F. 2008. Schritte international 1, 2, 3. München : Hueber-Verlag.
KANISOVÁ, Z. – RICHTER, M. Sprache im Alltag. Ein Konversationsbuch für Fortgeschrittene. Nové prepracované vydanie, Bratislava, Remedium, 2005
WITZLINGER, H: Deutsch. Aber Hallo! A2, B1, B2. Online: www.deutschkurse- passau.de.
www.mein-deutschbuch.de
www.lingolia.dehttp://www.schubert-verlag.de/aufgaben/uebungen_a1/a1_uebungen_index_z.htm 1.

Language of instruction:
German A1 - C2

Notes:student time load:

Course assessment
The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)	n
75.0	25.0	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Jana Štefaňáková, PhD., univ. doc.

Last changed: 25.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajs-306 | **Course name:** Irish Language 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3.

Level: I.

Prerequisites:

Course completion conditions:
The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who
will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of prelimary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading
scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)

Learning objectives:
Irish Language
Irish Language will explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology so as to enable students to form and correctly pronounce grammatical sentences with independently-learned vocabulary.
Irish Language 1 aims to give students;
- an ability to read and pronounce Irish as pronounced by native Irish-speakers
- a knowledge of the International Phonetic Alphabet as applied to Irish
- a knowledge of basic Irish vocabulary
- a knowlede of basic Irish grammar and grammatical terminology
- an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.)

Brief outline of the course:
Introduction
Irish language and its position in the Irish Constitution
Characteristics of the Irish language (in comparison to other Celtic languages)
Key facts about the Irish language
Basic phrases in the Irish language
Introducing yourself in the Irish language
Sentence elements
Sentence structure in the Irish language

Final summary of the course

Recommended literature:

Irish dictionaries;
- https://www.teanglann.ie/en/fgb/
- https://en.wiktionary.org/wiki/Category:Irish_lemmas
- Dineen's Dictionary (pre-standardised spelling) - http://www.scriobh.ie/page.aspx?id=26&l=2
General Irish-language resources;
- http://nualeargais.ie/foghlaim/
- Bibliography of Irish Linguistics and Literature; https://bill.celt.dias.ie/vol4/index2.html
Irish grammar;
- http://nualeargais.ie/gnag/gram.htm
- Graiméar na Gaedhilge (1906) - https://en.wikisource.org/wiki/Graim%C3%A9ar_na_Gaedhilge
Resources for Munster Irish;
- Myles Dillon & Donncha Ó Cróinín; 1961, Teach Yourself Irish (https://ia801608.us.archive.org/34/items/TeachYourselfIrish/TYI1961.pdf)
(in French)
- Marie-Louise Sjoestedt-Jonval; 1931, Phonétique d'un parler irlandais de Kerry https://fr.wikisource.org/wiki/Phon%C3%A9tique_d%E2%80%99un_parler_irlandais_de_Kerry
- Marie-Louise Sjoedest-Jonval; 1938, Description de un parler irlandais de Kerry https://fr.wikisource.org/wiki/Description_d%E2%80%99un_parler_irlandais_de_Kerry
Irish-language History;
- Doyle, Aidan; 2015, A History of the Irish Language: From the Norman Invasion to Independence. Oxford.
- The Story of English (effect on Irish language) – Episode 8 "The Loaded Weapon" (in 7 parts) https://www.youtube.com/watch?v=hsOduU-20qk&list=PL1DAC7C41112A9B3E
Authors of Munster Irish;
"The Blasket-Island Writers"; Tomás Ó Criomhthain, Muiris Ó Súilleabháin, Peig Sayers https://www.youtube.com/watch?v=DM166JoI-Us - Oileán Eile ("Another Island")
- Tomás Ó Criomhthain; https://wikisource.org/wiki/Author:Tom%C3%A1s_%C3%93_Criomhthain
An t-Oileánach ("The Islandman")
- Muiris Ó Súilleabháin;
Fiche Blia[dha]n ag Fás ("Twenty Years a-Growing")
- Peig Sayers;
Peig – A Scéal Féin (Peg – Her Own Story)
Machtnamh Seanamhná (The Reflections of an Old Woman)
- Peadar Ua Laoghaire; https://wikisource.org/wiki/Author:Peadar_Ua_Laoghaire
Mo Sgéal Féin ("My Own Story");
https://wikisource.org/wiki/Mo_Sg%C3%A9al_F%C3%A9in (with audio of native speaker)
Irish-Language Media;
- Raidio na Gaeltachta, https://www.rte.ie/rnag/
- TG4, https://www.tg4.ie/ga/

BILOVESKÝ, V. 2012. Globalizácia ako negatívum rozvoja. In: Studia russico-slovaca 1. Ružomberok : UC Rosenbergensis. s. 119 – 122. ISBN 978-8080-8497-02.
BILOVESKÝ, V. 2013. Does Integrating Europe Need Polylingualism and Multiculturalism? In: European Researcher. Vol. 42, no. 2-3, s. 455-461.
DE PAOR. 1988. The People of Ireland. In: The People of Ireland. 1988. Dublin : The Appletree Press.ISBN 0-86281-198-8.

MHIC MHATHÚNA, M. 2008. Supporting children´s participation in second-language stories in an Irish-language preschool. In: Early Years: An International Research Journal. 2008. vol, 28, no. 3. s. 299-309. ISSN 0957-5146.
MORIARTY, M. 2009. Normalising language through television: the case of the Irish language television channel, TG4. In: Journal of Multicultural Discourses. 2009. vol. 4, no. 2, s. 137-149. ISSN 1744-7143.
Ó HIFEARNÁIN, T. 2008. Raising Children to be Bilingual in the Gaeltacht: Language Preference and Practice. In: International Journal of Bilingual Education and Bilingualism. 2008. vol. 10, no. 4, s. 510-528. ISSN 1367-0050.
Ó LAOIRE, M. 2012. Language policy and minority language education in Ireland: re-exploring the issues. In: Language, Culture and Curriculum. 2012. vol 25, no. 1, s. 17-25. ISSN 0790-8318.
Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki. 2010. s. 262-267.
Ó TUATHAIGH, G. 1988. The Celts II. In: BBC, The People of Ireland. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.
Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: First Language. 2010. s. 199-217.
SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish.
In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:
English language B2

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

Course assessment
The final number of assessed students: 37

A	B	C	D	E	FX(0)	FX(1)	n
18.92	27.03	2.7	24.32	16.22	5.41	5.41	0.0

Instructor: Mgr. Anna Slatinská, PhD., univ. doc., M.A. James Ó Conaill

Last changed: 29.04.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajs-316 | **Course name:** Irish Language 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who
will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of prelimary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading
scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)

Learning objectives:
Irish Language
Irish Language will explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology so as to enable students to form and correctly pronounce grammatical sentences with independently-learned vocabulary.
Irish Language 1 aims to give students;
- an ability to read and pronounce Irish as pronounced by native Irish-speakers
- a knowledge of the International Phonetic Alphabet as applied to Irish
- a knowledge of basic Irish vocabulary
- a knowlede of basic Irish grammar and grammatical terminology
- an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.)

Brief outline of the course:
Introduction
Irish language and its position in the Irish Constitution
Characteristics of the Irish language (in comparison to other Celtic languages)
Key facts about the Irish language
Basic phrases in the Irish language
Introducing yourself in the Irish language
Sentence elements
Sentence structure in the Irish language

Final summary of the course

Recommended literature:

Irish dictionaries;
- https://www.teanglann.ie/en/fgb/
- https://en.wiktionary.org/wiki/Category:Irish_lemmas
- Dineen's Dictionary (pre-standardised spelling) - http://www.scriobh.ie/page.aspx?id=26&l=2
General Irish-language resources;
- http://nualeargais.ie/foghlaim/
- Bibliography of Irish Linguistics and Literature; https://bill.celt.dias.ie/vol4/index2.html
Irish grammar;
- http://nualeargais.ie/gnag/gram.htm
- Graiméar na Gaedhilge (1906) - https://en.wikisource.org/wiki/Graim%C3%A9ar_na_Gaedhilge
Resources for Munster Irish;
- Myles Dillon & Donncha Ó Cróinín; 1961, Teach Yourself Irish (https://ia801608.us.archive.org/34/items/TeachYourselfIrish/TYI1961.pdf)
(in French)
- Marie-Louise Sjoestedt-Jonval; 1931, Phonétique d'un parler irlandais de Kerry https://fr.wikisource.org/wiki/Phon%C3%A9tique_d%E2%80%99un_parler_irlandais_de_Kerry
- Marie-Louise Sjoedest-Jonval; 1938, Description de un parler irlandais de Kerry https://fr.wikisource.org/wiki/Description_d%E2%80%99un_parler_irlandais_de_Kerry
Irish-language History;
- Doyle, Aidan; 2015, A History of the Irish Language: From the Norman Invasion to Independence. Oxford.
- The Story of English (effect on Irish language) – Episode 8 "The Loaded Weapon" (in 7 parts) https://www.youtube.com/watch?v=hsOduU-20qk&list=PL1DAC7C41112A9B3E
Authors of Munster Irish;
"The Blasket-Island Writers"; Tomás Ó Criomhthain, Muiris Ó Súilleabháin, Peig Sayers https://www.youtube.com/watch?v=DM166JoI-Us - Oileán Eile ("Another Island")
- Tomás Ó Criomhthain; https://wikisource.org/wiki/Author:Tom%C3%A1s_%C3%93_Criomhthain
An t-Oileánach ("The Islandman")
- Muiris Ó Súilleabháin;
Fiche Blia[dha]n ag Fás ("Twenty Years a-Growing")
- Peig Sayers;
Peig – A Scéal Féin (Peg – Her Own Story)
Machtnamh Seanamhná (The Reflections of an Old Woman)
- Peadar Ua Laoghaire; https://wikisource.org/wiki/Author:Peadar_Ua_Laoghaire
Mo Sgéal Féin ("My Own Story");
https://wikisource.org/wiki/Mo_Sg%C3%A9al_F%C3%A9in (with audio of native speaker)
Irish-Language Media;
- Raidio na Gaeltachta, https://www.rte.ie/rnag/
- TG4, https://www.tg4.ie/ga/

BILOVESKÝ, V. 2012. Globalizácia ako negatívum rozvoja. In: Studia russico-slovaca 1. Ružomberok : UC Rosenbergensis. s. 119 – 122. ISBN 978-8080-8497-02.
BILOVESKÝ, V. 2013. Does Integrating Europe Need Polylingualism and Multiculturalism? In: European Researcher. Vol. 42, no. 2-3, s. 455-461.
DE PAOR. 1988. The People of Ireland. In: The People of Ireland. 1988. Dublin : The Appletree Press.ISBN 0-86281-198-8.

MHIC MHATHÚNA, M. 2008. Supporting children´s participation in second-language stories in an Irish-language preschool. In: Early Years: An International Research Journal. 2008. vol, 28, no. 3. s. 299-309. ISSN 0957-5146.
MORIARTY, M. 2009. Normalising language through television: the case of the Irish language television channel, TG4. In: Journal of Multicultural Discourses. 2009. vol. 4, no. 2, s. 137-149. ISSN 1744-7143.
Ó HIFEARNÁIN, T. 2008. Raising Children to be Bilingual in the Gaeltacht: Language Preference and Practice. In: International Journal of Bilingual Education and Bilingualism. 2008. vol. 10, no. 4, s. 510-528. ISSN 1367-0050.
Ó LAOIRE, M. 2012. Language policy and minority language education in Ireland: re-exploring the issues. In: Language, Culture and Curriculum. 2012. vol 25, no. 1, s. 17-25. ISSN 0790-8318.
Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki. 2010. s. 262-267.
Ó TUATHAIGH, G. 1988. The Celts II. In: BBC, The People of Ireland. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.
Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: First Language. 2010. s. 199-217.
SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish.
In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:
English language B2

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

Course assessment
The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)	n
66.67	16.67	16.67	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Anna Slatinská, PhD., univ. doc., M.A. James Ó Conaill

Last changed: 14.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajs-308 | **Course name:** Irish Language 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Each student will take an in-class written and aural exam at the end of the course.
Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who will fail to submit the seminar work during semester or gaining less than the pass grade of 65%. The student has the right to modify the seminar work if it is considered inadequate and/or present a second time. The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).

Learning objectives:
Irish Language 2 will further explore basic conversational Irish phrases, common vocabulary, as well as basic grammar and phonology which students will have been introduced to during Irish Language 1. Students will be enabled to further develop their communicative skills in Irish towards achieving an A1 level at the CEFR.
Irish Language 2 aims to give students:
- an ability to read and pronounce Irish as pronounced by native Irish-speakers,
- a further developed vocabulalry in line with an A1 level at the CEFR,
- a working knowlede of basic Irish grammar and grammatical terminology,
- an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.),
- an ability to make simple dialogues and communicate on basic topics such as family, food, travelling.

Brief outline of the course:
Week 1: Review of language introuced in Irish Language 1.
Week 2: An tAinm Briathartha. Talking about current actions and pastimes I.
Week 3: An tAinm Briathartha. Talking about current actions and pastimes II.
Week 4: An tAinm Briathartha. Talking about current actions and pastimes III.
Week 5: Likes and Dislikes. Prepositional pronoun: le
Week 6: Likes and Dislikes II.
Week 7: Talking About sickness. Going to the doctor.
Week 8: An tAinm Briathartha IV. Purpose and cause.
Week 9: An Aimsir Láithreach (The present habitual tense). Review.

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

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

Language of instruction:
English language B2

Notes:student time load:
Student workload: 90 hrs
seminar course (S): 13 hrs
self-study: 77 hrs

Course assessment
The final number of assessed students: 15

A	B	C	D	E	FX(0)	FX(1)	n
46.67	20.0	20.0	6.67	0.0	6.67	0.0	0.0

Instructor: Mgr. Anna Slatinská, PhD., univ. doc., M.A. James Ó Conaill

Last changed: 31.01.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajs-310 | **Course name:** Irish Language 3

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The students will take part in a preliminary assessment (a test). After the semester students will take part in the final written exam. The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions. Credits will not be assigned to the student who
will fail to submit the preliminary test during semester or gaining less than 10 points, being a part of prelimary assessment. The student has the right to resit the preliminary test and one resit of the final written exam. The evaluation will be based on the ECTS grading
scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%)

Learning objectives:
Irish Language 1 aims to give students;
- an ability to read and pronounce Irish as pronounced by native Irish-speakers
- a knowledge of the International Phonetic Alphabet as applied to Irish
- a knowledge of basic Irish vocabulary
- a knowlede of basic Irish grammar and grammatical terminology
- an ability to form basic grammatical sentences involving various parts of speech (prepositions, pronouns, nouns, adjectives, verbs, adverbs, etc.)
-is able to make simple dialogues and communicate on basic topics such as family, food, travelling.
-enhances listening and reading skills on pre-intermediate level

Brief outline of the course:

Recommended literature:
Irish dictionaries;
- https://www.teanglann.ie/en/fgb/
- https://en.wiktionary.org/wiki/Category:Irish_lemmas
- Dineen’s Dictionary (pre-standardised spelling) - http://www.scriobh.ie/page.aspx?id=26&l=2
General Irish-language resources;
- http://nualeargais.ie/foghlaim/
- Bibliography of Irish Linguistics and Literature; https://bill.celt.dias.ie/vol4/index2.html
Irish grammar;
- http://nualeargais.ie/gnag/gram.htm

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

Ó RIAIN, S. 2010. Irish and Scottish Gaelic. A European Perspective. In: Naukovij visnik Volinskogo nacional'nogo universitetu imeni Lesi Ukrainki. 2010. s. 262-267.
Ó TUATHAIGH, G. 1988. The Celts II. In: BBC, The People of Ireland. Dublin: The Appletree Press, 1988. pp. 40-54. ISBN 0-86281-198-8.
Ó TOOLE, C, FLETCHER, P. 2010. Validity of a Parent Report Instrument for Irish-Speaking Toddlers. In: First Language. 2010. s. 199-217.
SLATINSKÁ, A. 2014. Irish language as a part of cultural identity of the Irish.
In European journal of social and human sciences. - Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, Filozofická fakulta, 2014. - ISSN 1339-6773. - Vol. 3, no. 3 (2014), pp.151-155.

Language of instruction:
English Language B2

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

Course assessment
The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)	n
20.0	60.0	20.0	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Anna Slatinská, PhD., univ. doc., M.A. James Ó Conaill

Last changed: 29.04.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-uPPvK | **Course name:** Labour Law in a nutshell

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The prerequisite for passing the course is attendance at a minimum of 90% of the teaching and active participation of students in class. The evaluation is in accordance with the classification scale according to the Study Regulations of Matej Bel University.
a) continuous assessment:
Continuous evaluation is not performed.
b) final assessment:
The basis for the award of the final grade is the demonstration of mastery of the knowledge of the lecture material, which is demonstrated in an active dialogue with the teacher in the teaching of the subject.

Learning objectives:
The graduate will have knowledge of the basic principles and functions of labor law, will be oriented in the basic provisions of the Labor Code, should be able to apply them to individual and collective labor relations in practical life.

Brief outline of the course:
1. Concept and subject of labour law. Basic principles of labour law.
2. Subjects of labour law, labour law subjectivity. Pre-contractual relations.
3. Employment contract (essential elements, other arrangements). Probationary period.
4. Types of employment relationship. Fixed-term employment. Methods of termination of employment.
5. Agreement on termination of employment (subjects, form, reasons). Termination of employment (subjects, form, reasons).
6. Immediate termination of employment (subjects, form, reasons). Severance pay, severance pay. Prohibition of competing activities during and after termination of employment.
7. Working time (scheduling, length). Rest periods.
8. Overtime work, on-call time. Types of leave (brief characteristics).
9. Wages (brief characteristics). Maternity leave, parental leave.
10. Obstacles to work on the part of the employee. Obstacles to work on the employer's side.
11. Assumptions of liability for damages. Employee's liability for damages.
12. Employer's liability for damages. Agreements for work performed outside the employment relationship (brief characteristics).

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

Language of instruction:
Slovak language

Notes:student time load:
90 hours
combinated study (L, C): 26 hours
self-study: 64 hours

Course assessment
The final number of assessed students: 491

abs	n	p	v
91.85	8.15	0.0	0.0

Instructor: JUDr. Lucia Petríková, PhD.

Last changed: 22.05.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_LPORP_cupv	**Course name:** Leadership, Entrepreneurship and Personal Development in Practice

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) Continuous assessment – Ideathon: 50 points
b) Final assessment – active participation: 50 points.

Learning objectives:
After completing the course, the student will:
1. formulate their own vision and translate it into a specific project plan in the field of business, public services or the non-profit sector,
2. apply creative idea generation techniques and select solutions that respond to real social or market needs,
3. identify the problems of target groups and verify them through interviews, feedback and rapid testing,
4. propose a solution during a team Ideathon and transforms the idea into the basic concept of the project (business plan),
5. create a simple concept of a product, service or initiative and iteratively improve it based on feedback from mentors,
6. cooperate in a team, take on a leadership role and effectively coordinate work in solving a project challenge,
7. make decisions under conditions of time pressure and uncertainty typical of Ideathon and project work,
8. propose a basic model of project implementation including the value proposition and the expected impact,
9. effectively communicate the solution and present the project in the form of a short pitch in front of a panel of experts,
10. reflect on one's own learning process, analyzes mistakes and develops psychological resilience and entrepreneurial thinking,
11. builds self-confidence, authentic performance and the ability to receive constructive feedback.

Brief outline of the course:
The course is divided into 12 topics, which are provided by internal lecturers and external experts:
1. Introduction to leadership, entrepreneurship and personal development. Self-diagnosis through Gallup methodology (talent identification). Course objectives and completion conditions.

2. Vision board. Creating a vision, setting goals, values and personal direction. Coaching. Teamwork.
3. Leadership in a team: management skills, roles in a team, coordination, conflict resolution. Project management. Strategic decision-making and project planning - business model, implementation plan, impact measurement.
4. Leader in practice 1: Change management as an effective tool.
5. Leader in practice 2: Leading an institution or project.
6. Identifying needs and problems, connecting with talents. Working with the target group, mapping stakeholders, validating the problem.
7. Product/service concept creation (team building).
8. Value proposition (1.Target customer, 2.Problem/Need, 3.Solution/Benefit, 4.Differentiation)
9. Ideathon with mentor support and use of AI tools (Business plan creation). Creative thinking and idea generation – ideation techniques in the areas of business, public services and the non-profit sector.
10. Ideathon evaluation (argumentation and presentation for potential investors). Communication, pitching and networking – presentation of solutions, storytelling, working with the audience.
11. Entrepreneur's story (inspirational lecture).
12. Final reflection and evaluation. Feedback.

Recommended literature:

1. Blank, S., & Dorf, B. (2012). The startup owner's manual: The step-by-step guide for building a great company. K&S Ranch.
2. Brown, B. (2025). Strong ground: The lessons of daring leadership, the tenacity of paradox, and the wisdom of the human spirit. Random House.
3. Brown, T. (2009). Change by design: How design thinking transforms organizations and inspires innovation. Harper Business.
4. Collins, J., & Lazier, B. (2020). Beyond entrepreneurship 2.0: Turning your business into an enduring great company. Random House.
5. Covey, S. R. (2014). 7 návyků skutečně efektivních lidí. Management Press.
6. Dees, J. G., Emerson, J., & Economy, P. (2002). Strategic tools for social entrepreneurs: Enhancing the performance of your enterprising nonprofit. John Wiley & Sons.
7. Drucker, P. F. (2007). Inovace a podnikavost: Praxe a principy. Management Press.
8. Kotter, J. P. (2012). Leading change (Rev. ed.). Harvard Business Review Press.
9. Knapp, J., Zeratsky, J., & Kowitz, B. (2016). Sprint: How to solve big problems and test new ideas in just five days. Simon & Schuster.
10. Mulgan, G. (2019). Social innovation: How societies find the power to change. Policy Press.
11. Osterwalder, A., & Pigneur, Y. (2010). Business model generation: A handbook for visionaries, game changers, and challengers. John Wiley & Sons.
12. Ries, E. (2011). The lean startup: How today’s entrepreneurs use continuous innovation to create radically successful businesses. Crown Business.

Language of instruction:

Slovak, English

Notes:student time load:

90 hours, of which:
Combined study (L, S, C): M – 26 h.
Self-study: 30 h.
Preparation and implementation of the ideathon: 30 h.
Data collection: 4 h.

Course assessment
The final number of assessed students: 0

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

Instructor: Ing. Ivan Sedliačik, PhD., Ing. Michal Mešťan, PhD., MBA

Last changed: 11.05.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-PVC-102 | **Course name:** Leisure time pedagogy and methodology leisure activities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 299

A	B	C	D	E	FX(0)	FX(1)	n
47.49	22.07	9.03	6.35	5.69	4.68	4.68	0.0

Instructor: doc. Mgr. Lívia Nemcová, PhD.

Last changed: 06.12.2021

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-001 | **Course name:** Methodology and Statistics in Final Theses

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is mandatory, active participation of the student in the class and consultation with the supervisor of the final thesis. During the teaching part of the semester, the student continuously works on the final thesis project, which he/she submits in electronic form by the deadline set by the course instructor. The outcome of the course is the successful completion/assessment of the final thesis project and a written test of the lecture content. The student must master the specified requirements for the final course evaluation.
a) continuous assessment:
- Written test from the content of lectures: max 40 points, min 26 points
- Thesis project assessed by the supervisor: max 60 points, min 39 points.
Both parts of the interim assessment can be corrected by the student in case of an insufficient assessment (FX) within the period for completion of study obligations within the deadlines set by the course teacher and the supervisor of the thesis.
b) final assessment:
- on the basis of a mid-term evaluation.
The maximum number of points obtained for the mid-term and final evaluation is 100 points, which is 100 %. This corresponds to the grading scale (A = 100-94 %, B = 93-87 %, C = 86-80 %, D = 79-73 %, E = 72-65 %, FX = 64 % or less). Credit will be awarded to a student who has achieved a minimum of 65 % marks in both interim assessment tasks in order to fulfil the specified requirements and thus meet the requirements for the final assessment of the course. Credits will be awarded to a student who has achieved a minimum of 65 % marks in both interim assessment tasks in order to meet the requirements of the final assessment of the course. The award of credits is also subject to compliance with the minimum attendance criterion set by the course instructor (applicable only to students without an individual study plan).

Learning objectives:
Learning outcomes:
The student:
- has complex knowledge of thesis preparation and creation based including theory as well as practical skills
- can find, process, and analyse the information pertaining to their field of study and understands the basics of methodology and statistics within the scope of their final thesis.

Brief outline of the course:

Brief outline of the course:
Thesis structure.
Working with specialised literature and citation standards. Field-specific methodology. Content analysis.
Basic observation methods. Interview, questionnaire, survey. Sociometric techniques.
Evaluation and scaling. Testing motor skills and knowledge
Experiment.
Quantitative methods of survey result processing in research. Statistical data analysis.
Exploratory analysis basics. Basic terms in statistics.
Types of variable scales.
Types of selection.
Descriptive characteristics of statistical data.
Qualitative methods of survey result processing in research. Basics of logic and fact-based argumentation.
Specialised and scientific discussion.
Thesis defence preparation.

Recommended literature:

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

Language of instruction:

Notes:student time load:

Notes: student time load
120 h.
Combined study (L, S, C): 26 h.
Thesis project preparation and presentation: 45 h.

Preparation for the final assessment: 49 h.

Course assessment

The final number of assessed students: 332

A	B	C	D	E	FX(0)	FX(1)
5.12	12.95	21.99	20.18	23.8	3.61	12.35

Instructor: PaedDr. Jaroslav Kompán, PhD., doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Pavol Bartík, PhD., PaedDr. Boris Beťák, PhD., Mgr. David Brűnn, PhD., prof. PaedDr. Ivan Čillík, CSc., Mgr. et Mgr. Jana Daubnerová, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., MUDr. Mgr. Peter Kyseľ, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc., doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., Mgr. Jaroslav Popelka, PhD., prof. PaedDr. Martin Pupiš, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Miroslava Rošková, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Michaela Slováková, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Vladimír Franek, PhD., Mgr. Kristián Bako, PhD., Mgr. Marián Škorik, PhD.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-204 | **Course name:** Mountain Climbing Basics 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
a) continuous assessment:
continuous assessment:
The student proves their advanced knot-tying abilities. The student masters the alternative belaying methods (rope and other tools): 50 p. The student masters the more advanced climbing techniques on the artificial climbing wall using equipment: 50 p.
b) final assessment:
final assessment:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student masters the basics of climbing on an artificial wall.

Brief outline of the course:
Brief outline of the course:
The student learns about the basic climbing techniques, tools, and equipment. Bouldering and rope climbing. Top Rope climbing. Advanced wall climbing techniques (3). Dynamic belaying (1st vs 2nd climber). Progressive belaying – vertical and horizontal climbing.

Recommended literature:
Recommended literature:
1. FRANK, T. - KUBLÁK, T. – a kol. 2007. Horolezecká abeceda. Praha : EPOCHA s.r.o., 2007. 664 s. ISBN 978-80-87027-35-6 2. MANDZÁK, P. – ADAMČÁK, Š. 2003. Lezecká príprava detí mladšieho školského veku na umelej horolezeckej stene v Banskej Bystrici. In.: Turistika a športy v prírode. (Súčasný stav a najnovšie trendy). Liptovský Mikuláš : Vojenská akadémia v L. Mikuláši, 2003. 77 – 82 s. ISBN 80-8040-221-3 3. MANDZÁK, P. 2006. Bouldering

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

Language of instruction:
Slovak

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

Course assessment
The final number of assessed students: 167

A	B	C	D	E	FX(0)	FX(1)
82.63	0.6	0.6	1.8	0.0	8.98	5.39

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 07.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-101	**Course name:** Movement Games and General Gymnastics

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 39
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. Acceptable absence is 3 hours. from the total subsidy for the semester within the individual parts of the course. It only applies to students without an individual study plan. In the second half of the teaching part of the semester, the student will present at least 1 movement game, present a warm-up and at the same time pass a written test on general gymnastics. In the final week of the semester, he will demonstrate practical mastery of individual exercise forms, positions and movements from general gymnastics. Students can correct the interim assessment from general gymnastics in the deadlines listed by the teacher within the period for completing the study obligations.

a) continuous assessment:
- practical presentation min. 1 movement game: 50 points (min. 33b)
- practically show the basic exercise forms, positions and movements: 25 points (min. 16b)
- written test in general gymnastics: 25 points (min. 16b)

b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- knows the system of movement games suitable for the preparatory, main, and final parts of the exercise units
- knows the system of movement games involving equipment and aids
- knows the system of movement games focused on different sport games
- can organise and evaluate movement games
- can use the movement games to develop physical abilities and skills

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

Brief outline of the course:

Brief outline of the course:
The importance of games in the education process. Motivation factors in movement games.
Selection, organisation and management of movement games.
Movement games focused on the development of speed, strength, endurance, and coordination skills using a variety of equipment and aids.
Movements focused on volleyball, basketball, football, handball, and untraditional sport games in education.
Posture principles, correct posture, incorrect posture. Basic terminology of physical exercises.
Movement components in general gymnastics.
The structure of a gymnastic unit and organisation – introduction, preparation, main and final parts of the lesson.
Preparation, imitation exercises, learning and improving positions, movements, gymnastic shapes and their series.

Recommended literature:

Recommended literature:
1. ADAMČÁK, Š. - NEMEC, M. 2010. Pohybové hry a školská telesná a športová výchova. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, Bratia Sabovci s.r.o. Zvolen, 2010. 209 s. ISBN 978-80-557-0099-1.
2. ADAMČÁK, Š. - NEMEC, M. 2014. Pohybové hry 1 - hry v telocvični : zásobník pohybových hier pre učiteľov telesnej a športovej . Žilina : EDIS-vydavateľstvo Žilinskej univerzity, 2014. 88 s. ISBN 978-80-554-0967-2.
3. ADAMČÁK, Š. - NOVOTNÁ, N. 2009. Hry v telocvični a základná gymnastika. Žilina : EDIS Žilina, 2009. 204 s. ISBN 978-80-554-0125-6.
4. ADAMČÁK, Š. - VLADOVIČOVÁ, N. - NOVOTNÁ, N. - KOLLÁR, R. 2005. Pohybové hry a telovýchovné názvoslovie. Banská Bystrica : PF UMB, 2005. 104 s. ISBN 80-8083-079-7 .
5. ARGAJ, G. 2016. Pohybové hry. Bratislava : Univerzita Komenského, 2016. 128 s. ISBN 978-80-223-4022-9.
6. NOVOTNÁ, N. - NOVOTNÁ, B. - KRŠKA, P. 2011. Gymnastika (vybrané kapitoly). Ružomberok : PF KU, 2011. 121 s. ISBN 978–80–8084–755–5. [cit. 2021-09-09]. Dostupné na internete: https://readgur.com/doc/183584/novotn%C3%A1-b.---kr%C5%A1ka-p.--gymnastika--vybran%C3%A9-kapitoly-
7. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava : NŠC a FTVŠ UK Bratislava, 2014. 246 s. ISBN 978-80-971466-3-4. [cit. 2021-09-09]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf

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

Language of instruction:
Slovak

Notes:student time load:
student time load
90 h.
Combined study: 39 h.
Studying for the written test: 10 h. (2x5 h.)
Preparation for the evaluation of physical performance: 36 h. Preparation of the presentation: 5 h.

Course assessment
The final number of assessed students: 1137

A	B	C	D	E	FX(0)	FX(1)
8.18	23.83	28.85	14.78	10.38	1.14	12.84

Instructor: Mgr. Michaela Slováková, PhD., doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Boris Beťák, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Juraj Kremnický, PhD., univ. doc., Mgr. Dominik Klimek

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-nj-006	**Course name:** Nemecký jazyk 6

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
completion of exercises and short texts: 40
b) final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student learns the rules of the German grammatical system and vocabulary for the selected topics on the B1–B2 level. They can apply these rules in common communication situations and engage in written and spoken communication.

Brief outline of the course:
The seminar is focused on enhancing the knowledge of German grammar and its oral and written application to improve the student's communication competence in the selected topics. It employs a system of grammatical and communication exercises enhancing the associations between language forms and their meaning.

Recommended literature:
H. Funk a kol. STUDIO d B1. Plzeň: Fraus, 2006. ISBN 80-7238-580-1
L.M. Brand. Die Schöne ist angekommen..München:Klett, 1999. ISBN 3-12-675318-3
http://www.schubert-verlag.de/aufgaben/uebungen_b1/b1_uebungen_index_z.htm (on-line cvičenia na slovnú zásobu a gramatiku, úrovne B1 - B2)

Language of instruction:
German B1–B2, Slovak

Notes:student time load:

Course assessment
The final number of assessed students: 2

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

Instructor: Palina Lissitsyna

Last changed: 21.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-2d-umb-301	**Course name:** Národné obranné sily
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 14d / 4s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I., II.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Miriam Spodniaková Pfefferová, PhD.
Last changed: 13.09.2026
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-uOI	**Course name:** Ochrana inovácií
Type, extent and method of instruction: **Form of instruction:** Lecture **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 1., 3., 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 227

abs	n	p	v
86.78	13.22	0.0	0.0

Instructor: doc. JUDr. Juraj Takáč, PhD.
Last changed: 12.09.2024
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-102	**Course name:** Organising Leisure-Time Physical Activities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
During the studies, the student acquires knowledge of the organization and management of a wide range of of leisure-time physical activities, gains information about the possibilities of organizing school and extracurricular sport. Plan, organize and evaluate leisure-time physical activity.

a) continuous assessment:
- Seminar work (evaluation of leisure physical activity): 0-30 points (min. 20 points)
- practical output (planning and organization of leisure physical activity): 0-30 points (min. 20 points)
- written test: 0-40 points (min. 25 points)
total: 0-100 points (min. 65 points)
Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.

b) final assessment:
On the basis of a continuous assessment.
The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100.

Learning objectives:
Student:
- is familiar with the organization and management of leisure activities for a wide range of people of interested persons;
- knows the importance and application of physical activities in leisure time and in contemporary lifestyles youth and adults;
- can practically plan and organise different types of leisure-time physical activities;
- theoretically knows the control mechanisms for the evaluation of a completed leisure project theoretical and practical aspects of the leisure-time physical activity;
- is familiar with the effects and concepts related to the implementation of a leisure-time physical activity;
- is familiar with the problems of the contemporary way of life of different groups of people in leisure time and place of leisure-time physical activities in it.

Brief outline of the course:
Characteristics of physical activity, leisure time and possibilities of its use, meaning and application of physical activities in leisure time and in the contemporary way of life of different groups of people, the impact of environmental and other factors on leisure-time physical activities, basic knowledge and knowledge of the theory of recreational sport, leisure time management, project development in the field of leisure-time physical activities, legislative minimum for the organization of extracurricular and public sports events, concepts of development of physical movement in leisure time, differentiation of approach to differently physically and physically able pupils.

Recommended literature:
1. Koncepcia 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., Nemec, M. (2020). Pohybovo-športové aktivity žiakov stredných škôl. Žilina : IPV Inštitút priemyselnej výchovy
5. Adamčák, Š., Nemec, M., Bartík, P. (2015). Pohybové aktivity žiakov a žiačok základných škôl. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum
6. Nemec, 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 Slovneskej 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: 144

A	B	C	D	E	FX(0)	FX(1)
50.69	27.78	9.72	0.0	2.08	4.86	4.86

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-OPX-102 | **Course name:** Orientation practice

Type, extent and method of instruction:
Form of instruction: Odborná prax
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 88

A	B	C	D	E	FX(0)	FX(1)	n
81.82	3.41	3.41	0.0	3.41	7.95	0.0	0.0

Instructor: PhDr. Patrícia Zólyomiová, PhD.

Last changed: 07.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vstv-101 | **Course name:** Physical Education 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 531

abs	n	p	v
72.32	27.68	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., doc. PaedDr. Jiří Michal, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Michal Hlávek, PhD., Mgr. Marián Škorik, PhD., Mgr. Andrej Dibdiak, Mgr. Bc. Lukáš Karabín, Mgr. Olívia Mudráková, Mgr. Marek Janík, Mgr. Dominik Klimek

Last changed: 08.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vstv-102 **Course name:** Physical Education 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 551

abs	n	p	v
79.31	20.69	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Michal Hlávek, PhD., Mgr. Marián Škorik, PhD., Mgr. Andrej Dibdiak, Mgr. Bc. Lukáš Karabín, Mgr. Olívia Mudráková, Mgr. Marek Janík, Mgr. Dominik Klimek

Last changed: 08.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vstv-103 | **Course name:** Physical Education 3

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 322

abs	n	p	v
83.23	16.77	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Michal Hlávek, PhD., Mgr. Marián Škorik, PhD., Mgr. Bc. Lukáš Karabín, Mgr. Andrej Dibdiak, Mgr. Olívia Mudráková, Mgr. Marek Janík, Mgr. Dominik Klimek

Last changed: 08.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vstv-104 **Course name:** Physical Education 4

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 253

abs	n	p	v
82.21	17.79	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Michal Hlávek, PhD., Mgr. Marián Škorik, PhD., Mgr. Bc. Lukáš Karabín, Mgr. Andrej Dibdiak, Mgr. Olívia Mudráková, Mgr. Marek Janík, Mgr. Dominik Klimek

Last changed: 08.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vstv-105 **Course name:** Physical Education 5

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 88

abs	n	p	v
87.5	12.5	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Andrea Izáková, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., doc. PaedDr. Pavol Pivovarniček, PhD., Mgr. Michal Hlávek, PhD., Mgr. Marián Škorik, PhD., Mgr. Bc. Lukáš Karabín, Mgr. Andrej Dibdiak, Mgr. Olívia Mudráková, Mgr. Marek Janík, Mgr. Dominik Klimek

Last changed: 08.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-113	**Course name:** Physiology of Exercise and Sports and Functional Anatomy

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. A written test is taken during the examination period.
a) continuous assessment:
continuous assessment:
N/A
b) final assessment:
final assessment:
Written test: 100 points (min. (min. 65 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- understands the role and function of the individual parts of the musculoskeletal system, their control and regulation mechanisms;
- knows the structure of a muscle cell, its parts, and function;
- understands the basics mechanisms of muscle contraction and the process of creating energy for muscle work;
- understands how organ systems work in the process of creating energy in a muscle (cardiovascular, respiratory, hormomal);
- understands how muscular activity is controlled by CNS and ANS;
- understands the adaptation changes to organ systems during systematic training;
- can apply this knowledge to create physical activity programmes focused on increasing performance and improving health;

Brief outline of the course:
Brief outline of the course:

Functional anatomy of the musculoskeletal system, primary determinants of individual anatomic structures and the relationship among them, the effect of physical activity.
Physiology of exercise and sports.
The structure and types of muscle tissue, muscle contraction mechanism. Sources of energy for muscle work.
The function of the respiratory system during performance (minute ventilation, respiratory volume, adaptation changes
during systematic training).
The parameters of cardiovascular functions under different types of load (dilation, heart hypertrophy).
Changes to blood volume and composition under load and during systematic training.
Maximum oxygen consumption, heredity, training and how to affect VO2 max through training.
Physiological mechanisms involved in oxygen transporte 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. Bratiskava: UK Komenského, 2015, 268s. ISBN 978-80-223-3944-5 [Online]. [Cit. 2021-09-09], Dostupné na: https://www.fpharm.uniba.sk/fileadmin/faf/Pracoviska-subory/KFT/Anat_fyz/fyziologia_skripta_web.pdf

Language of instruction:

slovak

Notes:student time load:

student time load
Total: 120 h. Combined study: 26 h.
Studying for the written test: 94 h.

Course assessment
The final number of assessed students: 510

A	B	C	D	E	FX(0)	FX(1)
28.82	19.41	23.33	8.24	14.31	0.78	5.1

Instructor: doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Martin Pupiš, PhD., MUDr. Lucia Zacharová

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-pol-201 | **Course name:** Polish Language A1 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, the student continuously submits their completed homework.
In the last week of the semester, the student takes a written test. After completing the semester, they take a final oral exam. Credits will not be awarded to a student who scores fewer than 19.5 in the written test and/or fewer then 22.5 in the oral exam.
The student has the right to one resit (For each part of the final exam respectively.) The grading scale: A (100 – 94 %), B (93 – 87 %), C (86 – 80 %), D (79 – 73 %), E (72 – 65 %). Credits are assigned to the student who collects the minimum of 65 points (%).
a) continuous assessment:
Completing homework: 0–30 p.
Written test in week 13: 35 p.
b) final assessment:
Oral exam during the exam period: 35 p.

Learning objectives:
The student understands the most important content and intent of written and oral texts addressing everyday life.
They can use the Polish language fluently and spontaneously. Their communication competence allows them to speak to Polish native speakers in most everyday situations.

Brief outline of the course:
Polish alphabet. Pronunciation of vowels and consonants. Informal and formal greetings. Introduction. Basic courtesies. Polish names and surnames. Personal information. Countries and nationalities. Colours. In the classroom. Self-presentation. Description of a person – appearance and attributes. Hobbies. Sports. Occupations. Expressing possessiveness. Numerals 0–100. Fruit and vegetables. Shopping in a stall, supermarket, market, mall. Foodstuff. Meals. Café & restaurant. Expressing preferences. Family and relatives. Family tree. Parts of day and seasons. Months and week days. Life and institutions in Poland.

Recommended literature:
1.STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Podręcznik. Kraków : Glossa, 2011.
2 STEMPEK, I. – STELMACH, A. i in. 2011. Polski. Krok po kroku A1. Zeszyt ćwiczeń. Kraków : Glossa, 2011.

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

Language of instruction:
Slovak, Polish

Notes:student time load:
90 h.
Presence, combined studies (L, S, C): 26 h.
Self-study: 14 h.
Completing homework: 15 h.
studying for the written test: 15 h.
Studying for the oral exam: 20 h.

Course assessment
The final number of assessed students: 57

A	B	C	D	E	FX(0)	FX(1)	n
28.07	21.05	12.28	19.3	3.51	7.02	8.77	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-pol-202 | **Course name:** Polish Language A1 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, the student continuously submits their completed homework.
In the last week of the semester, the student takes a written test. After completing the semester, they take a final oral exam. Credits will not be awarded to a student who scores fewer than 19.5 in the written test and/or fewer then 22.5 in the oral exam.
The student has the right to one resit (For each part of the final exam respectively.) The grading scale: A (100 – 94 %), B (93 – 87 %), C (86 – 80 %), D (79 – 73 %), E (72 – 65 %). Credits are assigned to
the student who collects the minimum of 65 points (%).
a) continuous assessment:
Completing homework: 0–30 p.
Written test in week 13: 35 p.
b) final assessment:
Oral exam during the exam period: 35 p.

Learning objectives:
The student understands the most important content and intent of written and oral texts addressing everyday life.
They can use the Polish language fluently and spontaneously. Their communication competence allows them to speak to Polish native speakers in most everyday situations.

Brief outline of the course:
Free time. Expressing temporal relations. Communication tools. Collecting information: station, airport, hotel, travel agency. Travelling. Meetings. Invitation. Positive and negative response to proposals. Shopping. Size, measure, weight, clothing. Requests, feelings, compliments, opinions. Future plans. Weather forecast.
Furniture and home appliances. Rooms. Rental. Expressing spatial relationships. Writing advertisements.
Polish physical geography and demography.
Tourist attractions. Weekend and holiday plans.
Family celebrations. Congratulations. Language etiquette. Savoir-vivre.
Famous Polish figures – biography.
Body parts, disease symptoms. Visiting doctors and dentists.

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

Recommended literature:

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

Language of instruction:
Slovak, Polish

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

Course assessment
The final number of assessed students: 54

A	B	C	D	E	FX(0)	FX(1)	n
61.11	14.81	7.41	3.7	0.0	12.96	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-pol-203 | **Course name:** Polish Language A2 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, the student continuously submits their completed homework and presents a selected topic. After completing the semester, the student takes the final oral and written exams. The student will not be assigned the credits if they score fewer than 19.5 for the homework and presentation submitted; and/or fewer than 22.5 for the final written and oral exams respectively. The student has the right to one resit. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

a) continuous assessment:
Completing homework: 0–15 p.
Presentation: 0–15 p.

b) final assessment:
written final exam (test): 0–35 p. oral final exam: 0–35 p.
Final exam in total: 0–70 p. 0–70 p.

Learning objectives:
The student understands the most important content and intent of written and oral texts addressing general, specific, and abstract topics.
They can use the Polish language fluently and spontaneously.
The level of communication competence allows the student to easily communicate with Polish native speakers.
They are able to express their opinion on the topic they find interesting as well as past events, and participate in a (formal) discussion.

Brief outline of the course:
Reporting events – disasters. Summarisation. Favourite film – a comparison. Requests, proposals, commands. Expressing opinions. Adjectives describing people. Structure of definition. Computer and the Internet – people's friends. Discussing education. Classroom meeting. Job and occupation. Job interview. Types of companies. Discussing work-related problems. Writing e-mails. CV and cover letter. Roots – discussion. Orders, bans, recommendations. Travel, packing, airport. Holiday in Poland – tourist attractions. Letters, e-mails, text messages. Weekend in mountains – verbs of movement.

Recommended literature:

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

Language of instruction:
Slovak, Polish A1

Notes:student time load:
90 h.
Presence, combined studies (L, S, C): 26 h.
Self-study: 14 h.
Completing of homework and preparation of presentations: 20 h.
Studying for the written test: 15 h.
Studying for the oral exam: 15 h.

Course assessment
The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)	n
71.43	28.57	0.0	0.0	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-pol-204 | **Course name:** Polish Language A2 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, the student continuously submits their completed homework and presents a selected topic. After completing the semester, the student takes the final oral and written exams. The student will not be assigned the credits if they score fewer than 19.5 for the homework and presentation submitted; and/or fewer than 22.5 for the final written and oral exams respectively. The student has the right to one resit. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

a) continuous assessment:
Completing homework: 0–15 p.
Presentation: 0–15 p.

b) final assessment:
written final exam (test): 0–35 p.
final oral exam: 0–35 p.
Final exam in total: 0–70 p. 0–70 p.

Learning objectives:
The student understands the most important content and intent of written and oral texts addressing general, specific, and abstract topics.
They can use the Polish language fluently and spontaneously.
The level of communication competence allows the student to easily communicate with Polish native speakers.
They are able to express their opinion on the topic they find interesting as well as past events, and participate in a (formal) discussion.

Brief outline of the course:
Traffic rules. Discussing life problems: unemployment, alcoholism, violence, discrimination, depression. Key life situations, interpersonal relationships. Foundations, volunteering. Expressing dissatisfaction and resentment. Recent Polish history – describing events, discussing historical facts. Polish holidays. Easter and traditions. Describing situations. Expressing temporal contexts. Discussing the past – important dates, Solidarity, martial law. Poland and Polish society. Politics. Power in Poland. Polish parliament, political parties, elections. Animals. Ecology and environmental protection. Polish consumer. Exchanging opinions. Comparison. Discussing films

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

Recommended literature:

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

Language of instruction:

Slovak, Polish A1

Notes:student time load:

90 h.
Combined study (S, C): 26 h.
Self-study: 14 h.
Completing of homework and preparation of presentations: 20 h.
Studying for the written test: 15 h.
Studying for the oral exam: 15 h.

Course assessment

The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)	n
64.29	28.57	0.0	0.0	7.14	0.0	0.0	0.0

Instructor: doc. Mgr. Gabriela Olchowa, PhD.

Last changed: 16.02.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1-PAPĽP | **Course name:** Practical Aspects of Human Rights Promotion

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 0
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment:
Active participation in classes (80%)
Fulfillment of assignments:
Processing of a selected human rights topic into the form of a status on social networks (individual work)
Preparation and presentation of a brief presentation on one of the following three options: about a selected book on human rights topics, about a current human rights issue, or about a human rights-focused event or activity (individual work)
Preparation and implementation of a 30-minute discussion on one of the topics of the course (group work)
b) final assessment:
Active participation in the final colloquium

Learning objectives:
Graduates of the course acquired basic knowledge about the observance of human rights in society and learned to analyze these topics in a broader context. During their studies, they developed the ability to critically assess specific cases of human rights violations, examine their causes and consequences, and evaluate what legal and advocacy tools can contribute to solving them. They also gained practical skills in engaging in activities that contribute to improving the human rights situation of groups exposed to violations. Graduates are ready to engage in projects and initiatives aimed at positive changes in the sphere of human rights in their surroundings, while maintaining openness to new perspectives and solutions to human rights violations.

Brief outline of the course:
Universality and Diversity of Human Rights: Theoretical Approaches and Their Application
NGOs in the Human Rights Ecosystem: Actors, Evolution and Impact
Right to Protest: Freedom, Regulations and Authoritarian Practices
Human Rights Defenders: Between Recognition and Persecution
Racism in the 21st Century: Structural Discrimination, Privilege and Marginalization
Housing, poverty and inequality: Economic and social rights at stake
Human Rights Education as a Tool for Change: Knowledge, Values and Civic Engagement
Safe space for all: Preventing sexualized violence through education

Cultivating human rights hope: Social, activist and artistic practice
Human rights in the digital world
Local and community dimension of human rights protection

Recommended literature:

DEMBOUR, Marie-Bénédicte, 2010. What Are Human Rights? Four Schools of Thought. In: Human Rights Quarterly [online]. Johns Hopkins University Press, 32(1), 2-20 [cit. 2024-05-03]. ISSN 1085-794X. Dostupné na: https://doi.org/10.1353/hrq.0.0130.
DONNELLY, Jack, 2003. Universal Human Rights in Theory and Practice. Ithaca: Cornell University Press. 290 p. ISBN 978-0-8014-8776-7.
MOYN, Samuel, 2022. Poslední utopie. Lidská práva v dějinách. Praha: Rybka Publishers. 387 s. ISBN 978-80-87950-92-0.
SLIWINSKI, Sharon, 2009. The Aesthetics of Human Rights. In: Culture, Theory & Critique [online]. Taylor & Francis, 50(1), 23-39 [cit. 2024-02-01]. ISSN 1473-5776. Available at: https://www.researchgate.net/publication/263415538_The_Aesthetics_of_Human_Rights
MADDEN, David; MARCUSE, Peter, 2020. Na obranu bydlení. Praha: Neklid. 166 s. ISBN 9788090756229
AMNESTY INTERNATIONAL, 2024. Nedosiahnuteľná potreba bývať - Výskum o práve na bývanie a dostupnosti verejného nájomného bývania na Slovensku. Amnesty International. 325 s. EUR 72/8641/2024
Relevant Human Rights Online Courses from Amnesty International (academy.amnesty.org, eduworkout.org)
CUSHMAN, Thomas ed. Handbook of Human Rights. New York: Routledge, s. 7-21. ISBN: 978-0-203-88703-5.
hooks, bell, 2023. Feminismus je pro všechny. Politika vášně. Olomouc: Broken Books. 155 s. ISBN 978-80-906307-3-4.
ISHAY, Micheline R., 2023. The Human Rights Reader. New York: Routledge. 693 p. ISBN: 978-1-003-12140-4.
GRAEBER, David a David WENGROW, 2023. Počiatok všetkého. Nová história ľudstva. Bratislava: Tatran. 671 s. ISBN 978-80-222-1402-5.
GREAR, Anna, 2020. Embrancing vulnerability. Notes towards human rights for a more-than-human world. In: BEDFORD, Daniel a Jonathan HERRING, eds. Embrancing vulnerability: The challenges and implication for law. New York: Routledge, pp. 153-174. ISBN: 978-1-351-10570-5.
AGHA, Peter, 2018. Lidská práva v mezikulturních perspektivách. Praha: Nakladatelství Academia, ISBN 978-80-200-2958-4.
GONZALES-SALZBERG, Damian A. a Loveday HODSON, 2020. Research methods for international human rights law. New York: Routledge. ISBN 978-0-429-46897-1.
SMITH, Rhona a Lee McCNNEL, 2018. Research Methods in Human Rights. New York: Routledge. ISBN 978-1-315-67263-2.

Language of instruction:

English, Slovak

Notes:student time load:

Total: 90 hours
- of which:
lectures: 39 hours
preparation of assignments: 30 hours
self-study and preparation for the final colloquium: 21 hours

Course assessment
The final number of assessed students: 26

abs	n	p	v
92.31	7.69	0.0	0.0

Instructor: doc. PhDr. Martina Bolečeková, PhD.

Last changed: 31.08.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-KRE-402 | **Course name:** Psychology of creativity

Type, extent and method of instruction:
Form of instruction: Practical
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1511

A	B	C	D	E	FX(0)	FX(1)	n
59.36	15.75	11.58	6.55	5.36	0.13	1.26	0.0

Instructor: doc. PaedDr. Lucia Pašková, PhD., PaedDr. Magdaléna Kremnická, PhD.

Last changed: 17.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-256	**Course name:** Representation 1
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 41

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc.

Last changed: 09.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-257	**Course name:** Representation 2
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 34

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc.

Last changed: 09.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-258	**Course name:** Representation 3
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 33

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc.

Last changed: 09.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-RIS-513 | **Course name:** Rod, identita, spoločnosť

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 223

abs	n	p	v
87.89	12.11	0.0	0.0

Instructor: doc. PhDr. Alžbeta Brozmanová Gregorová, PhD., Mgr. Jana Šolcová, PhD., PhDr. Katarína Kurčíková, PhD., PhDr. Lucia Galková, PhD., doc. Mgr. Lívia Nemcová, PhD., doc. PaedDr. Lenka Rovňanová, PhD., Mgr. Zuzana Heinzová, PhD., Mgr. Martina Kubealaková, PhD., univ. doc., prof. PhDr. Alexandra Bitušíková, CSc., doc. Ing. Kamila Borseková, PhD., PhDr. Kamila Koza Beňová, PhD., RNDr. Elena Kupcová, PhD., Mgr. Lujza Urbancová, PhD., PaedDr. Zuzana Bariaková, PhD.

Last changed: 29.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 12-RSOA	**Course name:** Rozvojová spolupráca a občianska angažovanosť

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 0 / 0
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I., II.

Prerequisites:

Course completion conditions:
a) continuous assessment:
Project Proposal (SlovakAid Template): 0-80 points
b) final assessment:
Project Presentation: 0-20 points

Learning objectives:
Students:
1. understand the fundamental theoretical concepts and terminology related to development cooperation and international development, and understand their interrelationships and systemic connections;
2. are able to apply acquired knowledge when examining specific cases in the fields of development cooperation and international development, interpret findings, and draw relevant conclusions;
3. can critically assess the activities and roles of various actors in these fields, identify problematic aspects, and propose appropriate solutions or alternative approaches;
4. are capable of developing a development project proposal on a selected or assigned topic, applying theoretical knowledge, analytical skills, and the ability to design effective solutions to development challenges.

Brief outline of the course:
1. Terminology, instruments and forms of development assistance implementation, motivations for providing aid, and the economic significance of international development cooperation
2. Introduction to development project management
3. Major development challenges in Africa, Asia, and Latin America
4. Development assistance providers (official donors and emerging donors), international organizations and institutions engaged in development cooperation, and the SDGs
5. The development policy of the European Union
6. The role of the non-governmental organisations and private sector in international development cooperation
7. Development cooperation of the Slovak Republic – historical overview, institutional framework, territorial and sectoral priorities, and key challenges of Slovak development policy
8. Analysis of selected development projects implemented under the SlovakAid
9. Development diplomacy and its practical implementation

10. Aid for Trade, the Business Partnership Programme, and other development cooperation initiatives
11. Development project design and preparation
12. Presentations of development projects

Recommended literature:

ZHAO, J. (2023): International Development Cooperation: Theory, Practice, and Evaluation. ISBN 978-9811258879.
HASLAM, P. A. – SCHAFER, J. – BEAUDET, P. (2021): Introduction to International Development: Approaches, Actors, Issues, and Practice, 4th Edition. ISBN 978-0199036431.
DEVELTERE, P. – HUYSE, H. – VAN ONGEVALLE, J. (2021): International Development Cooperation Today: A Radical Shift Towards a Global Paradigm. ISBN 978-9462702615.
POTTER, R. et al. (2018): Geographies of Development. An Introduction to Development Studies, 4th Edition. ISBN 978-1138794306.
TODARO, M. P. – SMITH, S. C. (2020): Economic Development, 13th Edition. ISBN 978-1292291154.
KINGSBURY, D. et al. (2016): International Development. Issues and Challenges, 3rd Edition. ISBN 978-1-137-42940-7.
MINISTRY OF FOREIGN AND EUROPEAN AFFAIRS OF THE SLOVAK REPUBLIC (2025): Medium-Term Strategy for Development Cooperation of the Slovak Republic for 2025-2030.
Official websites SlovakAid, OECD, United Nations, European Union and others.

Language of instruction:
Slovak, English

Notes:student time load:

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: doc. PhDr. Martina Bolečeková, PhD.

Last changed: 18.06.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-rus-234 | **Course name:** Russian Language and for Beginners 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The student has the right to one resit. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
a) continuous assessment:
1. Test: 25 p.
2. Test: 25 p.
b) final assessment:
Written exam: 50 p.

Learning objectives:
The student can speak in Russian on the A2 level. They can navigate the following topics: nationalities, states, languages, professions, housing. They understand and can retell and interpret simple texts. They know and use the correct grammatical categories and can identify stylistic differences among texts. They can translate simple texts on the selected topics.

Brief outline of the course:

Recommended literature:
1. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 1. Moskva: Flinta, 2011, ISBN 978-5-89349-804-2
2. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 2. Moskva: Flinta, Nauka, 2011, ISBN 978-5-89349-938-4
3. BITECHINA, G. A. a kol.: 26 urokov po razvitiu reči. Moskva: Russkij jazyk, 1975
4. DEKANOVÁ, E., ONDREJČEKOVÁ, E.: Да! Ruština, Učebnica a cvičebnica. ENIGMA, 2008, ISBN 80-89132-30-8
5. KAPITANOVA, T. I. a kol.: Testy, testy, testy... Sankt-Peterburg: Zlatoust, 2010, ISBN 978-5-86547-406-7
6. KOVÁČIKOVÁ, T.: Ruština pre samoukov. Bratislava: Slovenské pedagogické nakladateľstvo, 2009, ISBN 978-80-10-01588
7. LIZOŇ, M.: Jazykové cvičenia pre 1. a 2.ročník, FF UMB, Banská Bystrica
8. NEKOLOVÁ, V., CAMUTALIOVÁ, I., VASILJEVOVÁ, A.: Ruština nejen pro samouky. Praha: Leda, 2006, ISBN 8085927969

Language of instruction:
Russian A2, Slovak C2

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

Course assessment
The final number of assessed students: 54

A	B	C	D	E	FX(0)	FX(1)	n
72.22	12.96	1.85	3.7	0.0	9.26	0.0	0.0

Instructor: Mgr. Igor Cintula, PhD.

Last changed: 13.09.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-rus-233 | **Course name:** Russian language for beginners 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The student has the right to one resit. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements. The grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
a) continuous assessment:
1. Test: 25 p.
2. Test: 25 p.
b) final assessment:
Written exam: 50 p.

Learning objectives:
The student can speak in Russian on the level A1–A2. They can answer the questions: Who is it? What is it? What is its name? What is your name? Where is it? (place adverbial) They can form negative sentences, decline, and conjugate. They can apply this knowledge to create their own professional CV. They can use the lexical units in accordance with the speech etiquette.

Brief outline of the course:
The course focuses on developing basic language skills on the A1–A2 level. Simple communication situations, reading and listening comprehension are trained.
Specific attention is paid to speech etiquette, addressing, and greeting (Russian vs. Slovak).

Recommended literature:
1. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 1. Moskva: Flinta, 2011, ISBN 978-5-89349-804-2
2. ARKADIEVA, E. V., GORBANEVSKAJA, G. V., KIRSANOVA, N. D. MARČUK, I. B. Kogda ne pomagajut slovari... časť 2. Moskva: Flinta, Nauka, 2011, ISBN 978-5-89349-938-4
3. BITECHINA, G. A. a kol.: 26 urokov po razvitiu reči. Moskva: Russkij jazyk, 1975
4. DEKANOVÁ, E., ONDREJČEKOVÁ, E.: Да! Ruština, Učebnica a cvičebnica. ENIGMA, 2008, ISBN 80-89132-30-8
5. KAPITANOVA, T. I. a kol.: Testy, testy, testy... Sankt-Peterburg: Zlatoust, 2010, ISBN 978-5-86547-406-7
6. KOVÁČIKOVÁ, T.: Ruština pre samoukov. Bratislava: Slovenské pedagogické nakladateľstvo, 2009, ISBN 978-80-10-01588
7. LIZOŇ, M.: Jazykové cvičenia pre 1. a 2.ročník, FF UMB, Banská Bystrica

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

Language of instruction:
Russian A1, Slovak C2

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

Course assessment
The final number of assessed students: 54

A	B	C	D	E	FX(0)	FX(1)	n
68.52	9.26	9.26	5.56	0.0	7.41	0.0	0.0

Instructor: Mgr. Igor Cintula, PhD.

Last changed: 13.09.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-VAV1-613 | **Course name:** Science and Faith

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 39
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 14

abs	n	p	v
28.57	71.43	0.0	0.0

Instructor: prof. ThDr. Pavel Hanes, PhD., Mgr. Benjamin Uhrin, ThD.

Last changed: 17.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: D_1_ZpUzUdP_cup	**Course name:** Skills for Success: From University to Practice

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) Attendance and active participation in classes, with a maximum permitted absence of one 160-minute session – 30%
b) Submission of partial assignments for each thematic area – 10%
c) Final group presentation on a selected topic from the course syllabus, demonstrating the ability to apply the acquired skills to specific real-life situations, including feedback to team members – 60%
If a student does not successfully complete the course in the regular assessment period, they will be required to complete an individual assignment and subsequently present their work in a form determined by the examiner, accounting for 100% of the final assessment.

Learning objectives:
The course focuses on the development of key transferable skills, including soft skills and power skills, required for graduates' successful transition into professional practice in companies, shared service centres, consulting firms, financial institutions and the public sector.
In cooperation with the American Chamber of Commerce in the Slovak Republic, AmCham Slovakia, and participating business entities, the course reflects current employer expectations regarding graduates of economics-oriented study programmes. Particular emphasis is placed on business communication, teamwork, problem-solving, working with information, and decision-making under uncertainty.
Upon successful completion of the course, students will be able to:
• communicate effectively in a professional and multicultural working environment, including communication in English;
• work in teams and contribute to solving practical business-related problems, such as process improvements, customer situations and project-based tasks;
• argue, present proposed solutions and defend their opinions based on data and facts;
• handle feedback, conflict situations and performance pressure in the workplace;
• apply basic principles of critical thinking, decision-making and time management in economic and managerial practice;
• operate effectively in the environment of shared service centres, business service centres and the corporate culture of international companies.

The course was developed in cooperation with the American Chamber of Commerce in the Slovak Republic, AmCham Slovakia, and the Banská Bystrica Self-Governing Region. The Slovak version of the course will be delivered by professional soft-skills lecturers, such as Learning and Development Managers, Education Specialists and Certified Coaches, from companies associated within the Business Service Center Forum, BSCF, of AmCham Slovakia, including Accenture, IBM, GAMO, GlobalLogic, KPMG and potentially other companies.

Brief outline of the course:

Critical thinking and decision-making
• Critical thinking when working with information and data
• Decision-making under uncertainty and risk
• Managerial versus analytical decision-making
• Cognitive biases in economic decision-making
• Short practical case studies based on real company situations
Communication, teamwork and conflict resolution
• Professional and business communication in Slovak and English
• Communication in a multicultural environment
• Team roles and cooperation in projects
• Conflict resolution in teams
• Assertiveness and argumentation
• Simulations of workplace situations
Functioning of companies, shared service centres and remote work
• How business service centres and shared service centres operate
• Employer expectations regarding competencies, behaviour and performance
• Working in international and remote teams
• Corporate culture and “unwritten rules” in companies
Time management, performance and coping with workload
• Time and priority management
• Managing stress and performance pressure
• Work-life balance in practice
• Productivity in project-based environments and under deadlines
• Self-development and personal effectiveness
Feedback, self-reflection and professional development
• Giving and receiving feedback
• Self-reflection and personal strengths and weaknesses
• Working on one’s own development and identifying skill gaps
• Basics of design thinking in the context of solving practical problems
• Final team presentations of practice-oriented solutions

Recommended literature:

Core literature:
1. FISHER, J. 2025. The Next Conversation: Argue Less, Talk More. New York: TarcherPerigee. 2025, 304 s. ISBN: 978-0-593-71872-8.
2. URY, W. 2024. Possible: How We Survive (and Thrive) in an Age of Conflict. New York: Harper Business. 2024, 368 s. ISBN: 978-0-06-328690-0.
3. HELGBIG, K. – NORMAN, M. 2023. The Psychological Safety Playbook: Lead More Powerfully by Being More Human. Vancouver: Page Two Books. 2023, 166 s. ISBN: 978-1-77458-309-8.

4. MILLER, K. Q. – WAHL, S. T. 2023. Business and Professional Communication: KEYS for Workplace Excellence. Thousand Oaks: SAGE Publications. 2023, 456 s. ISBN: 978-1-07182-526-5.
5. BOWMAN, S. 2023. Safe to Great: The New Psychology of Leadership. Figure 1 Publishing. 2023, 160 s. ISBN: 978-1-77327-230-6.
6. KONČITÍKOVÁ, G. 2021. Inspirace Baťa. Zlín: Inspirace Baťa. 2021, 366 s. ISBN: 978-80-908183-0-9.
7. KONČITÍKOVÁ, G. 2024. Inspirace Baťa 2: Růst Tomáše Bati. Zlín: Inspirace Baťa. 2024, 360 s. ISBN: 978-80-908183-3-0.
8. COVEY, S. R. 2004. The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change. New York: Free Press. 2004, 381 s. ISBN: 978-0-7432-6951-3.
9. HAMILTON, C. 2012. Communication for Results: A Guide for Business and the Professions. 9th ed. Boston: Wadsworth Cengage Learning. 2012, 512 s. ISBN: 978-1-111-34145-1.
10. FISHER, R. – URY, W. L. – PATTON, B. 2011. Getting to Yes: Negotiating Agreement Without Giving In. 3rd ed. New York: Penguin Books. 2011, 208 s. ISBN: 978-0-14-311875-6.
11. PATTERSON, K. – GRENNY, J. – McMILLAN, R. – SWITZLER, A. 2011. Crucial Confrontations: Tools for Resolving Broken Promises, Violated Expectations, and Bad Behavior. 2nd ed. New York: McGraw-Hill Education. 2011, 256 s. ISBN: 978-0-07-177132-0.
Supplementary literature:
1. REYNOLDS, G. 2014. Presentation Zen: Simple Ideas on Presentation Design and Delivery. 2nd ed. Berkeley: New Riders. 2014, 288 s. ISBN: 978-0-321-81635-9.
2. WEISSMAN, J. 2009. Presenting to Win: The Art of Telling Your Story. 2nd ed. New York: FT Press. 2009, 256 s. ISBN: 978-0-13-700906-5.
3. BOOHER, D. 1994. Confrontational Communication: Delivering Negative Feedback, Bad News, and Other Straight Talk. New York: Houghton Mifflin. 1994, 224 s. ISBN: 978-0-395-63500-6.
4. STONE, D. – HEEN, S. 2014. Thanks for the Feedback: The Science and Art of Receiving Feedback Well. New York: Viking. 2014, 368 s. ISBN: 978-0-670-02578-9.
The literature will be supplemented by corporate training materials used in internal learning and development activities of the individual companies associated within the Business Service Center Forum, BSCF, of the American Chamber of Commerce in the Slovak Republic.

Language of instruction:
Slovak, English

Notes:student time load:
Total student workload: 90 hours, of which:
Blended learning: lectures, seminars and consultations: 26 hours
Self-study: 34 hours
Preparation for continuous assessment: 10 hours
Preparation for the examination and final assessment: 20 hours

Course assessment
The final number of assessed students: 0

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

Instructor: Ing. Michal Mešťan, PhD., MBA

Last changed: 11.05.2026

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-scl-02	**Course name:** Slovak for foreigners S

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The main language of instruction is Slovak at the B2 level according to the Common European Framework of Reference for Languages.
a) continuous assessment: continuous tests from vocabulary and grammar (0-30 points), written home-works (0-10 points),
b) final assessment: continuous assessment (0 – 40 points), final written test (0 – 20 points), oral exam (0 – 40 points).
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements.

Learning objectives:
A foreign student will acquire knowledge and skills depending on the initial language level according to the Common European Framework of Reference for Languages.

Brief outline of the course:
Topics: travelling, daily activities, colours, generational differences, economy, media, relationships, cities, orientation on streets, migration and tolerance, universities, work, profession, school, shopping, personal data, nature and character, Slovak republic, Slovak history, political and administrative system, citizenship, geography, culture, traditions, minorities, sports, sporting events, restaurants, crime and punishment, life in cities and in villages, environment and ecology, lifestyle.

Recommended literature:
BARKOVÁ, Viera – BUZNOVÁ, Viktória – DRATVA, Tomáš.: Slovenčina pre cudzincov – cvičebnica. Bratislava – SPN – Mladé letá, 2007.
BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovorme spolu po slovensky B1. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2016.
BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovorme spolu po slovensky B2. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.
DRATVA, Tomáš.: Slovenčina pre cudzincov. 4. vyd. Bratislava – SPN – Mladé letá, 2007.
PAPP, Štefan – LIPKOVÁ, Mária.: Prehľadná gramatika – slovenčina. Dubicko – INFOA, 2012.
PEKAROVIČOVÁ, Jana.: Slovenčina pre cudzincov – praktická fonetická príručka. Bratislava – STIMUL, 2005.

ULIČNÁ, Martina – ANDOROVÁ, Iveta – BÁČKAIOVÁ, Klaudia – GABRÍKOVÁ, Adela.: Tri, dva, jeden – slovenčina. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.
VAJIČKOVÁ, Mária.: Slovenčina pre cudzincov – gramatické cvičenia. 4. vyd. Bratislava – Univerzita Komenského, 2009.
ŽIGOVÁ, Júlia.: Praktikum zo slovenskej gramatiky a ortografie pre cudzincov. Bratislava – Univerzita Komenského, 2015.
Gramatické tabuľky, slovníky, lektorské didaktické materiály rozvíjajúce lexiku, systematizujúce gramatiku aj ortografiu.

Language of instruction:

Notes:student time load:
90 hours:
in-class (L, S, C): 26 hours
work with specialised literature and sources: 20 hours,
seminars preparation 30 hours,
final assessment preparation: 14 hours

Course assessment
The final number of assessed students: 69

A	B	C	D	E	FX(0)	FX(1)	n
18.84	17.39	23.19	11.59	10.14	13.04	5.8	0.0

Instructor: PhDr. Annamária Genčiová, PhD., Mgr. Monika Bartošová

Last changed: 24.01.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-scz-01	**Course name:** Slovak for foreigners W

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
The main language of instruction is Slovak at the B2 level according to the Common European Framework of Reference for Languages.
a) continuous assessment: continuous tests from vocabulary and grammar (0-30 points), written home-works (0-10 points),
b) final assessment: continuous assessment (0 – 40 points), final written test (0 – 20 points), oral exam (0 – 40 points).
The maximum number of points consisting of continuous and final assessment is 100. Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100 for completing the given requirements.

Learning objectives:
A foreign student will acquire knowledge and skills depending on the initial language level according to the Common European Framework of Reference for Languages.

Brief outline of the course:
Topics: travelling, daily activities, colours, generational differences, economy, media, relationships, cities, orientation on streets, migration and tolerance, universities, work, profession, school, shopping, personal data, nature and character, Slovak republic, Slovak history, political and administrative system, citizenship, geography, culture, traditions, minorities, sports, sporting events, restaurants, crime and punishment, life in cities and in villages, environment and ecology, lifestyle.

Recommended literature:
BARKOVÁ, Viera – BUZNOVÁ, Viktória – DRATVA, Tomáš.: Slovenčina pre cudzincov – cvičebnica. Bratislava – SPN – Mladé letá, 2007.
BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovorme spolu po slovensky B1. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2016.
BORTLÍKOVÁ, Alica – MAIEROVÁ, Eva – NAVRÁTILOVÁ, Jana.: Hovorme spolu po slovensky B2. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.
DRATVA, Tomáš.: Slovenčina pre cudzincov. 4. vyd. Bratislava – SPN – Mladé letá, 2007.
PAPP, Štefan – LIPKOVÁ, Mária.: Prehľadná gramatika – slovenčina. Dubicko – INFOA, 2012.
PEKAROVIČOVÁ, Jana.: Slovenčina pre cudzincov – praktická fonetická príručka. Bratislava – STIMUL, 2005.

ULIČNÁ, Martina – ANDOROVÁ, Iveta – BÁČKAIOVÁ, Klaudia – GABRÍKOVÁ, Adela.: Tri, dva, jeden – slovenčina. Bratislava – Univerzita Komenského, Centrum ďalšieho vzdelávania, 2017.
VAJIČKOVÁ, Mária.: Slovenčina pre cudzincov – gramatické cvičenia. 4. vyd. Bratislava – Univerzita Komenského, 2009.
ŽIGOVÁ, Júlia.: Praktikum zo slovenskej gramatiky a ortografie pre cudzincov. Bratislava – Univerzita Komenského, 2015.
Gramatické tabuľky, slovníky, lektorské didaktické materiály rozvíjajúce lexiku, systematizujúce gramatiku aj ortografiu.

Language of instruction:
Slovak

Notes:student time load:
90 hours:
in-class (L, S, C): 26 hours
work with specialised literature and sources: 20 hours,
seminars preparation 30 hours,
final assessment preparation: 14 hours

Course assessment
The final number of assessed students: 110

A	B	C	D	E	FX(0)	FX(1)	n
20.0	6.36	6.36	16.36	22.73	7.27	20.91	0.0

Instructor: PhDr. Annamária Genčiová, PhD., Mgr. Monika Bartošová, Mgr. Miroslava Kyseľová, PhD.

Last changed: 25.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-233 **Course name:** Snowboarding Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 32

A	B	C	D	E	FX(0)	FX(1)
53.13	9.38	0.0	0.0	0.0	37.5	0.0

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

Last changed: 18.10.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-SOP-401 | **Course name:** Social psychology

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 13
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1342

A	B	C	D	E	FX(0)	FX(1)	n
25.19	22.21	25.04	17.29	6.78	0.97	2.53	0.0

Instructor: Mgr. Matúš Kubíny

Last changed: 17.06.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-spr-193 | **Course name:** Sociology: practical knowledge of society

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 274

abs	n	p	v
99.27	0.73	0.0	0.0

Instructor: Mgr. Roman Hofreiter, PhD., univ. doc., doc. Mgr. M. A. Ivan Chorvát, CSc.

Last changed: 27.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-sju-001	**Course name:** Spanish language 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The maximum total number of points obtained for the interim and final assessment is 100. Credits will be awarded to a student who has earned at least 65 out of 100 points for fulfilling the specified requirements.
a) continuous assessment:
participation and activities in classes (0-20 points)
b) final assessment:
final exam (0-80 points)

Learning objectives:
At the end of the course, the student is able to give information about himself and his family, introduce his field of study and the school where he studies, talk about his habits, describe his room/apartment/house; he can communicate in the present tense, recognises the announcement and command modes; knows the principles of Spanish grammar at A1 level; understands basic vocabulary expressions and can use them in the right situation; can understand simple text on common topics, understand simple instructions and follow simple orientation instructions.

Brief outline of the course:
1. Family, 2. Days of the week, months, 3. Everyday repetitive activities, 4. Reversible verbs in the present tense, 5. Imperative negative, 6. Description of the house/apartment and furnishings, 7. Eating habits in Spain and Slovakia, 8. Timing of irregular verbs in the present tense, 9. Leisure time

Recommended literature:
1. CASTRO VIÚDEZ, F. et al. 2012. Español en marcha. Madrid: SGEL. 2012
2. CORPAS, J. et al. 2013. Aula internacional 1 Nueva edición. Barcelona: difusión.

Language of instruction:
Spanish A1

Notes:student time load:
120 hours, of which: full-time study: 26 hours Exam preparation + written exam: 94 hours

Course assessment
The final number of assessed students: 103

A	B	C	D	E	FX(0)	FX(1)	n
38.83	14.56	14.56	9.71	7.77	13.59	0.97	0.0

Instructor: Mgr. Eva Reichwalderová, PhD., univ. doc.

Last changed: 14.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-104	**Course name:** Sport Games 1 (Volleyball, Handball, Floorball)

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 52
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is the compulsory, active participation of the student in the lessons. Acceptable absences are 4 hours. from the total subsidy for the semester. It is only valid for students without an individual study plan.
During the teaching part of the semester, the student undergoes testing of the level of practical skills and performance in the game in the sports games of volleyball, handball and floorball. In the last week, he will take a written test on the rules of these 3 sports games. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
a) continuous assessment:
- Test of practical skills and game performance: 80 p. (min. 52 p.)
- Volleyball: 40 p. (min. 26 p.)
- Handball: 20 points (min. 13 p.)
- Floorball: 20 points (min. 13 p.)
- Written test focused on game rules: 20 points (min. 13 p.)

b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- understands the importance of sport games for the physical development and can integrate it into their regimen;
- knows and uses correct terminology (volleyball, handball, and floorball);
- knows the rules of volleyball, handball, and floorball;

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

Brief outline of the course:

Brief outline of the course:

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

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

Social-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).

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. – PAVLOVIĆ, 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, Ľ. – 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: 1002

A	B	C	D	E	FX(0)	FX(1)
1.9	24.35	37.23	22.85	6.69	0.2	6.79

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-114	**Course name:** Sport Games 2 (Basketball, Football)

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 52
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is the compulsory, active participation of the student in the lessons. Acceptable absences are 4 hours. from the total subsidy for the semester. It is only valid for students without an individual study plan.
During the teaching part of the semester, the student undergoes testing of the level of practical skills and performance in the game in the sports game of basketball, testing of skills and practical presentation of the application of methodological and organizational forms in the training and improvement of HČJ, HK and HS in the sports game of football. In the last week, he will take a written test from the rules of these 2 sports games. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
a) continuous assessment:
- Test of practical skills and game performance (basketball): 40 p. (min. 26 p.)
- Test of practical skills (football): 10 p. (min. 6.5 p.)
- Demonstration of methodological and organisational forms in football: 30 p. (min. 19.5 p.)
- Written test focused on game rules: 20 points (min. 13 p.)

b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- knows and uses correct terminology (basketball, football);
- has theoretical knowledge of the social-interactional as well as methodological and organisational forms and their application in training and improvement of individual drills, combinations, and the game system;

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

Brief outline of the course:

Brief outline of the course:
The rules and terminology of basketball and football.
Social-interactional and methodological-organizational forms in sport games.
Player roles, game actions, drills, game system, game combinations.
Training and improvement – defence and offence drills (methodology).
Training and improvement – defence and offence combinations (methodology). Training and improvement – defence and offence game systems (methodology). Complex individual improvement (match).
Judging, leadership, organisation – tournaments. Basics diagnostics in sports games (motor skill test, check-up exercises).
Practical outputs.

Recommended literature:

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

Language of instruction:

slovak

Notes:student time load:

student time load
90 h.
Combined study (L, S, C): 52 h.
Preparation for the evaluation (practical skills): 22 h. Preparation for the practical demonstration: 8 h.
Studying for the written test (game rules): 8 h.

Course assessment
The final number of assessed students: 514

A	B	C	D	E	FX(0)	FX(1)
5.45	32.1	37.16	17.51	4.47	0.19	3.11

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-999	**Course name:** Sport Sciences

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. An acceptable absence is 2 hours. from the total subsidy for the semester. It only applies to students without an individual study plan. In the course of the semester, the student submits one term paper for evaluation and at the end passes a written exam on knowledge of the subject of Sports Science.
a) continuous assessment:
- semester work is focused on social issues of Sports Sciences and professional issues of Sports Sciences: max 50 points, min 32.5 points.
b) final assessment:
- written exam: max 50 points, min 32.5 points.
The maximum number of points obtained for the interim and final assessment is 100 points, which represents 100%. Corresponds to the rating scale (A = 100 - 94%, B = 93 - 87%, C = 86 - 80%, D = 79 - 73%, E = 72 - 65%, FX = 64 and below). Credits will be awarded to a student who has obtained at least 65% of all points in the subject for fulfilling the specified conditions, while obtaining at least the minimum number of points from both the interim and final evaluation.

Learning objectives:
Learning outcomes:
The student:
- understands the position of the Sport Sciences field of study in the context of the education system and related study fields
- understands the basic concepts of sport sciences
- knows and uses correct terminology
- understands the structure of Sport Sciences as a field of study from the historical as well as current viewpoints
- understands the research activities in sport sciences
- can navigate the up-to-date legislation addressing education and sports.

Brief outline of the course:
Brief outline of the course:
Introduction. The university education system.

Sport Sciences as a research field – system, subject matter, methods, structure, related fields.
The position of sport sciences within society and its impact on other social areas.
Basic sports legislation, funding sports, gaining professional qualifications in sports.
Basic concepts of sport sciences.
Organisation of physical education and sports in the Slovak Republic.
Basic information on the creation of seminar papers and final theses. Research methods in sport sciences and their practical application.

Recommended literature:

Recommended literature:
1. KASA, J. – ŠVEC, Š. Terminologický slovník vied o športe. Bratislava: PEEM, 2007. 270, ISBN 978-80-89197-78-1.
2. KOMPÁN, J – PAUGSCHOVÁ, B. – VALENČÁKOVÁ, V. Vedy o športe. Ústí nad Labem: Univerzita J.E. Purkyně, Pedagogická fakulta, 2010, 162 s, ISBN 9788074142741
3. STARŠÍ, J. 1999. Vedy o športe. Kapitoly z metodológie. Banská Bystrica: KTVŠ FHV UMB, 1999.
4. SÝKORA, F. et al. 1995. Telesná výchova a šport. [Terminologický a výkladový slovník]. Bratislava : F. R. C. s r. o., 402 s. 1995. ISBN 80-85508-26-5
5. Zákony: aktuálna legislatíva v športe: https://www.minedu.sk/vseobecne-zavazne-predpisy/

Language of instruction:
slovak

Notes:student time load:
student time load
120 h.
Combined study (L, S, C): 26 h.
Seminar paper preparation: 49 h. Consulting: 10 h.
Studying for the oral exam: 35 h.

Course assessment
The final number of assessed students: 1160

A	B	C	D	E	FX(0)	FX(1)
1.47	5.09	14.05	22.07	32.16	2.59	22.59

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-351	**Course name:** Sport Specialization 1 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Student time load: X h.
Total time load: 180 h. Presence study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Studying for the oral exam: 71 h.

Learning objectives:
Learning outcomes:
The student
- acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
- applies this knowledge in the training process
- understands types of downhill skiing competitions, their development and organisations
- applies their knowledge to evaluate the performance of the contemporary athletes
- knows the history and development of downhill skiing around the world and in the SR including the evolution of alpine disciplines
- develops complex knowledge of the discipline's evolution

Brief outline of the course:
Brief outline of the course:
Introduction: goal, tasks, evaluation. The contemporary position of downhill skiing as a sport – system, importance, competitions. The history and evolution of downhill skiing, different types of competitions, current sports rules. Downhill skiing organisations in Slovakia and abroad. Current issues in this sports discipline.

Recommended literature:
Recommended literature:
BRODA, T. 1990. Trénink sjezdových disciplín v lyžování. SPN, Praha, 1990. HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32.Šport, Bratislava, 1979
MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591

MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
PODEŠVA, V. et al. 1986: Lyžování: Sjezdové disciplíny. Základní programový materiál pro oblast vrcholového sportu. Praha: ÚV ČSTV, 1986. 106 s.
ŠIMONEK, J. et al. 1989. Modelovanie dlhodobej športovej prípravy v individuálnych športoch. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1989.
Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do samostatnej práce

Language of instruction:

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

Course assessment
The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	40.0	60.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-201 | **Course name:** Sport Specialization 1 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the assigned topic, participation in organizing and deciding athletic competitions, active participation in the training process, passing written and oral exams.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 20 points
b) final assessment:
- written and oral exam 0 - 50 points and based on continuous assessment.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
Learning outcomes:
The student
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the system of athletics as a sport, its development, organisations, and the Children's Athletics project
4. applies their knowledge to evaluate the performance of the current athletes
5. knows the history and development of athletics around the world and in the SR including the evolution of different athletic disciplines
6. develops complex knowledge of their own athletic discipline

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

Recommended literature:
Recommended literature:

ČILLÍK, I. a kol. 2018 Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ISBN 978-80-973058-0-2
ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
ČILLÍK, I. a kol. 2022. Detská atletika II. Bratislava: Slovenský atletický zväz. 95 s. ISBN 978-80-973058-4-0
Slovak and foreign specialised journals. www.atletikasvk.sk
www.wa.org www.ea.org

Language of instruction:
slovak, english

Notes:student time load:
Recommended literature:
ČILLÍK, I. a kol. 2018 Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ISBN 978-80-973058-0-2
ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
Slovak and foreign specialised journals. www.atletikasvk.sk
www.wa.org www.ea.org

Course assessment
The final number of assessed students: 45

A	B	C	D	E	FX(0)	FX(1)
2.22	24.44	17.78	33.33	17.78	4.44	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-211	**Course name:** Sport Specialization 1 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – individual offensive drills (IOD): 0–20 p.
- IAD technique demonstration: 0–10 p.
basic stance, three-throw (1 p.), dribbling on the spot (2 p.), two-handed and one-handed pass, ball catching (3 p.), releasing a player without the ball and taking the ball (2 p.), releasing a player with the ball (2 p.). Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the two-hand ball pass properly, they may score 0 p. for the passing technique per se.
- Seminar paper addressing individual offensive drills: 0–20 p.
- written test from the theory addressed in lectures: 0–50 p.
b) final assessment:
Based on the continuous assessment.

Learning objectives:
Learning outcomes:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. knows the history and understands the development of basketball around the world and in the SR including competitions
3. understands individual drills, combinations, and the game system
4. can perform IAD properly
5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:

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

Recommended literature:

Recommended literature:
1. ARGAJ, G. 2018. 100 pohybových hier pre mladých basketbalistov. Bratislava: SBA, 2018. ISBN 978-80-973081-4-8
2. HORIČKA, P. 2014. Basketbal. Teória a didaktika, 1. vyd. Nitra: PF UKF Nitra, 2014, 155 s.ISBN 978-80-558-0673-0.
3. HULKA, K. - VÁLEK, Š., 2013. Management náboru a sportovní příprava dětí vminibasketbale, 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2013, 57 s. ISBN 978-80-244-3383-7.
4. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
5. MAČURA,P. a kol. 1994. Teória a didaktika basketbalu. Bratislava : FTVŠ UK , 1994, 143 s.ISBN 80-223-0501-4.
6. MAČURA, P. 2004. Slovensko-anglický basketbalový slovník 1. vydanie. Bratislava: Združenie trénerov Slovenskej basketbalovej asociácie, 2004, 98 s. ISBN 80-89197-16-7.
7. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
8. PERÁČEK,P. et al. 2004 Teória a didaktika športových hier I. Bratislava : FTVŠ UK , 2004,184 s. ISBN 80-89197-00-0.
9. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing.2006, 504 s. ISBN 80-247-1011-0.
10. RUDEŽ, I. 2019. Obsahové štandardy basketbalovej prípravy pre vekové kategórie U12 - U18. Metodická príručka. Bratislava: Slovenská basketbalová asociácia, 2019, 72 s. ISBN 978-80-570-0598-8.
11. VASIĽKO, T. 2004. História basketbalu z pohľadu Banskej Bystrice. Banská Bystrica: MAGENTA - Vlkanová, 2004, 398 s.
12. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN80-85669-47-5.
http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/
Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

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

Course assessment
The final number of assessed students: 30

A	B	C	D	E	FX(0)	FX(1)
10.0	23.33	46.67	10.0	6.67	0.0	3.33

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-221 | **Course name:** Sport Specialization 1 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands types of biathlon competitions, their development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of biathlon around the world and in the SR including the evolution of different biathlon disciplines
6. develops complex knowledge of the discipline's evolution

Brief outline of the course:

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

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

Language of instruction:

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

Course assessment
The final number of assessed students: 5

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-261	**Course name:** Sport Specialization 1 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. After completing the semester, the final oral exam.
grade
b) final assessment:
topic presentation: 0–20 p. Oral exam: 0-80 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter
2. understands how to apply it in practice
3. understands the subject matter
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the technique and identify shortcomings

Brief outline of the course:
Brief outline of the course:
Fitness coaching as a recreational sport.
- Fitness coach characteristics.
- Fitness coach position.
- Fitness training philosophy.
- Fitness coach's work.
- Fitness training in recreational sports.
- Developing physical abilities in recreational sportspeople.

Recommended literature:
Recommended literature:

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

Language of instruction:

Notes:student time load:
Notes: student time load
Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 39
preparation of the presentation: 30
self-study: 141

Course assessment
The final number of assessed students: 216

A	B	C	D	E	FX(0)	FX(1)
12.04	28.24	25.93	18.06	12.96	2.78	0.0

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-361 | **Course name:** Sport Specialization 1 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94 b, B = 93 - 87 b, C = 86 - 80 b, D = 79 - 73 b, E = 72 - 65 b). Credits will be awarded to a student who has obtained at least 65% of points from both scoring tasks of the interim assessment for fulfilling the specified conditions, has completed the tasks assigned by the course teachers and has complied with the criterion of minimum attendance at classes.

a) continuous assessment:
Seminar work (literature review of scientific and professional literature from football): 0 - 50 points Analysis of observation of 2 training units (categories of preparations and pupils): 0 - 50 points. Students can correct both tasks of the interim assessment within the deadline set by the teacher within the period for the completion of study obligations.

b) final assessment:
Based on the interim evaluation of the.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. understands the basic rules of football and can use them as a referee
3. understands the basic football didactics (game preparation, organisational forms), can analyse a game (phases, sections, situations) and offense/defence/combination activities.
can design a training unit in accordance with the basic organisational forms and navigates specialised literature.

Brief outline of the course:
History of football. Social aspects of football. Football rules and referee signalling. Football organisations, ISSF system, Grassroots Football. Football didactics and organisational forms, social and interaction forms (SIF), methodological and organisational forms (MOF) in the training process. Game analysis, individual playing techniques. Game combinations, systems, and standard game situations. Using MOF in training and improvement of the player activities – a workshop.

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

Recommended literature:

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

Language of instruction:
slovak

Notes:student time load:
- Student time load 210 hours, of which:
full-time study: 39 hours
preparation and implementation of observation practice: 50 hours
Seminar work (literature search): 50 hours
self-study of recommended literature: 71 hours

Course assessment
The final number of assessed students: 177

A	B	C	D	E	FX(0)	FX(1)
3.95	22.6	38.42	10.73	7.91	2.82	13.56

Instructor: doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Pavol Pivovarniček, PhD.

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-271	**Course name:** Sport Specialization 1 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A = 100–94%, B = 93–87%, C = 86–
80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

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

Brief outline of the course:

Brief outline of the course:
1. Introduction to SZLH Coach Education and Licence System, role of the assistant coach -
2. 21st century player – how the game is changing and what is expected from the player?
3. Drillbook, graphic record keeping
4. Introduction to long-term player development
5. Introduction to coaching competence areas; personal skills in coaching
6. Ice skating in ice hockey – training and improvement
7. The system of game activities in ice hockey
8. Offence game activities in ice hokey
9. Defence game activities in ice hockey
10. Active participation in the education program
Submitting acceptable on- and off-ice session plans
• Active participation in 20 ice trainings
• Training units are recorded in the Drillbook
• Presentation of the selected topic
• Test

Recommended literature:

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

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

Language of instruction:

Notes:student time load:
Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.
Self-study of the recommended literature: 4 h.

Course assessment
The final number of assessed students: 132

A	B	C	D	E	FX(0)	FX(1)
0.76	13.64	34.09	28.03	9.85	9.09	4.55

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-231	**Course name:** Sport Specialization 1 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p.
b) final assessment:
written and oral exams: 0–50 p

Learning objectives:
Learning outcomes:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands judo as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of judo around the world and in the SR including the evolution of different biathlon disciplines
6. develops complex knowledge of their own athletic discipline

Brief outline of the course:
Notes: student time load: 210 h. Combined study (lectures/seminars/consultations): 39
self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
exam preparation: 90

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN

978-80-89257-55-3.

Language of instruction:

Notes:student time load:
Notes: student time load: 210 h. Combined study (lectures/seminars/consultations): 39
self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
exam preparation: 90

Course assessment
The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
78.57	21.43	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-241 | **Course name:** Sport Specialization 1 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Active participation in youth karate coaching in the selected sports club 0 – 20 p. (participation in min. 10 training units)
b) final assessment:
written and oral exams: 0–60 p.

Learning objectives:
Learning outcomes:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands karate as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the history and development of karate around the world and in the SR
6. develops complex knowledge of their own athletic discipline

Brief outline of the course:
Brief outline of the course:
Karate – development, current state, and prognosis in Slovakia and abroad. Major karate figures in Slovakia and abroad.
Innovation in karate rules and changes in competition organisation in Slovakia and abroad.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9

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

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the exam: 90 h.

Course assessment
The final number of assessed students: 10

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	60.0	20.0	20.0	0.0	0.0

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-251	**Course name:** Sport Specialization 1 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
6. develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Kickbox – development, current state, and prognosis in Slovakia and abroad. Major kickbox figures in Slovakia and abroad.
Innovation in kickbox rules and changes in competition organisation in Slovakia and abroad.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN

80-7096-077-9

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 11

A	B	C	D	E	FX(0)	FX(1)
18.18	9.09	18.18	18.18	27.27	9.09	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-291 | **Course name:** Sport Specialization 1 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
- acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
- applies this knowledge in the training process
- understands types of snowboarding competitions, their development and organisations
- applies their knowledge to evaluate the performance of the contemporary athletes
- knows the history and development of snowboarding around the world and in the SR including the evolution of different biathlon disciplines
- develops complex knowledge of the discipline’s evolution

Brief outline of the course:
Brief outline of the course:
Introduction: goal, tasks, evaluation. The contemporary position of snowboarding as a sport – system, importance, competitions. History and evolution of snowboarding
,competition categories and current rules. Snowboarding organisations in Slovakia and abroad. Current issues in this sports discipline.

Recommended literature:

Recommended literature:

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

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

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

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

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

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

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

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

Language of instruction:

Notes:student time load:

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

Course assessment

The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-301	**Course name:** Sport Specialization 1 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process in the lowest categories. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
b) final assessment:
written and oral exams: 0–50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
arning outcomes:
The student:
- The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
- applies this knowledge in the training process
- understands gymnastics as a system, knows competitions, development and organisations
- applies their knowledge to evaluate the performance of the contemporary athletes
- knows the history and development of the discipline around the world and in the SR
- develops complex knowledge of a different gymnastic disciplines.

Brief outline of the course:
Brief outline of the course:
The position of gymnastics – system, importance, categories. The history and development of gymnastics.
Gymnastic organisations in Slovakia and abroad.

Gymnastics development projects.
Current issues.

Recommended literature:

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

Language of instruction:

Notes:student time load:

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

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-281 | **Course name:** Sport Specialization 1 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar papers, active participation in classes, training, judging, written and oral exams.

a) continuous assessment:
- Seminar paper preparation – 20 p.
- Written test – 20 p.
- Active participation in the training process (min. 5 training units) and min. 1x judging (10 p.).

b) final assessment:
Based on the continuous assessment – 50 p. Oral exam – 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
The student:
- has theoretical knowledge of swimming and the history of this sports including swimming competitions and organisations
- understand current swimming rules
- understand the structure of swimming sports
- understands the efficiency of swimming techniques including their biomechanical characteristics
- knows the swimming terminology

Brief outline of the course:
History of swimming as a sport, evolution of different swimming styles, social function and importance of swimming; organising swimming competitions (FINA, LEN, SPF) in in Slovakia and abroad; current swimming rules and their changes; swimming techniques in the structure of swimming sports; hydrostatic and hydrodynamic properties of water and their impact on the body and the swimmer's movement; basic techniques and biomechanics of swimming styles; measuring the efficiency of swimming techniques and diagnostics.

Recommended literature:

1. COUNSILMAN, J., E. Handbuch des sportschwimmens fűr Trainer, Lehrer und Athleten. 2nd Ed.
Bockenem (Germany) : Fahnemann GmbH, 1993. ISBN 3-88565-001-0.
2. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.
3. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.
4. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učební texty.
1. vyd. Bratislava . UK FTVS, SPF, 1996.
5. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika pláv ánia a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
6. RICHARDS, R., J. Coaching Swimming - an introductory manual. 1st Ed. Austrálie : Australian Swimming Inc., 1996.
7. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Kőln (Germany) : Institut fűr Kreislanfforschung und Sportmedizin, 1997.
8. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
+ najnovšia literatúra z problematiky plávania a plaveckých športov

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 210 h.
- Combined study: 39 h.
- Preparation of the presentation: 20 h.
- Active participation in races (organiser/race official): 20 h.
- Active participation in the training process: 30 h.
- Self-study for the written and oral examinations: 101 h.

Course assessment

The final number of assessed students: 24

A	B	C	D	E	FX(0)	FX(1)
25.0	0.0	16.67	4.17	45.83	8.33	0.0

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

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-311 | **Course name:** Sport Specialization 1 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Active participation in youth taekwondo coaching in the selected sports club 0–20 p.
b) final assessment:
written and oral exams: 0–60 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands taekwondo as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the history and development of taekwondo around the world and in the SR
6. develops complex knowledge of their own discipline

Brief outline of the course:
Brief outline of the course:
Taekwondo – development, current state, and prognosis in Slovakia and abroad. Major taekwondo figures in Slovakia and abroad.
Innovation in taekwondo rules and changes in competition organisation in Slovakia and abroad.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9
4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9

5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 1

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-371	**Course name:** Sport Specialization 1 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their own

Brief outline of the course:
Brief outline of the course:
Hiking as a sport.
• The social importance of hiking.
• The history of hiking and outdoor activities.
• Natural navigation – topography.
• Outdoor first aid basics.
• Winter hiking (introduction).
• Winter hiking in practice.

Recommended literature:
Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724

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

Language of instruction:

Notes:student time load:
Notes: student time load
Total: 210 h. Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.
Practice: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-321	**Course name:** Sport Specialization 1 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
- applies this knowledge in the training process
- understands voll as a system, knows competitions, development and organisations
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the history and development of volleyball around the world and in the SR
- develops complex knowledge of their own discipline

Brief outline of the course:
Brief outline of the course:
The position of volleyball – system, importance, other forms. The history and development of volleyball.
Volleyball organisations in Slovakia and abroad. Discipline development projects.
Current issues.

Recommended literature:

Recommended literature:

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

Language of instruction:

slovak czech

Notes:student time load:

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

Course assessment

The final number of assessed students: 25

A	B	C	D	E	FX(0)	FX(1)
64.0	16.0	12.0	4.0	0.0	4.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-331	**Course name:** Sport Specialization 1 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands weightlifting as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of the discipline around the world and in the SR
6. develops complex knowledge of a specific weightlifting style

Brief outline of the course:
Brief outline of the course:
The contemporary position of weightlifting as a sport – system, importance, types. The history of weightlifting in Slovakia and abroad. Weightlifting rules, development, and current state. Organisations in Slovakia and abroad. Current issues.

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:
Notes: student time load
Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 2

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-341	**Course name:** Sport Specialization 1 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands wrestling as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of the discipline around the world and in the SR
6. develops complex knowledge of a specific wrestling style

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:
The contemporary position of wrestling as a sport – system, importance, types. The history of wrestling in Slovakia and abroad. Weightlifting rules, development, and current state. Organisations in Slovakia and abroad. Current issues.

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.

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

Language of instruction:

Notes:student time load:
Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 1

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

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-352	**Course name:** Sport Specialization 2 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of downhill skiing and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Learn about short-distance downhill skiing techniques: training and its methodology. Mastering downhill skiing on different terrains in practice. Snow, types of snow, skiing gear. Waxing – types

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

Recommended literature:

Recommended literature:

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

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

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

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

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

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

Language of instruction:

Notes:student time load:

Total: 210 h.

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

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

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

Course assessment

The final number of assessed students: 2

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-202	**Course name:** Sport Specialization 2 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 20 po- presentation of 2 assigned topics 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 10 points
- practical demonstrations of the technique of short-distance running, relay running and obstacle running 0 - 20 pointsints

b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.

Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

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

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:

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

Recommended literature:

Recommended literature:
Recommended literature:
ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
DUFOUR, M. 2009. Pohybové schopnosti v tréninku. Praha: Mladá fronta. 192 s. ISBN 978-80-204-3461-6
LACZO, E. 2006. Prekážkové šprinty. Bratislava: IGM Agency. 140 s. ISBN 80-969268-9-6
MILLEROVÁ, V. a kol. 2001. Běhy na krátké tratě. Praha: Olympia. 288 s. ISBN 80-7033-570-X
Slovak and foreign specialised journals. www.atletikasvk.sk
www.wa.org www.ea.org

Language of instruction:

slovak

Notes:student time load:

student time load
Notes: student time load X h. Total time load: 210 h. Presence study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Learning the short distance running techniques: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 37

A	B	C	D	E	FX(0)	FX(1)
10.81	21.62	27.03	21.62	10.81	0.0	8.11

Instructor: prof. PaedDr. Ivan Čillík, CSc., Mgr. Miroslava Rošková, PhD.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-212 | **Course name:** Sport Specialization 2 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – individual offensive drills (IOD): 0–20 p.
- individual defence technique demonstration: 0–10 p.
basic defensive stance (1 p.), player with the ball – defence (4 p.), player without the ball – defence (4 p.), defensive rebound (1 p.).
Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform one of the defence drills properly, they may score 0 p. for the technique per se.
Passive participation in the training process (observing basketball mite team and analysis) 0 –20 p.
- Seminar paper addressing IDT: 0–20 p.
- written test from the theory addressed in lectures: 0–30 p.
b) final assessment:
Based on the continuous assessment.

Learning objectives:
Learning outcomes:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. understands the basic concepts – sports performance, player performance, collective performance, individual performance, basketball performance determinants
3. understands the methodology of the training process and knows suitable methodological and organisational forms to suit different sexes
4. can perform IAD properly

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

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

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

Recommended literature:

Recommended literature:

1. DOBRY,L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN978-80-7376-130-1.
3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
4. IZÁKOVÁ, A. 2009. Vplyv pohybového programu na rozvoj kinesteticko-diferenciačnýchschopností mladých basketbalistiek. Dissertation thesis.
5. PŘIDAL, V. 2012. Herný výkon v športových hrách 2. vyd. Bratislava: ICM AGENCY, 2012,101 s. ISBN 978-80-89257-49-2.
6. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing, 2006, 504 s. ISBN80-247-1011-0.
7. TOMÁNEK, Ľ. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY ,2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/ tomanek/ ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)
8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN80-85669-47-5.
http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/

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

Language of instruction:

Notes:student time load:

Recommended literature:
1. DOBRY,L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN978-80-7376-130-1.
3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
4. IZÁKOVÁ, A. 2009. Vplyv pohybového programu na rozvoj kinesteticko-diferenciačnýchschopností mladých basketbalistiek. Dissertation thesis.
5. PŘIDAL, V. 2012. Herný výkon v športových hrách 2. vyd. Bratislava: ICM AGENCY, 2012,101 s. ISBN 978-80-89257-49-2.
6. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing, 2006, 504 s. ISBN80-247-1011-0.

7. TOMÁNEK, Ľ. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY ,2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/ tomanek/ ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)
8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997, 162 s. ISBN80-85669-47-5.
http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/
Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do amostatnej práce.

Course assessment

The final number of assessed students: 24

A	B	C	D	E	FX(0)	FX(1)
0.0	33.33	37.5	25.0	4.17	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-222	**Course name:** Sport Specialization 2 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the technique of cross-country skiing and shooting in biathlon: 20 p. Points for mastering the techniques of cross-country skiing and air rifle shooting:
Imitation exercises (2 p.), classic cross-country skiing technique – preparatory exercises (1 + 1 + 2 p.). Skate skiing – preparatory exercises (2 + 2 p.). Air rifle shooting – prone (p.), standing (2 p.), preparatory balance exercises (2 p.), aiming (2 p.), firing (2 p.).
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. understands different cross-country skiing and shooting techniques in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of cross-country skiing and shooting
6. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

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

Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone.[Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
ŠIMONEK, J., ZRUBÁK, A. a kol. 1995. Základy kondičnej prípravy v športe. Bratislava : FTVŠ UK, 1995.
SCHLANK, G. 2003. Učebné osnovy športovej prípravy v behu na lyžiach pre športové triedy základných škôl a osemročné gymnáziá. Bratislava : MŠ SR, 20003. 30 s.
Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparing to master the specialisation technique: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-262	**Course name:** Sport Specialization 2 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active participation in the training process.
Written and oral examinations upon completion of the semester.
b) final assessment: Project: 0–40 p. Written and oral exams: 0–60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. acquires theoretical knowledge of the subject matter and becomes able to analyse training contents
2. applies this knowledge in the training process
3. understands the subject matter
4. can evaluate the technique and identify shortcomings
5. can integrate swimming, gymnastics, and movement games into fitness training

Brief outline of the course:
Brief outline of the course:
- using gymnastic and swimming activities in general fitness training
- movement games in general fitness training and general fitness training in sports games

Recommended literature:
Recommended literature:
KRIŠTOFIČ, J. 2007. Kondiční trénink. Praha : Grada, 2005. 191 s.
KRIŠTOFIČ, J. 2004. Gymnastická průprava sportovce. Praha : Grada. 2006. 112 s.
NEUMANN, G. – PFÜTZEN, A. – HOTTENROTT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 181 s. +prednášky

Language of instruction:

Notes:student time load:
Notes: student time load 210 h.

Combined study (L, S, C): 39 h. Preparation for coaching: 40. Analysis of the practical performance, training evaluation: 20 h.
Studying for the written test: 30 h. Studying for the oral exam: 81 h.

Course assessment
The final number of assessed students: 210

A	B	C	D	E	FX(0)	FX(1)
11.43	19.05	20.0	20.95	20.0	2.38	6.19

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-362 | **Course name:** Sport Specialization 2 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94 b, B = 93 - 87 b, C = 86 - 80 b, D = 79 - 73 b, E = 72 - 65 b). Credits will be awarded to a student who has obtained at least 65% of points from both scoring tasks of the interim assessment for fulfilling the specified conditions, has completed the tasks assigned by the course teachers and has complied with the criterion of minimum attendance at classes.
a) continuous assessment:
UEFA Final Thesis C: 0 - 80 points Written test: 0 - 20 points. Students can correct both tasks of the interim assessment within the deadline set by the teacher within the period for the completion of study obligations.
b) final assessment:
Based on the interim evaluation of the

Learning objectives:
Learning outcomes:
The student:
1. acquires theoretical knowledge of the subject matter (children and youth training specificities)
2. uses this knowledge during the sit-in practice (youth and adult training units)
3. understands the subject matter
4. evaluates player performance during a football match (direct observation) and can use their theoretical and practical knowledge to design training plans
can create their own UEFA Grassroots C final paper.

Brief outline of the course:
Brief outline of the course:
Adult sports training. Youth sports training (specificities). Basic planning in football, record-keeping, general and specific training indicators. Game management during a match. Biological and medical introduction, first aid basics in football. Plan creation: training unit designs and microcycles (workshop). Game-oriented training (practice). Preparatory games in the training process (practice). Match sit-in analysis: diagnosing individual playing techniques (part of UEFA Grassroots C). Sit-in record analysis.
2 training units (youth and adults) – part of the UEFA Grassroots C final project.

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

Recommended literature:

Recommended literature:

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

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

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

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

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

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

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

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

Language of instruction:

slovak

Notes:student time load:

Notes: student time load 210 h.

Presence study: 39 h. Studying for the written test: 51 h. Preparation and sit-in practice: 30 h. The UEFA Grassroots C final project: 40 h. Self-study of the recommended literature: 30 h.

Course assessment

The final number of assessed students: 119

A	B	C	D	E	FX(0)	FX(1)
10.08	17.65	42.86	20.17	5.88	0.84	2.52

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-272	**Course name:** Sport Specialization 2 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A = 100–94%, B = 93–87%, C = 86–
80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

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

Brief outline of the course:

Brief outline of the course:
1. Principles for equipment selection.
2.
Preparation for the demo session - Prerequisites for practice organization: use of ice, structure for the training session, supporting the autonomy, principles for drill design
3. Introduction to coaching competence areas; training process management
4. Coaching competence areas, training content, session management
5. The ice hockey didactic forms
6. Training and improvement
7. Dynamic warm-up
8. Preparation for the practical demonstration – on-ice training: training and improvement of individual player activities, preparation games (small-space games), training unit examples, etc.
Other:
Active participation in classes
Submitting acceptable on- and off-ice session plans
• Active participation in 20 on-ice trainings
• Training units are recorded in the Drillbook
• Presentation of the selected topic
• Test/oral exam

Recommended literature:

Recommended literature:
SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej urovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučovaní v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního vykonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.

PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
VÝBOH , A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
Internetové zdroje:
Dostupné na:
Tréningový portal mládeže
[online]. https://tpm.hockeyslovakia.sk [online]. https://www.hockeyslovakia.sk/sk/ [online]. https://www.usahockey.com

Language of instruction:

Notes:student time load:
Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.
Self-study of the recommended literature: 4 h.

Course assessment
The final number of assessed students: 87

A	B	C	D	E	FX(0)	FX(1)
0.0	14.94	48.28	22.99	11.49	1.15	1.15

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-232 | **Course name:** Sport Specialization 2 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training in the sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student understands the mat-hold judo techniques
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of mat-hold judo techniques and is able to apply them in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Language of instruction:

Notes:student time load:
Time load for the student: 210 h. Combined study (L, S, C): 39 self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30

Studying for the oral exam: 90

Course assessment
The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
85.71	14.29	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-242 | **Course name:** Sport Specialization 2 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	50.0	12.5	25.0	0.0	12.5

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

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-252	**Course name:** Sport Specialization 2 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
6. develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Dominant factors affecting kickbox performance.
Age-related changes to the performance structure in competitive kickbox disciplines.
Identifying youth talents.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6.ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 7

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-292	**Course name:** Sport Specialization 2 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of snowboarding and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Learn about short-distance snowboarding techniques: training and its methodology

Mastering snowboarding on different terrains in practice. Snow, types of snow, snowboarding gear. Waxing – types of wax, types of snowboards, tools and agents. Snowboarding characteristics. Imitation exercises. Current issues in snowboarding.

Recommended literature:

Recommended literature:

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

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

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

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

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

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

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

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparing to master the the specialisation technique: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-302 | **Course name:** Sport Specialization 2 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
1. The student has theoretical knowledge of gymnastic training management
2. applies the knowledge and skills they have acquired during their study in practice to create their diploma thesis.
3. understands training, methodology, and techniques including the differences among age groups
4. can evaluate the techniques and correct the errors, understands the training methodology (basic exercises)
5. develops complex knowledge of the discipline and is able to apply it in pre-training and in turn, training.

Brief outline of the course:
Brief outline of the course:
The theoretical basis of the technique.
Mastering the technique, methodology, and basic practical skills

(younger pupils). Current issues.

Recommended literature:

Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: Šport, 1980. 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika.Bratislava: UK, 1993. 232 s.
5. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICMAgency, 2012. 353 s.
6. KREMNICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovanéhoprogramu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
9. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
10. Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie dosamostatnej práce.

Language of instruction:

Notes:student time load:

es – time load for the student: 210 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process.
30 h. Preparation for mastering of the technique.

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-282 | **Course name:** Sport Specialization 2 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar papers and their presentation, active participation in classes, written test (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%).

a) continuous assessment:
- presentation of seminar papers (20b points)
- active participation in class (10 points)
- written test (20 points)

b) final assessment:
On the basis of a continuous assessment (50 points) and an oral examination (50 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
The student
- has theoretical knowledge of swimming styles and biomechanics
- understands the specificities of swimming training and the concept of fitness training in and out of water
- knows the swimming terminology

Brief outline of the course:
Techniques and biomechanics of swimming styles, starts, and turns. The structure of swimming performance, sports training specificities and components, the personality of swimmer and coach, the concept of fitness swimming training in and out of water

Recommended literature:
1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN80-246-1205-4.

2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učebnítexty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika pláv ania a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN0-7360-3180-9
5. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Kőln (Germany) : Institut fűr Kreislanfforschung und Sportmedizin, 1997.
6. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing SwimTraining. 1.vyd. Luton (England) : Swimshop, 2000.
7. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
8. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4
Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:
Total: 210 h.
- Combined study: 39 h.
- Preparation of the presentation: 40 h.
- Studying for the written test: 30 h.
- studying for the oral exam: 101 h.

Course assessment
The final number of assessed students: 19

A	B	C	D	E	FX(0)	FX(1)
21.05	15.79	42.11	15.79	5.26	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-312	**Course name:** Sport Specialization 2 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Practical demonstration of taekwondo judge gestures – 20 p.
Active participation in training in a sports club 0–20 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands taekwondo as a system, knows competitions, development and organisations
4. applies their knowledge to performance evaluation
5. evaluates the history and development of olympic taekwondo in terms of the WT structure

Brief outline of the course:
Brief outline of the course:
The system and structure of taekwondo techniques in the context of the qualification requirements. The system and organisation of taekwondo competitions. Taekwondo competition disciplines and categories. The rules of Olympic taekwondo (WT) in different disciplines. Judge gestures in practice

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9
4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9

5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 1

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-372 | **Course name:** Sport Specialization 2 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their own

Brief outline of the course:
Brief outline of the course:
Basic knowledge of hiking.
• Natural navigation – orography.
• The system of hiking signs.
• Material and technological hiking equipment.
• Nature protection and legislation – environmental education.
• Hiking in practice.

Recommended literature:
Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3

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

Language of instruction:

Notes:student time load:
Notes: student time load
Notes: student time load: 210 h. Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.
Practice: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-322	**Course name:** Sport Specialization 2 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering volleyball techniques: 20 p.
1. Two-hand rebound (upwards) – fingers (5 p.): moving towards the ball (1 p.), arm work (1 p.), leg work (1 p.), torso movement (1 p.), body movement after rebounding (1 p.).
2. Two-hand rebound (from below) – bump pass (5 p.): moving towards the ball (1 p.), arm work (1 p.), leg work (1 p.), torso movement (1 p.), body movement after rebounding (1 p.).
3. Overhand serve (5 p.): ball dump (1 p.), torso movement (1 p.), arm movement (1 p.), body movement after rebounding (1 p.), correct serving (1 p.)
4. Underhand serve (5 p.): ball dump (1 p.), torso movement (1 p.), body movement after serving (1 p.), correct serving (1 p.)
Note that the total score does not automatically equal the sum of all points.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes: The student
- has the theoretical knowledge of volleyball techniques
- applies this knowledge in the training process
- is acquainted with training specificities including the age-related ones

- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of the discipline and is able to apply it in training.

Brief outline of the course:

Brief outline of the course:
The theory of volleyball techniques.
Mastering the technique, methodology, and basic practical skills Current issues.

Recommended literature:

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Presence study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for mastering of the technique. 101 h.

Course assessment

The final number of assessed students: 21

A	B	C	D	E	FX(0)	FX(1)
47.62	14.29	9.52	4.76	23.81	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-332 | **Course name:** Sport Specialization 2 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of snatch as a weightlifting discipline
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of weightlifting (snatch) and is able to apply it in training

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:
Notes: student time load

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 2

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-342 | **Course name:** Sport Specialization 2 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of wrestling.
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of wrestling and is able to apply it in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.

Language of instruction:

Notes:student time load:
Notes: student time load

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-353	**Course name:** Sport Specialization 3 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills.
Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of downhill skiing and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Selection for the sports forms and schools. Evaluating the selection model for downhill skiing. Coaching and management. Coach and athlete. Current issues in downhill skiing. Getting

acquainted with the downhill skiing research performed at the department/active participation in research.

Recommended literature:

Recommended literature:

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

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

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

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

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

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.

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

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

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

Course assessment

The final number of assessed students: 3

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-203	**Course name:** Sport Specialization 3 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam
a) continuous assessment:
- presentation of the given topic 0 - 20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 20 points
- practical demonstrations of endurance running and athletic walking techniques 0 - 10 points
b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
The student
1. understands running and racewalking in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of running and racewalking including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of
Learning outcomes:
The student
1. understands running and racewalking in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of running and racewalking including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of

Brief outline of the course:

Middle and long-distance runs, racewalking Technique, training methodology, errors and their correction. Training runs and racewalking in different age and performance groups. Current issues in athletics

Recommended literature:

Recommended literature:

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

KORČOK, P. - PUPIŠ, M. 2006. Všetko o chôdzi. 1st Ed. Banská Bystrica : Univerzita Mateja Bela, 2006. 236 s. ISBN 80-8083-185-8.

PANUŠKA, P. 2014. Rozvoj vytrvalostních schopností. Praha: Mladá fronta. 120 s. ISBN 978-80-204-3391-6

PUPIŠ, M. 2009. Športová príprava a súťaženie v chôdzi na 50 km. 1st Ed. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, 2009. 93 s. ISBN 978-80-8083-888-1.

PUPIŠ, M. 2018. Atletická chôdza : učebné texty pre trénerskú špecializáciu atletika a školenia trénerov atletiky. 1st Ed. Bratislava : Slovenský atletický zväz, 2018. 74 s. ISBN 978-80-8141-170-0.

Slovak and foreign specialised journals. www.atletikasvk.sk

www.wa.org www.ea.org

Language of instruction:

slovak

Notes:student time load:

Total time load: 210 h.

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

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

Learning the technique of runs and racewalking, developing endurance: 20 h. Studying for the oral exam: 81 h.

Course assessment

The final number of assessed students: 32

A	B	C	D	E	FX(0)	FX(1)
6.25	9.38	46.88	28.13	6.25	3.13	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-213	**Course name:** Sport Specialization 3 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%).
Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – offensive combinations: 0–20 p.
- offensive combinations demonstration: 0–10 p.
The "Throw-run" technique, combining different sequences (4 p.), blocking (3 p.), offensive numerical superiority (3 p.).
Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the whole "throw-run" sequence properly, they may score 0 p. for the passing technique per se.
- Tournament organisation, judging: 0–10 p.
Creating a training unit plan and training microcycle for a basketball mite team: 0–10 p.
Active participation in the training process in the basketball mite team and a demonstration of correct techniques: 0–10 p.
Seminar paper addressing offensive combinations: 0–20 p.
written test from the theory addressed in lectures: 0–20 p.
b) final assessment:
Based on the continuous assessment.

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. knows how talented youth can be picked for training with regard to the sex differences
3. understands coaching activities
4. can perform offensive combinations properly
5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:

Brief outline of the course:

Brief outline of the course:

The theory of picking young talents. Selection for the sports forms and schools. Evaluating the basketball selection models, sex difrerences. The management aspect of coaching in basketball – planning, records, diagnostics, evaluation.

Coach's personality. Practical training and improving offensive combination techniques.

Recommended literature:

Recommended literature:

1. DOBRY,L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a trénimg . Praha:Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
2. HULKA, K. - VÁLEK, Š., 2013. Management náboru a sportovní příprava dětí vminibasketbale, 1. vyd. Olomouc: Univerzita Palackého v Olomouci, 2013, 57 s. ISBN 978-80-244-3383-7.
3. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
4. NEMEC, M. a kol. 2014. Športové hry 1. časť. 2. dopln. a rozšír. vyd. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela – Belianum, 2014. 225 s. ISBN 978-80-557-0809-6.
5. PERÁČEK. P. 2003. Futbal. Riadenie – plánovanie – tréning. Bratislava, Mačura 2003. 216 s.
6. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN80-247-1011-0.
7. ŠIMONEK, J. - ŽIDEK, R. 2019. Talent v športe. Pedagogická fakulta Univerzity KonštantínaFilozofa v Nitre. 2019, 104 s. ISBN 978-80-558-1413-1.
8. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 162 s. ISBN 80-85669-47-5.
http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/ Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie do samostatnej práce.

Language of instruction:

Notes:student time load:

student time load

Time load for the student: Total: 120 h. Combined study (lectures/seminars/consultations): 26 h. Preparation of the presentation: 20 h. Studying for the written test: 24 h. Preparation and organisations of matches and tournaments: 30 h. Written preparation for conducting of the training unit: 20 h.

Course assessment

The final number of assessed students: 21

A	B	C	D	E	FX(0)	FX(1)
4.76	33.33	19.05	42.86	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-223	**Course name:** Sport Specialization 3 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- mastering the technique of ski waxing and shooting in biathlon: 10 p. Mastering the technique of ski waxing and small-caliber rifle shooting in biathlon:
Cleaning skis (1 p.), paraffin waxing (1 p.), classic waxing (2 p.). Small-caliber rifle shooting – prone (p.), standing (1 p.), preparatory balance exercises (1 p.), aiming (1 p.), firing (1 p.), breathing and shooting rhythm (1 p.).
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
1. has theoretical knowledge of talent selection in biathlon
2. understands cross-country skiing and shooting in theory
3. applies this knowledge in the training process
4. understands training, methodology, and techniques including the differences among age groups
5. applies their knowledge to evaluate the performance of the contemporary athletes
6. can evaluate the techniques and correct the errors, understands the training methodology

7. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:
Selection for the sports forms and schools. Evaluating the selected model for biathlon. Coaching and management in biathlon. Coach and athlete. Small-caliber rifle shooting. Types of snow and wax. Ski waxing. Current issues in biathlon. Getting acquainted with the biathlon research performed at the department/active participation in research.

Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-263	**Course name:** Sport Specialization 3 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active participation in the training process. Project preparation.
Written and oral examinations upon completion of the semester.
b) final assessment: Project: 0–30 p. Written exam: 0–20 p.
Oral exam: 0–50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. acquires theoretical knowledge of the subject matter – developing aptitude for strength training
2. applies this knowledge in the training process
3. understands the subject matter (strength abilities)
4. can evaluate the technique and identify shortcomings
5. can apply training focused on developing strength abilities – weightlifting basics

Brief outline of the course:
Brief outline of the course:
Developing strength abilities in recreational and performance sports
- the basics of breathing during exercise
- the basics of exercises with tools
- the basics of exercises with equipment
- weightlifting training basics
- classification of strength training
- strength training (maximum strength, hypertrophy)

Recommended literature:
Recommended literature:
JARKOVSKÁ, H., JARKOVSKÁ, M. 2009. Posilování s náčiním 306 krát jinak. Praha : Grada. 2009. 208 s.

VANDERKA, M. 2008. Silové a rýchlostno-silové schopnosti v kondičnej príprave športovcov. Slovenská vedecká spoločnosť pre telesnú výchovu a šport, Bratislava, 2008
Vzpieranie 1 – kolektív autorov. 2012. ICM AGENCY – Bratislava, 2012. 74 s.

Language of instruction:

Notes:student time load:
Notes: student time load Total: 210 h. Combined study (lectures/seminars/consultations): 39 h. Preparation for coaching: 40 h.
analysis of the practical performance, training evaluation: 21 h. Preparation of the project: 40 h. Self-study for the written and oral examinations. 70 h.

Course assessment
The final number of assessed students: 143

A	B	C	D	E	FX(0)	FX(1)
15.38	18.88	26.57	15.38	20.28	1.4	2.1

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-363	**Course name:** Sport Specialization 3 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.

a) continuous assessment:
1. Develop a TJ plan focused on training and improving the solution of the selected THSi in the attacking phase of the game (min. 13%. of max. 20%).
2. To lead the part of TJ focused on practicing and perfecting the solution of the selected THSi in the attacking phase of the game (min. 13%. of max. 20%).
3. Develop a TJ plan aimed at improving the selected ÚHK through PH (min. 13% of max. 20%).
4. To implement the management of the TJ part aimed at improving the selected ÚHK through PH (min. 13%. of max. 20%).
5. Individual supervision of 2 matches (small forms and 11:11) with analysis according to the assignment (min. 13% of max. 20%).

b) final assessment:
based on an interim evaluation

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. can use their knowledge of football didactics in working with a group of players
3. can analyse the selected indicators of external load (individual players/player groups/whole team)
3. can analyse the basic game combinations and game system of a team upon observation
4. can apply their knowledge in physical ability development
5. can apply their knowledge to influence a player's mental and fitness profile
6. can design and implement a training unit plan
7. knows the basic football rules
8. can provide basic first aid to a football player

9. can manage a peer microgroup in the organisation of sample training units

Brief outline of the course:
Training and game preparation components. Building a team.
Offence and defence combinations – characteristics and applications. Game systems, player roles, requirements. Nutrition in sports. Psychological preparation in football. MOF in training. Fitness training in football. Football warm-up techniques (practice). Goalie techniques. First aid basics (regeneration, physiotherapy, injury prevention). Analysis of a match and team management (small forms, 11:11) – a presentation. Training unit management – methodological output and design. Training unit observation. Match observation (2x). Football rules (test).

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

Language of instruction:
slovak

Notes:student time load:
Notes: student time load
Total: 210 h.
Presence study: 39 h. Seminar paper: 41 h.
Methodological output and training unit design: 60 h. Match observation and analysis: 50 h.
Self-study of the recommended literature: 20 h.

Course assessment
The final number of assessed students: 87

A	B	C	D	E	FX(0)	FX(1)
3.45	20.69	44.83	27.59	2.3	1.15	0.0

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-273	**Course name:** Sport Specialization 3 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms
• Coach understands the needs for the coaching environment to support the development of 21st century players.
Coach understands the structure of the SZLH Coach Licence and Development System.
• Coach understands the structure of the SZLH Coach Licence and Development System.
Coach is aware of their own strengths and development needs and, with appropriate support, is able to build a personal development plan (active use of different development methods).
Coach has good self-management skills to be able to deal with different issues in a constructive and positive manner.
Coach acknowledges the importance of good coach-athlete relationship and is actively working to develop that.
Coach acknowledges the importance of positive learning atmosphere and is actively working to develop that (setting team values and behavioural norms, communication and the use of feedback etc.).
Coach is actively working to develop the co-operation with parents, game officials and other stakeholders (club management etc.).
Coach understands the principles for individual and team development in different stages and is able to manage the development planning process respectively.
Coach understands the principles and training implications for conditioning and recovery in different stages of player development.
• Coach is able to manage training sessions effectively to support individual and team play development in respective category (practice structure and organization, support for learning).
Coach is able to use appropriate on-ice methods to support individual and team development in respective category.

Brief outline of the course:

Brief outline of the course:
1. Principles for equipment selection.
2.
Preparation for the demo session - Prerequisites for practice organization: use of ice, structure for the training session, supporting the autonomy, principles for drill design
3. Introduction to coaching competence areas; training process management
4. Coaching competence areas, training content, session management
5. The ice hockey didactic forms
6. Training and improvement
7. Dynamic warm-up
8. Preparation for the practical demonstration – on-ice training: training and improvement of individual player activities, preparation games (small-space games), training unit examples, etc.
Other:
Active participation in classes
•
Submitting acceptable on- and off-ice session plans
• Active participation in 20 on-ice trainings
• Training units are recorded in the Drillbook
• Presentation of the selected topic
• Test/oral exam

Recommended literature:

Recommended literature:
SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej urovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučovaní v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního vykonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.
PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
VÝBOH , A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
[online]. https://tpm.hockeyslovakia.sk [online]. https://www.hockeyslovakia.sk/sk/ [online]. https://www.usahockey.com

Language of instruction:

Notes:student time load:
Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.
Self-study of the recommended literature: 4 h.

Course assessment
The final number of assessed students: 69

A	B	C	D	E	FX(0)	FX(1)
0.0	11.59	44.93	36.23	2.9	4.35	0.0

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-233 | **Course name:** Sport Specialization 3 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student understands standing judo techniques
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of standing judo techniques and is able to apply them in training.

Brief outline of the course:
Brief outline of the course:
Standing position judo techniques. Training standing hold techniques. Training and improvement of defence techniques. Learning, learning-training, and training fights. Standing position judo techniques – rules.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Language of instruction:

Notes:student time load:
Notes: student time load 210 h. Combined study (L, S, C):
39
self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
Studying for the oral exam: 90 h.

Course assessment
The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)
77.78	11.11	11.11	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-243 | **Course name:** Sport Specialization 3 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in karate training in a sports club 0–20 p. a demonstration of karate techniques
in a kumite fight 0–20 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kumite coaching activities
4. knows the factors affecting kumite sports performance
5. understands the contents and phases of kumite sports training
6. can create a complex kumite training plan

Brief outline of the course:
Brief outline of the course:
Contents, system, and planning sports training for karate fighters (kumite). The concept of a yearly training plan. Yearly training cycle: training plans for the preparatory, main, and transition periods. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-53. 3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9

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

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.
exam preparation: 90

Course assessment
The final number of assessed students: 5

A	B	C	D	E	FX(0)	FX(1)
0.0	60.0	0.0	0.0	40.0	0.0	0.0

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-253	**Course name:** Sport Specialization 3 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
6. develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Planning kickboxer sports training. Yearly training plan. Training plans for the preparatory, main, and transition periods. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluation of the individual training tools.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN

80-7096-077-9

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 8

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-293 | **Course name:** Sport Specialization 3 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 10 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of snowboarding and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Selection for the sports forms and schools. Evaluating the selection

model for snowboarding. Coaching and management. Coach and athlete. Current issues in snowboarding. Getting acquainted with the snowboarding research performed at the department/ active participation in research.

Recommended literature:

Recommended literature:

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

DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.

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

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

NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

Language of instruction:

Notes:student time load:

Notes: student time load 210 h. Presence study (L, S, C): 39 h.
Self-study: 80 h. Topic presentation: 1 h. Presentation preparation: 20 h. Active participation in the training process: 40 h.

Course assessment

The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-303	**Course name:** Sport Specialization 3 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering the specialisation technique: 10 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
1. The student understands the theory of picking young talents
2. understands the specificities of children and youth training
3. applies the knowledge and skills they have acquired during their study in practice to create their diploma thesis.
4. is acquainted with training specificities including the age-related ones
5. applies their knowledge to evaluate the performance of the contemporary athletes
6. develops complex knowledge of the discipline and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
The theory of picking young talents
Selection for the sports forms, schools, and clubs.
Children and youth training

The management aspect of coaching – planning, records, diagnostics, evaluation.
Coach's personality.
New trends in the discipline's development.

Recommended literature:

Recommended literature:
1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika.Bratislava: UK, 1993. 232 s.
5. HAVLÍČEK, I. 1986. Aktuálne problémy vo výbere a tréningu športovo talentovanej mládeže.Praha: VMO ÚV ČSTV, 1986. 33 s.
6. KREMNICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
9. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
10. Časopisecká literatúra domácich, zahraničných, internetových zdrojov – pre doplnenie dosamostatnej práce.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Training plans design: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-283 | **Course name:** Sport Specialization 3 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes, written and oral exams.

a) continuous assessment:
- Seminar papers (20 points)
- written test (20 points)
- active participation (10 points)

b) final assessment:
On the basis of a continuous assessment (50 points) and an oral examination (50 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
The student
- has theoretical knowledge of the importance of swimming,
- knows the development of swimming didactics, its goals and tasks
- understands the teaching units, didactic styles and principles
- understands the efficiency of teaching swimming
- knows the goal, contents, and specificities of pre-swimming preparation
- knows water games and the specificities of teaching swimming
- knows the swimming terminology

Brief outline of the course:
The importance of swimming, the evolution of swimming didactics, its goals and tasks, tools, and methods.
Swimming didactics, swimming teaching unit, didactic styles and principles, efficiency of teaching swimming and its specificities, teaching swimming to handicapped children, diagnostics in different stages of basic swimming training

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učebnítexty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika pláv ania a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois(USA) : Mosters press, 1999. ISBN 1-57028-206-4.
5. HANNULA, D. Coaching swimming successfully. 1st Ed. USA : Human kinetics, 1995.
6. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN0-7360-3180-9
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing SwimTraining. 1.vyd. Luton (England) : Swimshop, 2000.
8. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
9. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 210 h.
- Combined study: 39 h.
- Preparation of the presentation: 40 h.
- Studying for the written test: 40 h.
- studying for the oral exam: 91 h.

Course assessment

The final number of assessed students: 17

A	B	C	D	E	FX(0)	FX(1)
11.76	41.18	41.18	5.88	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-313	**Course name:** Sport Specialization 3 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Active participation in training in a sports club 0–20 p. A demonstration of taekwondo techniques in a match: 0–20 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands taekwondo training specificities
4. knows the factors affecting taekwondo sports performance
5. understands the contents and phases of taekwondo sports training
6. can create a complex taekwondo training plan for a specific discipline.

Brief outline of the course:
Brief outline of the course:
Contents, system, and planning sports training in different taekwondo disciplines. The concept of a yearly training plan. Training plans for the preparatory, main, and transition periods of YTC. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9

4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9
5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-373 | **Course name:** Sport Specialization 3 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 85–79%. D = 78
–72%, E = 71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. Continuous assessment: seminar paper and practice: 0–40 p. Final assessment:
practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their ow

Brief outline of the course:
Brief outline of the course:
Content standard (syllabus):
Basic knowledge of hiking.
• Natural navigation – orography.
• The system of hiking signs.
• Material and technological hiking equipment.
• Nature protection and legislation – environmental education.
• Hiking in practice.

Recommended literature:
Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii

pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a sporty v přírodě. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

Notes:student time load:
Notes: student time load
Notes: student time load: 210 h. Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.
Practice: 60 h

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-323	**Course name:** Sport Specialization 3 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the basic technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- Mastering volleyball techniques: 10 p.
1. Attack – spike (5 p.): run-up (1 p.), rebound (1 p.), hit (1 p.), landing (1 p.), tactics (1 p.)
2. Block (5 p.): moving towards the blocking spot (1 p.), rebound (1 p.), arm movement (1 p.), blocking arm position (1 p.), blocking body position with landing (1 p.).
Note that the total score does not automatically equal the sum of all points.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has theoretical knowledge of talent selection in volleyball
- understands the specificities of children and youth training
- applies this knowledge in the training process
- understands training, methodology, and practice
- applies their knowledge to evaluate the performance of the contemporary athletes
- develops complex knowledge of the discipline and is able to apply it in children and youth training.

Brief outline of the course:

Brief outline of the course:
The theory of picking young talents.
Selection for the sports forms, schools, and clubs. Children and youth training
The management aspect of coaching in volleyball – planning, records, diagnostics, evaluation. Coach's personality.
New trends in the discipline's development.

Recommended literature:

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Presence study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Preparation for the exam: 81 h.

Course assessment

The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)
38.46	15.38	0.0	23.08	15.38	7.69	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-333	**Course name:** Sport Specialization 3 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of clean and jerk as a weightlifting discipline
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of weightlifting (clean and jerk) and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:
Technical activities and skills related to the clean and jerk discipline in weightlifting. Training and improvement. Weightlifting rules (clean and jerk).

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.

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

Language of instruction:

Notes:student time load:
Notes: student time load
Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 2

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-343 | **Course name:** Sport Specialization 3 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of wrestling
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of wrestling and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
Technical activities and skills related to wrestling. Training and improvement. Wrestling rules.

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
avrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-354 | **Course name:** Sport Specialization 4 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic.
During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- techniques and complex practical skills: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points (%).

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of downhill skiing
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of downhill skiing and is able to apply it in training

Brief outline of the course:
Brief outline of the course:
The system and structure within this sports specialisation in Slovakia and abroad (current changes). Load and microcycles during the yearly training cycle. Modelling sports performance. Analysing the techniques and removing shortcomings.
Complex theoretical knowledge of training management.

Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.
HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979
KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h.
Combined study: 26 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Preparation for the exam: 64 h.

Course assessment

The final number of assessed students: 2

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-204 | **Course name:** Sport Specialization 4 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 10 points
- practical demonstrations of the technique of athletic jumps 0 - 20 points
b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
The student
1. has theoretical knowledge of jumping disciplines
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of jumps including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of training jumps
6. develops complex knowledge of jumps as a discipline

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:
Jumps: long jump, high jump, triple jump, pole vault; preparatory jumping exercises. Technique, training methodology, errors and their correction. Training jumps in different age and performance groups. Current issues in athletics.

Recommended literature:
Recommended literature:

ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s. Slovak and foreign specialised journals.
www.atletikasvk.sk
www.wa.org www.ea.org

Language of instruction:

Notes:student time load:
Recommended literature:
ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s. Slovak and foreign specialised journals.
www.atletikasvk.sk
www.wa.org www.ea.org

Course assessment
The final number of assessed students: 27

A	B	C	D	E	FX(0)	FX(1)
11.11	22.22	18.52	33.33	0.0	7.41	7.41

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-214	**Course name:** Sport Specialization 4 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D
(78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – defence combinations: 0–20 p.
- defence combinations demonstration: 0–10 p.
offensive numerical superiority (4 p.), blocking (3 p.), strengthening defence (2 p.), special situations (1 p.)
Note that the total score does not automatically equal the sum of all points. E.g. if the student fails to perform the whole sequence properly, they may score 0 p. for the whole technique.
- Tournament organisation, judging 0–10 p.
- Creating a training unit plan and training microcycle for younger pupils: 0–10 p.
- Active participation in the training process (younger pupils) and a demonstration of correct techniques: 0
–10 p.
- Seminar paper addressing defence combinations: 0–20 p.
- written test from the theory addressed in lectures: 0–20 p.
b) final assessment:
Based on the continuous assessment.

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. understands the basic concepts of sports preparation, its components, parts, and stages, sports training and its pedagogical and psychological principles, record-keeping, training process forms, yearly training cycle – periodisation, tasks
3. can perform defence combinations properly

4. can design a training plan (macrocycle, mesocycle, microcycle)
5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:

Brief outline of the course:
Learn the basic concepts in sports training – its components, parts, and stages, sports training and its pedagogical and psychological principles, record-keeping, training process forms, yearly training cycle – periodisation, tasks. Practical training and improving defence combination techniques.

Recommended literature:

Recommended literature:
1. BENCE,L. 2012. Základy antropomotoriky. B.Bystrica: Univerzita Mateja Bela, Fakultahumanitných vied, 2012, 105 s. ISBN 978-80-8141-022-2
2. ČILLÍK, I. a kol. 2014. Teória a didaktika atletiky. Banská Bystrica: SAZ v spoluprácis Filozofickou fakultou Univerzity Mateja Bela v Banskej Bystrici, 2014, 251 s. ISBN 978-80-8141-078-9.
3. DOBRY, L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
4. DOBRÝ, L. 1986. Malá škola basketbalu. Praha: Olympia, 1986, 196 s.
5. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013,155 s. ISBN 978-80-557-0551-4.
6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0. 7. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
8. ŠIMONEK, J. - HORIČKA, P. 2020. Agilita v športe. Nitra: PF UKF v Nitre, 2020, 160 s.ISBN 978-80-558-1566-4.
9. THOMPSON, J. 2010. Trénink 2. Výchova k úspěchu ve sportu i v životě. Praha: Mladáfronta, 2010, 74 s. ISBN 978-80-204-4692-3. 4. http/www. basketbal-drills-and-plays.com http:// slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http:// sbt.cbf.cz/ http://www.4basket.cz/
Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:

Recommended literature:
1. BENCE,L. 2012. Základy antropomotoriky. B.Bystrica: Univerzita Mateja Bela, Fakultahumanitných vied, 2012, 105 s. ISBN 978-80-8141-022-2
2. ČILLÍK, I. a kol. 2014. Teória a didaktika atletiky. Banská Bystrica: SAZ v spoluprácis Filozofickou fakultou Univerzity Mateja Bela v Banskej Bystrici, 2014, 251 s. ISBN 978-80-8141-078-9.
3. DOBRY, L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
4. DOBRÝ, L. 1986. Malá škola basketbalu. Praha: Olympia, 1986, 196 s.
5. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013,155 s. ISBN 978-80-557-0551-4.
6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0. 7. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
8. ŠIMONEK, J. - HORIČKA, P. 2020. Agilita v športe. Nitra: PF UKF v Nitre, 2020, 160 s.ISBN 978-80-558-1566-4.

9. THOMPSON, J. 2010. Trénink 2. Výchova k úspěchu ve sportu i v životě. Praha: Mladáfronta, 2010, 74 s. ISBN 978-80-204-4692-3. 4. http/www. basketbal-drills-and-plays.com http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/
Foreign and domestic journals and internet sources for additional self-study.

Course assessment
The final number of assessed students: 20

A	B	C	D	E	FX(0)	FX(1)
5.0	30.0	25.0	40.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-224	**Course name:** Sport Specialization 4 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex biathlon technique and practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- techniques and complex practical skills: 20 p. Evaluation of the techniques and complex practical skills:
Complex skills in biathlon shooting: arrival to the shooting range and assuming the shooting position (2 p.) gun handling (2 p.) shooting technique (2 p.) leaving the shooting mat (2 p.)
Skate skiing with the gun on the back (two techniques: 3+3 p.).
Waxing the skate skis: cleaning, paraffin waxing, powder waxing (6 p.).
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
1. understands cross-country skiing and shooting in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology

6. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:
The system and structure within this sports specialisation in Slovakia and abroad (current changes). Load and microcycles during the yearly training cycle. Modelling sports performance in biathlon. Analysing the techniques and removing shortcomings. Complex theoretical knowledge of training management in biathlon. Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching. Research and participation in the Student Research Activity.

Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
Up-to-date specialised journals, proceedings, and periodicals

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h. Combined study: 26 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Seminar preparation: 64 h.

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-264	**Course name:** Sport Specialization 4 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
ourse completion conditions:
Active participation in the training process. Project preparation.
Written and oral examinations upon completion of the semester.
b) final assessment: Project: 0–30 p. Written exam: 0–20 p.
Oral exam: 0–50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. acquires theoretical knowledge of the subject matter – physical abilities
2. applies this knowledge in the training process
3. understands the subject matter of developing physical abilities
4. can evaluate the technique and identify shortcomings
5. can apply training focused on developing speed and endurance

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:
Developing strength abilities in recreational and performance sports
- The principles of fitness training
- Fitness coach’s role
- Pillar/middle of the body/core
- Plyometrics
- Strength abilities
- Speed
- Endurance

Regeneration.

Recommended literature:
Recommended literature:

ČILLÍK, I. 2004. Športová príprava v atletike. FHV UMB Banská Bystrica KRIŠTOFIČ, J. 2006. Pohybová příprava detí. Praha : Grada. 2006. 112 s.
SEDLÁČEK J. a kol. 2007. Kondičná atletická príprava a rekreačná atletika. Brtaislava UK, 2007, 165 s.
ŠIMONEK, J. - DOLEŽAJOVÁ, L.-LEDNICKÝ, A. Rozvoj výbušnej sily dolných končatín. Bratislava
TVRZNÍK, A. – SOUMAR, L. – SOULEK, I. 2004. Běhání. Praha: Grada, 2004. 109 s. ISBN 80-247-0715-2.

Language of instruction:

Notes:student time load:
Notes: student time load 180 h.
Combined study (L, S, C): 26 h. Project preparation: 30 h. Training preparation, analysis of the practical performance, training evaluation: 44 h. Self-study for the oral and written exams: 80 h.

Course assessment
The final number of assessed students: 140

A	B	C	D	E	FX(0)	FX(1)
30.71	20.71	24.29	13.57	7.14	2.14	1.43

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. David Brűnn, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-364 | **Course name:** Sport Specialization 4 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
presentation of the results of the preparation and evaluation of the TJ management and matches: 0 – 100 points
b) final assessment:
based on an interim evaluation

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies their knowledge to prepare training units
3. applies their knowledge to conduct training units
4. applies their theoretical knowledge to evaluate the matches
5. can evaluate whether the training unit goal has been achieved
6. can keep proper training records; design training units, microcycles, and monthly training plans for a selected team and evaluate the aforementioned.

Brief outline of the course:
Brief outline of the course:
Mite team training Pupil training Youth training Adult training Continuous practice (4 microcycles) – own team The student defends their Coach Diary

Recommended literature:
Recommended literature:
KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4
KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier.

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

Language of instruction:
slovak

Notes:student time load:
Notes: student time load
Total: 180 h.
Presence study: 26 h. Coach Diary keeping: 44 h.
Drafting 12 training units and conducting 2 matches: 80 h. Self-study of the recommended literature: 30 h.

Course assessment
The final number of assessed students: 75

A	B	C	D	E	FX(0)	FX(1)
1.33	22.67	30.67	32.0	10.67	1.33	1.33

Instructor: doc. PaedDr. Miroslav Nemec, PhD.

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-274	**Course name:** Sport Specialization 4 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can design a training unit in the Drillbook programme in accordance with the basic organisational forms
• Coach understands the needs for the coaching environment to support the development of 21st century players.
Coach understands the structure of the SZLH Coach Licence and Development System.
• Coach understands the structure of the SZLH Coach Licence and Development System.
Coach is aware of their own strengths and development needs and, with appropriate support, is able to build a personal development plan (active use of different development methods).
Coach has good self-management skills to be able to deal with different issues in a constructive and positive manner.
Coach acknowledges the importance of good coach-athlete relationship and is actively working to develop that.
Coach acknowledges the importance of positive learning atmosphere and is actively working to develop that (setting team values and behavioural norms, communication and the use of feedback etc.).
Coach is actively working to develop the co-operation with parents, game officials and other stakeholders (club management etc.).
Coach understands the principles for individual and team development in different stages and is able to manage the development planning process respectively.
Coach understands the principles and training implications for conditioning and recovery in different stages of player development.
• Coach is able to manage training sessions effectively to support individual and team play development in respective category (practice structure and organization, support for learning).
• Coach is able to use appropriate on-ice methods to support individual and team development in respective category.
Coach is able to use appropriate off-ice methods to support individual and team development in respective category.
Coach understands the role of the games in the development process and is able to manage the individual and team performance respectively.

Brief outline of the course:

Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.
Self-study of the recommended literature: 4 h.

Recommended literature:

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

TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializáciev ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.
VÝBOH , A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
[online]. https://tpm.hockeyslovakia.sk [online]. https://www.hockeyslovakia.sk/sk/ [online]. https://www.usahockey.com

Language of instruction:

Notes:student time load:
Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Studying for the written test: 15 h.
Self-study of the recommended literature: 4 h.

Course assessment
The final number of assessed students: 62

A	B	C	D	E	FX(0)	FX(1)
0.0	8.06	38.71	43.55	8.06	0.0	1.61

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-234 | **Course name:** Sport Specialization 4 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student understands the mat-hold judo techniques
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of mat-hold judo techniques and is able to apply them in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Language of instruction:

Notes:student time load:
Notes: student time load 210 h. Combined study (L, S,
C): 39

self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
Studying for the oral exam: 90 h.

Course assessment
The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)
88.89	0.0	11.11	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-244 | **Course name:** Sport Specialization 4 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in karate training in a sports club 0–20 p. demonstrating practical skills – karate kata 0–20 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands karate kata training
4. knows the factors affecting karate kata sports performance
5. understands the contents and phases of karate kata sports training
6. can create a complex karate kata training plan

Brief outline of the course:

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9
4. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
5. SLIŽIK, M. - BLAHUTKOVÁ, M. 2016. Štruktúra osobnosti z hľadiska temperamentu a

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

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.
exam preparation: 90

Course assessment
The final number of assessed students: 3

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

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-254 | **Course name:** Sport Specialization 4 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
6. develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Dominant factors affecting kickbox performance in different age groups. Age-related changes to the performance structure in competitive kickbox disciplines. Top women kickboxers – sports training specificities. Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.

4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9
5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In: Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6.ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 7

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-294	**Course name:** Sport Specialization 4 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic.
During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- techniques and complex practical skills: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of snowboarding and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
The system and structure within this sports specialisation in Slovakia and abroad (current changes). Loads within microcycles and the yearly training cycle.

Modelling sports performance. Analysing the techniques and removing shortcomings. Complex theoretical knowledge of training management. Training and activities outside training. Regeneration. Physiotherapy. Preparation for independent youth coaching. Research and participation in the Student Research Activity.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.
MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Combined study: 26 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 30 h. Preparation for the exam: 84 h.

Course assessment

The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-304 | **Course name:** Sport Specialization 4 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic.
During the semester, the student actively participates in 2 races as an organiser and/or race official. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- techniques and complex practical skills: 20 p.
b) final assessment:
written and oral exams: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of gymnastics and diagnostic procedures
2. applies the knowledge and skills they have acquired during their study in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. can evaluate the techniques and correct the errors, understands the training methodology
5. develops complex knowledge of the discipline and is able to apply it in training.

Brief outline of the course:
Brief outline of the course:
The theoretical basis of the technique, technical and tactical preparation. Developing the knowledge of the discipline's rules. Methodological outputs from technique training,technical and tactical preparation. Performance diagnostics.

Recommended literature:
Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika.Bratislava: UK, 1993. 232 s.
5. KREMNICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovanéhoprogramu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
6. OLŠÁK, S. 1997. Srdce, zdravie, šport. Moravany nad Váhom : Raval, 1997, 115s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
9. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
10. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
11. Pravidlá ŠG muži – ženy. Vydáva Medzinárodná gym. Federácia Technická komisia muži ženy
12. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:
Notes – time load for the student: 180 h.
Combined study: 26 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for physical ability diagnostics. 20 h. Preparation for the exam: 64 h.

Course assessment
The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-284 | **Course name:** Sport Specialization 4 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes and training, written and oral exams.

a) continuous assessment:
- active presentation of seminar papers (10 points)
- active participation in the training process (min 10h) (10 points)
- active participation in classes (10 points)
- written test (20 points)

b) final assessment:
On the basis of a continuous assessment (50 points) and an oral examination (50 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
The student
- has theoretical knowledge of swimming talent selection (specificities and factors)
- understands the periodisation of sports training in swimming and its management
- understands the subject matter of fatigue and overtraining in swimming training
- understands recuperation and regeneration in swimming training, nutrition, drinking regimen
- understands the development of physical abilities in swimming
- knows the current diagnostic possibilities focused on different physical abilities in and out of water

Brief outline of the course:
Brief outline of the course
Swimming talent selection, sports training periodisation in swimming, training management, fatigue and overtraining, recuperation and regeneration, nutrition, drinking regimen throughout the training process, doping, physical ability development (methods, tools, age groups), diagnosing physical abilities in and out of water

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika pláv ania a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN 0-7360-3180-9 9. RICHARDS, R., J. Coaching Swimming - an introductory manual. 1st Ed. Austrálie : Australian Swimming Inc., 1996.
5. RING, S. Energiestoffwechsel im sprintschwimmen - disert. práce. 1st Ed. Kőln (Germany) : Institut fűr Kreislanfforschung und Sportmedizin, 1997.
6. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
7. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
8. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 210 h.
- Combined study: 39 h.
- Preparation of the seminar paper presentation: 20 h.
- Participation in the training process: 30 h.
- Studying for the written test: 40 h.
- studying for the oral exam: 81 h.

Course assessment

The final number of assessed students: 14

A	B	C	D	E	FX(0)	FX(1)
28.57	28.57	14.29	21.43	7.14	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-314 | **Course name:** Sport Specialization 4 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Active participation in training in a sports club 0–20 p. Demonstrating practical skills – poomsae variations: 0–20 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands poomsae training
4. knows the factors affecting poomsae sports performance
5. understands the contents and phases of poomsae sports training
6. can create a complex poomsae training plan

Brief outline of the course:
Brief outline of the course:
Taekwondo (poomsae): contents, system, and planning sports training. The concept of a yearly training plan. Training plans for the preparatory, main, and transition periods of YTC. Planning training mesocycles and microcycles. Preparation for a training unit. Record-keeping and evaluating sports training.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9
4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových

pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9
5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-374 | **Course name:** Sport Specialization 4 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment: seminar paper and practice: 0–40 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their own

Brief outline of the course:
Brief outline of the course:
Hiking as a sport.
• Hiking locations in Slovakia.
• Material and technological hiking equipment (specialised).
• Outdoor games – experiential education, sports.
• Hiking in practice (Nordic walking, snowshoes)

Recommended literature:
Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3

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

Language of instruction:

Notes:student time load:
Notes: student time load
Notes: student time load: 210 h. Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.
Practice: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-324 | **Course name:** Sport Specialization 4 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic.
During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Active participation in the training process. The goal is to master the complex technique and develop practical skills. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 10 p.
- Active participation in competitions: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- techniques and complex practical skills: 20 p.
1. Receiving difficult passes (5 p.): moving towards the ball (1 p.), timing the hit (1 p.), rebound and the flight phase (1 p.), ball rebound (1 p.), landing (1 p.).
2. Attacking combination – after receiving a specialised pass (5 p.): assuming the attacking formation (1 p.), movement to the attacking spot (1 p.), timing the attack (1 p.), mastering the attacking technique (1 p.), tactical approach to the game situation (1 p.).
3. Defence combination: double block (5 p.): moving towards the blocking spot (1 p.), rebound (1 p.), arm movement in both blockers (1 p.), blocking arm position (1 p.), double-block consistency (1 p.), landing (1 p.).
4. Game system involving specialised players – one setter (5 p.): position and response upon serving (1 p.), team position during passing (1 p.), team position during attacking (1 p.), team position during blocking (1 p.), defence formation (1 p.).
Note that the total score does not automatically equal the sum of all points.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–
80% = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:

The student:
- has theoretical knowledge of volleyball
- can apply this knowledge in practice
- is acquainted with training specificities including the age-related ones
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of the discipline and is able to apply it in training.

Brief outline of the course:

Brief outline of the course:
Volleyball theory: techniques and tactical preparation. Mastering the technique, methodology, and basic practical skills. Methodological outputs from technical and tactical training. Current issues.

Recommended literature:

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

Language of instruction:

Notes:student time load:

for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Preparation for the exam: 64 h.

Course assessment

The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)
33.33	16.67	25.0	8.33	8.33	8.33	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-334 | **Course name:** Sport Specialization 4 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of snatch as a weightlifting discipline
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of weightlifting (snatch) and is able to apply it in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:
Notes: student time load

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 2

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-344	**Course name:** Sport Specialization 4 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of wrestling.
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of wrestling and is able to apply it in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-355 | **Course name:** Sport Specialization 5 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of downhill skiing
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of skiing and is able to apply it in training can process a record and evaluate a training unit.

Brief outline of the course:
Brief outline of the course:
Introduction: goal, tasks, evaluation. Periodisation and main tasks within the yearly training cycle. Stages of sports training in downhill skiing. Characteristics of pupil sports training. Modelling sports training for pupils and youth (training unit structure).
Specific and non-specific training tools (pupil performance improvement). Learn

the diagnostic procedures and training levels, response manipulation. Sports training stages and their characteristics. Sitting in during pupil and youth sports training units. Current issues.

Recommended literature:

Recommended literature:
Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.
HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979
KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 2

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-205	**Course name:** Sport Specialization 5 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 10 points
- practical demonstrations of the technique of athletic throws and throwing 0 - 20 points
b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
The student
1. understands the throwing disciplines in theory
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of throws including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, i.e. they understand the methodology of training throws
6. develops complex knowledge of throws as a discipline

Brief outline of the course:
Throws: shot put, javelin, discus throw, hammer throw; preparatory exercises. Technique, training methodology, errors and their correction. Training throws in different age and performance groups. Current issues in athletics.

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

ŠIMON, J. a kol. 2004. Atletické vrhy a hody. Praha: Olympia. 236 s. ISBN 80-7033-815-6
Časopisecká literatúra z domácich, zahraničných zdrojov.
www.atletikasvk.sk www.wa.org www.ea.org

Language of instruction:
slovak

Notes:student time load:
Total time load: 180 h. Presence study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Mastering the technique of throws: 20 h. Preparation for the exam: 51 h.

Course assessment
The final number of assessed students: 24

A	B	C	D	E	FX(0)	FX(1)
20.83	16.67	20.83	37.5	4.17	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-215	**Course name:** Sport Specialization 5 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D
(78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – offensive game systems (OGS): 0–20 p.
- Creating a training unit plan and training microcycle for younger pupils: 0–10 p.
- Active participation in the training process (younger pupils) and a demonstration of correct techniques: 0
–30 p.
- Seminar paper addressing OGS: 0–20 p.
- written test from the theory addressed in lectures: 0–20 p.
b) final assessment:
Based on the continuous assessment

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. understands the issue of training load (fatigue, overtraining, withdrawal syndrome, rehabilitation, regeneration)
3. can perform OGS properly
4. can design a training plan (macrocycle, mesocycle, microcycle)
5. can evaluate match recordings and navigates the specialised literature

Brief outline of the course:
Brief outline of the course:
Brief outline of the course:

Learn and understand the concepts related to training load (development and cultivation of fitness and coordination in basketball, fatigue, overtraining, rehabilitation, regeneration). Practical training and improving offensive combination techniques.

Recommended literature:

Recommended literature:
1. DOBRY, L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia, 2009, 336 s. ISBN978-80-7376-130-1.
3. DOUŠEK, L. 2013. Leto s basketbalom. Banská Bystrica: PF UMB Banská Bystrica, 2013,155 s. ISBN 978-80-557-0551-4.
4. HLASICA,D. – JANČOKOVÁ, Ľ. 2002 Bioenergetická kapacita a telesná identitabasketbalistiek. Banská Bystrica „ Bratia Sabovci s.r.o. 2002
5. HORIČKA, P. 2017. MOTTION OFFENSE. Pohyblivý útok – od minibasketbalu povrcholový basketbal. Nitra: PF UKF v Nitre, 2017, 120 s. ISBN 978-80-558-1145-1.
6. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0.
7. IZÁKOVÁ, A. 2010. Rozvoj vybraných koordinačných schopností mladých basketbalistiek.Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, Katedra telesnej výchovy a športu, 2010.
8. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN80-247-1011-0.
9. ŠIMONEK,J – ZRUBÁK, A. a kol. 2003 Základy kondičnej prípravy v športe. Bratislava: Univerzita Komenského, 2003, 190 s. ISBN 80-223-1897-3.
10. ŠIMONEK, J. a kol. 1987. Kondičná príprava v kolektívnych športových hrách. Bratislava: Šport,1987.
11. VELENSKÝ, M. 1999. Basketbal. Praha: Grada Publishing, spol s.r.o., 1999, 104 s. ISBN80-7169-834-2. http/www. basketbal-drills-and-plays.com
http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/
Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:

Notes: student time load
Time load for the student: Total: 210 h. Combined study (lectures/seminars/consultations): 65 hod. seminárna práca: 20 hod. príprava prezentácie: 15 hod. príprava na písomný test: 15 hod. príprava na vedenie časti tréningovej jednotky: 5 h.
Studying for the oral exam: 90 h.

Course assessment

The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	46.15	38.46	7.69	0.0	7.69

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-225	**Course name:** Sport Specialization 5 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 biathlon races as an organiser and/or race official. Active participation in the training process. The goal is to master the basic biathlon technique and practical skills in biathlon. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- Active participation in the training process (min. 10 training units) 20 p.
- mastering the technique of ski waxing and shooting in biathlon: 10 p. Mastering the technique of ski waxing and small-caliber rifle shooting in biathlon:
Cleaning skis (1 p.), paraffin waxing (1 p.), classic waxing (2 p.). Small-caliber rifle shooting – prone (p.), standing (1 p.), preparatory balance exercises (1 p.), aiming (1 p.), firing (1 p.), breathing and shooting rhythm (1 p.).
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student
1. has theoretical knowledge of talent selection in biathlon
2. understands cross-country skiing and shooting in theory
3. applies this knowledge in the training process
4. understands training, methodology, and techniques including the differences among age groups
5. applies their knowledge to evaluate the performance of the contemporary athletes
6. can evaluate the techniques and correct the errors, understands the training methodology

7. develops complex knowledge of cross-country skiing and shooting and is able to apply them in training.

Brief outline of the course:

Brief outline of the course:
Selection for the sports forms and schools. Evaluating the selected model for biathlon. Coaching and management in biathlon. Coach and athlete. Small-caliber rifle shooting. Types of snow and wax. Ski waxing. Current issues in biathlon. Getting acquainted with the biathlon research performed at the department/active participation in research.

Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
KUČERA, V. - TRUKSA, Z.: Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
PAUGSCHOVÁ, B.: Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
Up-to-date specialised journals, proceedings, and periodicals

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h. Combined study: 39 h.
Preparation of the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Seminar preparation: 81 h.

Course assessment

The final number of assessed students: 1

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-265 | **Course name:** Sport Specialization 5 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active participation in the training process. Project preparation.
Written and oral examinations upon completion of the semester.
b) final assessment: Project: 0–30 p. Written exam: 0–20 p.
Oral exam: 0–50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%).
Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes: The student
1. acquires theoretical knowledge of the subject matter – coordination skills
2. applies this knowledge in the training process
3. understands the subject matter of coordination skills
4. can evaluate the technique and identify shortcomings
5. can apply training focused on developing coordination skills

Brief outline of the course:
Brief outline of the course:
Developing coordination skills in recreational and performance sports
- The methodology of coordination skill development
- Coordination skill development in practice
- Coordination skill training
- Physiological aspects of coordination skill training
- The coordination skill training system

Recommended literature:
Recommended literature:
DOLEŽAJOVÁ, L.-LEDNICKÝ, A. Rozvoj koordinačných schopností, Slovenská vedecká spoločnosť pre telesnú výchovu a šport, Bratislava 2002, 132 s.
KRIŠTOFIČ, J. 2006. Pohybová příprava detí. Praha : Grada. 2006. 112 s. KRIŠTOFIČ, J. 2004. Gymnastická průprava sportovce. Praha : Grada. 2006. 112 s.

JEBAVÝ R., ZUMR, T. 2009. Posilování s balančními pomůckami. Praha : Grada. 2009. 176 s.
ZEMKOVÁ, E.2008. Diagnostika koordinačných schopností. Peter Mačura - PEEM, Bratislava, 2008, 116 s.
ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.

Language of instruction:

Notes:student time load:
Notes: student time load 180 h.
Combined study (L, S, C): 39 h. Project preparation: 30 h. Training preparation, analysis of the practical performance, training evaluation: 31 h. Self-study: 80 h.

Course assessment
The final number of assessed students: 91

A	B	C	D	E	FX(0)	FX(1)
41.76	24.18	34.07	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brűnn, PhD., Mgr. Jozef Sýkora, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-365 | **Course name:** Sport Specialization 5 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Conditions for completing the course: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
HV rating: 0-70 points
Football rules test: 0-30 points
b) final assessment:
based on an interim evaluation

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. acquires complex theoretical and practical knowledge of planning, structure, and record-keeping
3. applies their knowledge to prepare training units
4. applies their theoretical knowledge to evaluate matches
5. can apply different diagnostic techniques
6. can create a research project focused on the training process (TP) in football

Brief outline of the course:
Brief outline of the course:
Football and society. Planning training. The structure of TP (macrocycle). Coach's personality: philosophy, coach – player communication. The physiological basis of load in football. Game and team performance characteristics. General diagnostics in football. Detailed analysis of 3 training units including their plans. Evaluating matches upon observation. Diagnostics in practice (examples). Presentation of a seminar paper focused on diagnostics. Bachelor thesis project presentation. PRACTICE – microgroups (12 h.) and evaluation (2 h.) under supervision. Bachelor thesis project – consultation with the supervisor (12 h.).

Recommended literature:

Recommended literature:

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

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

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

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

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

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

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

VOTÍK, J. 2001. Tréner fotbalu B licence. Praha: Olympia, 2001. 256 s. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách

Language of instruction:

slovak

Notes:student time load:

Notes: student time load

Total: 180 h. Presence study: 39 h.

Designing training units: 31 h.

Preparation of the presentation: 30 h. Microgroup coaching: 10 h. Self-study of the Bachelor thesis related literature: 70 h.

Course assessment

The final number of assessed students: 64

A	B	C	D	E	FX(0)	FX(1)
3.13	7.81	43.75	26.56	6.25	1.56	10.94

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-275	**Course name:** Sport Specialization 5 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

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

Brief outline of the course:

Brief outline of the course:
Introduction & SZLH Coach Development
1. Team and individual performance
2. International ice hockey requirements. Team performance analysis.
3. Individual performance. International ice hockey requirements. Individual player performance
4. Team play guidelines
5. The Hockey Coach Vision programme
Active participation in classes
• Active participation
Submitting acceptable on- and off-ice session plans
• Design and submission of training unit concepts on- and off-ice
• Active participation in 20 on-ice trainings
• Training units are recorded in the Drillbook
• Presentation of the selected topic
• Oral exam/test

Recommended literature:

Recommended literature:
SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej urovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučovaní v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního vykonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.
PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.
TÓTH I. a kol. 2010, Ľadový hokej. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-0-2.

VÝBOH , A. et al. 2005. Teória a didaktika ľadového hokeja III. Bratislava. 2005. 86s. ISBN 80 – 969475 – 1 – 6.
Internetové zdroje:
Dostupné na:
Tréningový portal mládeže
[online]. https://tpm.hockeyslovakia.sk [online]. https://www.hockeyslovakia.sk/sk/ [online]. https://www.usahockey.com

Language of instruction:

Notes:student time load:
Total: 150 h.
Presence study: 52 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Preparation for the oral exam: 15 h. Self-study of the recommended literature: 4 h. Training working with the Hockey Coach Vision programme. 4 h.

Course assessment
The final number of assessed students: 47

A	B	C	D	E	FX(0)	FX(1)
0.0	21.28	44.68	23.4	4.26	2.13	4.26

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-235 | **Course name:** Sport Specialization 5 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student understands standing judo techniques
2. applies this knowledge in the training process
3. understands training, methodology, and techniques including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of standing judo techniques and is able to apply them in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
. 1.BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Language of instruction:

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

2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Course assessment

The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)
88.89	0.0	11.11	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-245 | **Course name:** Sport Specialization 5 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in karate coaching in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the concept of karate training in its complexity
4. applies their knowledge to design a training process with properly balanced components in the respective training phases
5. can apply the basic methods and training tools in the respective karate training components
6. can design a complex concept of karate training with suitable training methods for the respective training components.

Brief outline of the course:
Brief outline of the course:
Top-level and performance karate fighting – how to select the training contents and methods for the respective components. Applying diagnostic and training methods in the respective training components. Karate training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9

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

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.
exam preparation: 90

Course assessment
The final number of assessed students: 2

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

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-255	**Course name:** Sport Specialization 5 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In:Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6.ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
0.0	33.33	16.67	33.33	16.67	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-295 | **Course name:** Sport Specialization 5 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- has theoretical knowledge of snowboarding
- applies this knowledge in the training process
- understands training, methodology, and techniques including the differences among age groups
- applies their knowledge to evaluate the performance of the contemporary athletes
- can evaluate the techniques and correct the errors, understands the training methodology
- develops complex knowledge of snowboarding and is able to apply it in training can process a record and evaluate a training unit.

Brief outline of the course:
Brief outline of the course:
Introduction: goal, tasks, evaluation. Periodisation and main tasks
within the yearly training cycle. Stages of sports training in snowboarding. Characteristics of pupil sports training. Modelling sports training for pupils and youth (training unit structure). Specific and non-specific training tools (pupil performance improvement). Diagnostic procedures and training

levels, response manipulation. Sports training stages and their characteristics. Sitting in during pupil and youth sports training units. Current issues.

Recommended literature:

Recommended literature:

DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.
MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách..

Language of instruction:

Notes:student time load:

Notes – time load for the student: 210 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 30 h. Preparation for the exam: 71 h.

Course assessment

The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-305 | **Course name:** Sport Specialization 5 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in competitions: 10 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 races as an organiser and/or race official. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in competitions: 10 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Brief outline of the course:

Brief outline of the course:
Planning, management, evaluation of the training process within the discipline. Planning and analysis of the training programme within the given sports specialisation. Management and innovation of the training process – recreational, performance, and top levels. Managing individual and group training with the emphasis on individualisation and optimisation of the training load.

Recommended literature:

Recommended literature:
1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika.Bratislava: UK, 1993. 232 s.
5. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICMAgency, 2012. 353 s
6. KREMNICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2003. GYMNASTIKA. Akrobacia a preskoky. Bratislava : FTVŠ UK, 2003. 116 s.
8. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
9. ZÍTKO, M. 1997. Skoky z malé trampolíny. Praha : Česká asociace sport pro všechny, 1997. 46 s.
10. ZÍTKO, M. 1998. Akrobacie. Praha : Česká asociace sport pro všechny, 1998. 46 s.
11. Pravidlá ŠG muži – ženy. Vydáva Medzinárodná gym. Federácia Technická komisia muži ženy
12. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:
Notes – time load for the student: 180 h.
Combined study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for the analysis of more complex figures: 20 h. Preparation for the exam: 51 h.

Course assessment
The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-285 | **Course name:** Sport Specialization 5 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper presentation, active participation in classes, swimming competition organisation and judging, written and oral exams.
a) continuous assessment:
- active presentation of seminar papers (20 points)
- active participation in class: (10 points)
- active participation in the organisation of swimming competitions and refereeing: (min 10hrs) (10 points)
- written test (20 points)

b) final assessment:
On the basis of a continuous assessment (60 points) and an oral examination (40 points)

Learning objectives:
The student
- has theoretical knowledge of swimming competition organisation and can analyse physical activities
- understands swimming training specificities and differences between 25m and 50m swimming
- can correctly evaluate the level of training in the swimming pool as well as in the laboratory conditions
- understands how different physical abilities can be improved in and out of water
- understands diagnostics and its importance
- can design training load during different periods
- knows injury prevention specificities, diagnostics and rehabilitation of injured athletes
- knows the swimming terminology

Brief outline of the course:
Brief outline of the course:
Organising swimming competitions in Slovakia and abroad; the structure of swimming federations; qualifications possibilities; limit achievement; analysing physical activities and improving different swimming style techniques (age-related specificities); sports training in swimming; training

specificities and differences between 25m and 50m swimming evaluating the level of training and its specificities; improving performance through the development of physical abilities; balancing training load during different periods; injury prevention, diagnostics and rehabilitation of injured athletes; news in swimming research.

Recommended literature:

1. HOFER, Z., a kol. Technika plaveckých způsobů. 1st Ed. Praha : Karolinum, 2006. ISBN 80-246-1205-4.
2. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
3. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika pláv ania a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
4. COLWIN, C., M. Swimming Dynamics (Winning, Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.
5. HANNULA, D. Coaching swimming successfully. 1st Ed. USA : Human kinetics, 1995.
6. MAGLISCHO, E. W. Swimming faster. 2nd Ed. USA : Human Kinetics, 2003. ISBN 0-7360-3180-9
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
8. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
9. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4

Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 210 h.
- Combined study: 39 h.
- Preparation of the seminar paper presentation: 40 h.
- Active participation in races (organiser/race official): 20 h.
- Active participation in classes: 10 h.
- Studying for the written test: 30 h.
- Studying for the oral exam: 71 h.

Course assessment

The final number of assessed students: 12

A	B	C	D	E	FX(0)	FX(1)
25.0	16.67	50.0	0.0	0.0	0.0	8.33

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-315 | **Course name:** Sport Specialization 5 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Active participation in training and coaching in a sports club 0–20 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the concept of taekwondo training in its complexity
4. applies their knowledge to design a training process with properly balanced components in the respective training phases
5. can apply the basic methods and training tools in the respective taekwondo training components
6. can design a complex concept of karate training with suitable training methods for the respective training components.

Brief outline of the course:
Brief outline of the course:
Top-level and performance taekwondo – how to select the training contents and methods for the respective components. Applying diagnostic and training methods in the respective training components. Taekwondo training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9

4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9
5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-375	**Course name:** Sport Specialization 5 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment: seminar paper and practice: 0–30 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their own

Brief outline of the course:
Brief outline of the course:
Hiking as a sport.
• Outdoor games – experiential education, sports.
• Natural navigation in outdoor sports.
• Summer outdoor camping – basic skills.
• Performance hiking.
• Mountain dangers.
• Alpine hiking.
• Planning hiking trips.
• Hiking in practice (on foot and cycling)

Recommended literature:

Language of instruction:

Notes:student time load:
Notes: student time load: 210 h.
Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.

Practice: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-325	**Course name:** Sport Specialization 5 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 1 presentation addressing the selected topic. During the semester, the student actively participates in 2 competitions as an organiser and/or judge. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Presentation delivered during a class: 20 p.
- Active participation in races: 10 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 50 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has theoretical knowledge of volleyball training management
- is familiar with the training process – recreational, performance, and top levels.
- applies this knowledge in the training process
- can manage a volleyball training process
- applies their knowledge to analyse the training load

Brief outline of the course:
Brief outline of the course:
Planning, management, evaluation of the training process within the discipline. Planning and analysis of the training programme within the given sports specialisation.
Management and innovation of the training process – recreational, performance, and top levels.
Managing individual and group training with the emphasis on individualisation and optimisation of the training load.

Recommended literature:

Recommended literature:

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

Language of instruction:

Notes:student time load:

Notes – time load for the student: 180 h.
Presence study: 39 h. Preparation for the presentation: 20 h.
Active participation in races (organiser/race official): 20 h. Active participation in the training process. 30 h.
Preparation for completing the practical assignments: 20 h. Preparation for the exam: 51 h.

Course assessment

The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
66.67	16.67	16.67	0.0	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-335 | **Course name:** Sport Specialization 5 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of clean and jerk as a weightlifting discipline
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of weightlifting (clean and jerk) and is able to apply it in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.

Language of instruction:

Notes:student time load:
Notes: student time load

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 2

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-345 | **Course name:** Sport Specialization 5 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation addressing the selected topic delivered during a class: 0–20 p
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p. b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. has theoretical knowledge of wrestling
2. applies this knowledge in the training process
3. understands training, methodology, and techniques of the discipline including the differences among age groups
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. can evaluate the techniques and correct the errors, understands the training methodology
6. develops complex knowledge of wrestling and is able to apply it in training.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-356	**Course name:** Sport Specialization 6 – Alpine Skiing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Sports preparation plan presentation: 20 p.
- Bachelor thesis presentation: 20 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exams: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- understands the sports training management within the discipline
- applies this knowledge in the training process and coaching
- understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling
- applies their knowledge to evaluate the performance of the contemporary athletes
- evaluates the training unit plan, training cycles, long-term sports training plans
- can design and evaluate a sports training plan, can conduct part of a training unit.

Brief outline of the course:
Brief outline of the course:
Training management: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues.

Recommended literature:
Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.
HELLEBRANDT, V. a kol. 1979. Výber talentovanej mládeže pre lyžovanie. Metodický list č.32. Šport, Bratislava, 1979
KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J.: Teória a didaktika lyžovania. Banská Bystrica : PF UMB, 2001. 94 s. ISBN 80-8055-591
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách..

Language of instruction:

Notes:student time load:
Notes: student time load
Total: 180 h.
Combined study: 39 h. Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.
Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment
The final number of assessed students: 2

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-206 | **Course name:** Sport Specialization 6 – Athletics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the assigned topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, passing a written and oral exam.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 20 points
b) final assessment:
- written and oral exam 0 - 50 points and based on continuous assessment.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
The student
1. can plan, document, diagnose, and analyse training
2. applies the research-based sports training management methods
3. is acquainted with training all athletic disciplines including the age-group specificities
4. can apply the theory to sports research
5. can formulate recommendations for sports practice
6. develops complex knowledge of training management in athletics

Brief outline of the course:
Planning and analysis of the training programme within the given sports specialisation. Studying the theory of training management with the focus on its practical application. Setting the goals of the training process and application of the research-based training management. Based on analyses, formulating recommendations for sports practice and proposing further training process optimisation.

Recommended literature:
The student
1. can plan, document, diagnose, and analyse training
2. applies the research-based sports training management methods
3. is acquainted with training all athletic disciplines including the age-group specificities
4. can apply the theory to sports research

5. can formulate recommendations for sports practice
6. develops complex knowledge of training management in athletics

Language of instruction:
slovak

Notes:student time load:
The student
1. can plan, document, diagnose, and analyse training
2. applies the research-based sports training management methods
3. is acquainted with training all athletic disciplines including the age-group specificities
4. can apply the theory to sports research
5. can formulate recommendations for sports practice
6. develops complex knowledge of training management in athletics

Course assessment
The final number of assessed students: 23

A	B	C	D	E	FX(0)	FX(1)
8.7	13.04	26.09	21.74	26.09	4.35	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-216 | **Course name:** Sport Specialization 6 – Basketball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–86%), C (85–79%), D
(78–72%), E (71–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.
a) continuous assessment:
- Presentation delivered during a class – offensive game system analysis (OGS): 0–20 p.
- Creating a training unit plan and training microcycle for older pupils: 0–10 p.
- Active participation in the training process (older pupils) and a demonstration of correct techniques: 0–20 p.
- test from the theory addressed in lectures: 0–50 p.
b) final assessment:
Based on the continuous assessment

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter thus laying the foundation for their future coaching career
2. is well-versed in the area of youth basketball coaching
3. can demonstrate and correctly use defence game systems
4. can design a training plan (macrocycle, mesocycle, microcycle)
5. can evaluate match recordings and navigates the specialised literature.

Brief outline of the course:
Brief outline of the course:
Tactics – phases, training and improvement possibilities, aspiration and frustration in basketball, sport forms – characteristics and how to influence them.
Practical training and improving defence game system techniques.

Recommended literature:
Recommended literature:

1. ARGAJ, G. – REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : UniverzitaKomenského, 2007. 137s. ISBN 978-80-223-2325-3.
2. DOBRY,L. –SEMIGINOVSKÝ, B. 1988. Sportovní hry – výkon a tréning . Praha: Olympia,1988, 197 s. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:115830.
3. HORIČKA, P. 2014. Basketbal. Teória a didaktika, 1. vyd. Nitra: PF UKF v Nitre, 2014, 155 s.ISBN 978-80-558-0673-0.
4. HORIČKA, P. 2017. MOTTION OFFENSE. Pohyblivý útok – od minibasketbalu povrcholový basketbal. Nitra: PF UKF v Nitre, 2017, 120 s. ISBN 978-80-55§-8-1145-1.
5. IZÁKOVÁ, A. a kol. 2019. Teória a didaktika športovej hry basketbal. Banská Bystrica: Vydavateľstvo Univerzity Mateja Bela – Belianum, 2019, 130 s. ISBN 978-80-557-1648-0. 6. RAINER,M. 2006. Úspěšný tréner. Praha: Grada publishing. 2006, 504 s. ISBN 80-247-1011-0.
7. REHÁK, M. 1979. Basketbal, útok - obrana. Bratislava: Šport, slovenské telovýchovnévydavateľstvo, 1979, 221 s. 77-042-79 11-4
8. RILEY, P. 1996. Cesta k víťazstvu. Frýdek-Místek: ALPRESS,s.r.o. 1996, 303 s. ISBN: 80-85975-21-1
9. RUDEŽ, I. 2019. Obsahové štandardy basketbalovej prípravy pre vekové kategórie U12 - U18. Metodická príručka. Bratislava: Slovenská basketbalová asociácia, 2019, 72 s. ISBN 978-80-570-0598-8.
10. TOMÁNEK, Ľ. 2010. Teória a didaktika basketbalu 1. vyd. Bratislava : ICM AGENCY ,2010, 212 s. ISBN 978-80-89257-25-6. (Online: https://fsport.uniba.sk/fileadmin/ftvs/k_sh/ tomanek/ar_2015-2016/LT_basketbal_kniha_2010_promo.pdf)
11. VELENSKÝ, M. 1999. Basketbal. Praha: GRADA Publishing, spol. s.r.o., 1999, 104 s. ISBN80-7169-834-2.
12. VOJČÍK, M. 1997. Basketbal komplexne. Bratislava : SBA, 1997 http://slovakbasket.sk/ http://www.basket.sk/ http://www.baskettrener.sk/ http://www.cbf.cz/ http://sbt.cbf.cz/ http://www.4basket.cz/
Foreign and domestic journals and internet sources for additional self-study

Language of instruction:

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

Course assessment
The final number of assessed students: 9

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

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-226 | **Course name:** Sport Specialization 6 – Biathlon

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Sports preparation plan presentation: 20 p.
- Bachelor thesis presentation: 20 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student
1. understands the sports training management within the discipline
2. applies this knowledge in the training process and coaching
3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. evaluates the training unit plan, training cycles, long-term sports training plans
6. can design and evaluate a sports training plan, can conduct part of a training unit.

Brief outline of the course:
Brief outline of the course:
Training management in biathlon: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues in biathlon.

Recommended literature:

Recommended literature:
DOVALIL, J. 1986. Pohybové schopnosti a jejich rozvoj ve sportovním tréninku. Praha : Olympia, 1986.
DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s.
KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
KUČERA, V. - TRUKSA, Z. 2000. Běhy na střední a dlouhé tratě. Praha : Olympia, 2000. 290 s.
MARTENS, R.: Úspěšný tréner. Praha: Grada, 2006. 501 s.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
PAUGSCHOVÁ, B. 2000. Teória a metodika športovej prípravy v biatlone. [Učebné texty.] Banská Bystrica : SZB, SVZTŠ, FHV UMB, 2000. 158 s. ISBN 80-8055-383-1.
PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie. #Učebné texty pre študentov telesnej výchovy#. Banská Bystrica : UMB, FHV, KTVŠ, SLZ, 2004, 237 s. ISBN 80-8055-880-9
TVRZNÍK, A., ŠKORPIL, M., SOUMAR, L. 2006. Běhání od joggingu po maraton. Praha : Grada, 2006, 248 s. ISBN 80-247-1220-2.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:
Notes – time load for the student: 180 h. Combined study: 39 h.
Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.
Bachelor thesis presentation: 20 h. Seminar preparation: 71 h.

Course assessment
The final number of assessed students: 1

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-266 | **Course name:** Sport Specialization 6 – Conditioning Coach

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Brief outline of the course:
Developing coordination skills in recreational and performance sports
- The methodology of coordination skill development
- Coordination skill development in practice
- Coordination skill training
- Physiological aspects of coordination skill training
The coordination skill training system

Learning objectives:
Learning outcomes:
The student
1. can apply the theoretical knowledge of the subject matter in practice
2. applies this knowledge in the training process
3. understands the subject matter
4. can design training
5. can coach training

Brief outline of the course:
Brief outline of the course:
The student applies the knowledge acquired to design targeted training programmes with specific focus. They are able to accommodate recreational, performance, and top athletes.

Recommended literature:
Recommended literature:
KRIŠTOFIČ, J. 2006. Pohybová příprava detí. Praha : Grada. 2006. 112 s.
KRIŠTOFIČ, J. 2007. Kondiční trénink. Praha : Grada, 2005. 191 s.
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava, FTVŠ UK, 2004, s. 117, ISBN 80-89075-22-3.
NEUMANN, G. – PFÜTZEN, A. – HOTTENROTT, K. 2005. Trénink pod kontrolou. Praha : Grada, 2005. 181 s.
ZRUBÁK, A. - ŠTULRAJTER, V. et al. 1999. Fitnis. Bratislava, UK, 1999.

Language of instruction:

Notes:student time load:
Notes: student time load Total: 180 h. Combined study (lectures/seminars/consultations): 39 h. Preparation of the project: 20 h.
39 h. Preparation for coaching: 31 h.
analysis of the practical performance, training evaluation: 25 h. Self-study: 65 h.

Course assessment
The final number of assessed students: 84

A	B	C	D	E	FX(0)	FX(1)
32.14	39.29	17.86	0.0	8.33	0.0	2.38

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., Mgr. David Brűnn, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-366 | **Course name:** Sport Specialization 6 – Football

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Conditions for completing the course: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
Methodological output from the TJ part: 0-30 points
Test from T and D FU: 0-40 points
Preliminary BcP: 0-30 points
b) final assessment:
based on an interim evaluation

Learning objectives:
Learning outcomes:
The student:
1. acquires the knowledge of the subject matter allowing them to successfully complete their study
2. acquires the knowledge necessary to complete their Bachelor thesis
3. applies their knowledge to design training units
4. applies their theoretical knowledge and practical experience to create a methodological output
5. can present their Bachelor thesis to an audience
6. can use the knowledge acquired to perform diagnostics (in writing)

Brief outline of the course:
Brief outline of the course:
Football research. Typical game situations (workshop). Tactical preparation. Methodological output: practical implementation of training units. Mock Bachelor thesis defence. Written test from theory + didactics + presentation of the student's team play. Homework: Consult the Bachelor thesis with the supervisor (min. 4x/term).

Recommended literature:
Recommended literature:
KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN

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

Language of instruction:
slovak

Notes:student time load:
Notes: student time load
Total: 180 h.
Presence study: 39 h.
Creation of a training unit design (methodological output): 20 h. Preparation for BT mock defence: 60 h.
studying for the written test: 20 h. Self-study of the recommended literature: 40 h.

Course assessment
The final number of assessed students: 57

A	B	C	D	E	FX(0)	FX(1)
0.0	1.75	15.79	43.86	3.51	7.02	28.07

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-276	**Course name:** Sport Specialization 6 – Ice Hockey

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan. Students with individual plans plan their attendance with the instructor. To complete the course, the student has to master the theoretical as well as practical topics. During the semester, the student completes a seminar project and 20 training units in their respective sports club (including registration in the Drillbook programme). Written/oral examinations are taken during the examination period.
a) continuous assessment:
Seminar project and presentation: 0–25 p.
Practice/participation in 20 training units in a club of the student's choice (the responsible coach evaluates their performance using the evaluation form provided). 0–25 p.
b) final assessment:
based on the continuous assessment. Written test/oral exam. 0–50 p.
a) continuous assessment:
- Seminar project: 25 p.
- Completion of 20 training units and record-keeping: 25 p.
b) final assessment:
Written/oral exam. 50 p. (min. 32.5 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands the subject matter and navigates specialised literature

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

Brief outline of the course:

Brief outline of the course:
1. Diagnostics off ice and on ice
2. Skating biomechanics
3.
Functional anatomy in ice hockey
4. Team play analysis
5. The Hockey Coach Vision programme
Active participation in classes
• Active participation
• Completing and submitting yearly and weekly plans
• Coaching evaluation and feedback process
• Active participation in 20 on-ice trainings
• Training units are recorded in the Drillbook
• Presentation of the selected topic
• Oral exam/test

Recommended literature:

Recommended literature:
Page: 3
SZLH 2019. Coach 21. Storočia SZLH 2019, Športová psychológia pre trénerov
SZLH 2019. Manuál pre rozvoj hráčov 21. storocia na klubovej urovni. Príručka pre vytvorenie športového systému 21. Storočia na klubovej úrovni
SZLH 2018. Nechajte nás hrať sa. Príručka pre rodičov
BUKAČ, L. 2005. Intelekt, učení, dovednosti a koučovaní v ledním hokeji. Komprehezivní pohled na utkání, trénink a rozvoj individuálního herního vykonu. 1st Ed. Praha: Olympia, 2005. 291 s. ISBN 80 – 7033 – 896 – 2.
PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada, 2008. 192 s. ISBN 978-80-247-2643-4.
STARŠÍ, J. – JANČOKOVÁ, J. – VÝBOH, A. 1999. Teória a didaktika ľadového hokeja. Banská Bystrica: Fakulta humanitných vied Univerzity Mateja Bela. ISBN 80 – 8055 – 322.
TÓTH I. a kol. 2010, Tréner ľadového hokeja. vysokoškolská učebnica pre trénerov špecializácie v ľadovom hokeji. Bratislava. Isbn: 978-80-970545-1-9.

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

Language of instruction:

Notes:student time load:
Notes: student time load: 120 h.
Presence study: 26 h.
Seminar paper and preparation: 15 h. Preparation for 20 training units: 60 h. Preparation for the oral exam: 15 h. Self-study of the recommended literature: 2 h. Training working with the Hockey Coach Vision programme. 2 h

Course assessment
The final number of assessed students: 35

A	B	C	D	E	FX(0)	FX(1)
8.57	11.43	37.14	25.71	0.0	0.0	17.14

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-236 | **Course name:** Sport Specialization 6 – Judo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in judo training 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student understands the sports training management within the discipline
2. applies this knowledge in the training process and coaching
3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, judo talent search
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. evaluates the training unit plan, training cycles, long-term sports training plans, judo aptitude
6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.

Brief outline of the course:

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠTEFANOVSKÝ, M. et al. 2012. Judo. Bratislava: ICM Agency, 2012. 211 s. ISBN 978-80-89257-55-3.

Language of instruction:

Notes:student time load:
Notes: student time load 210 h. Combined study (L, S,

C): 39
self-study: 40 topic presentation: 1 preparation of the presentation: 10 Active participation in the training process: 30
Studying for the oral exam: 90 h.

Course assessment
The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
25.0	62.5	12.5	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-246	**Course name:** Sport Specialization 6 – Karate

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Karate coaching and management in a sports club 0–40 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands karate training specificities – stages, training cycles, age and gender
4. applies their knowledge to evaluate sports performance and individual training plans
5. can conduct a training unit addressing the selected topic independently
6. can design a training programme for the selected target group

Brief outline of the course:
Brief outline of the course:
Karate training specificities – stages, training cycles, age and gender. Evaluating sports performance and making individual training plans. Conducting the training unit – practical demonstration. Designing specific training programmes. Current issues in top-level and performance karate training – changing competition rules. Karate training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. - 135 s. ISBN 978-80-557-1913-9

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

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h. Active participation in the training process: 40 h.
exam preparation: 90

Course assessment
The final number of assessed students: 2

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

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

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-256 | **Course name:** Sport Specialization 6 – Kickbox

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in kickbox training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands kickbox as a system, knows competitions, development and organisations
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. knows the history and development of kickbox around the world and in the SR
develops complex knowledge of a specific kickbox style

Brief outline of the course:
Brief outline of the course:
Current issues in top-level and performance karate training – changing competition rules. Kickbox training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7.
2. BARTÍK, P. 2006. Úpoly na 2.stupni ZŠ. Banská Bystrica: PF UMB, 2006. 136 s. ISBN 80-8083-332-X
3. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5.
4. ŠEBEJ, F. 1990. Karate. Bratislava: Šport, Slovenské telovýchovné vydavateľstvo, 1990, ISBN 80-7096-077-9

5. ZBIŇOVSKÝ, P. Pohybová výkonnosť v karate ako určujúci faktor výberu talentov. In:Identifikace sportovních talentu /kolektivní monografie/. Praha: Univerzita Karlova v Praze. Nakladatelství Karolinum, Praha, 2010, s. 203 – 209, ISBN 978-80-246-1881-6.ZBIŇOVSKÝ, P. Frekvencia útočných bodovacích techník v športovom zápase karate. In: Zborník vedeckovýskumných práce – vedy o športe. Pri príležitosti 50. výročia organizovaného vyučovania telesnej výchovy na vysokých školách. Banská Bystrica: FHV UMB, 2002, s. 184-191. ISBN 80-968931-0-6

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h. Self-study: 41 h. Active participation in the training process: 40 h.
Preparation for the evaluation: 90 h.

Course assessment
The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	33.33	0.0	50.0	0.0	16.67

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-296	**Course name:** Sport Specialization 6 – Snowboarding

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Sports preparation plan presentation: 20 p.
- Bachelor thesis presentation: 20 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- understands the sports training management within the discipline
- applies this knowledge in the training process and coaching
- understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling
- applies their knowledge to evaluate the performance of the contemporary athletes
- evaluates the training unit plan, training cycles, long-term sports training plans
- can design and evaluate a sports training plan, can conduct part of a training unit.

Brief outline of the course:
Brief outline of the course:
Training management: planning, record-keeping, implementation, diagnostics, training evaluation and modelling Creation of a training plan. Evaluation of a training plan. Planning training units, training cycles, and long-term sports training. Conducting part of a training unit: Current issues in biathlon.

Recommended literature:

Recommended literature:
DOVALIL, J. a kol.: Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a i. 2012. Teória športu a didaktika športového tréningu. Bratislava : ICM Agency, 2012. 353 s.
MICHAL, J. (2013) Snowboarding na školách. 1st Ed. Banská Bystrica: D & M DALIBOR LEITNER. 90 s. ISBN 978-80-971531-0-6.
MICHAL, J. (2013) Snowboarding. Zvolen: Technická Univerzita. , 2013. - 80 s. - ISBN 978-80-228-2597-9
MORAVEC, R. et al. 2004. Teória a didaktika športu. Bratislava : FTVŠ UK, 2004, 212 s. ISBN 80-89075-22-3.
NEUMANN, G. – PFUTZNER, A. – HOTTENROT, K.: Trénink pod kontrolou. Praha : Grada, 2005. 182 s.
Up-to-date specialised journals, proceedings, and periodicals.

Language of instruction:

Notes:student time load:
Notes – time load for the student: 210 h.
Combined study: 39 h. Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 40 h.
Preparation of the presentation: 21 h. Self-study: 80 h.

Course assessment
The final number of assessed students: 0

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

Instructor: doc. PaedDr. Jiří Michal, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-306	**Course name:** Sport Specialization 6 – Sports Gymnastics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 2 presentation addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Sports preparation plan presentation: 20 p.
- Bachelor thesis presentation: 20 p.
- conducting part of a training unit: 20 p.
b) final assessment:
oral and written exams: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
1. The student understands the sports training management within the discipline
2. applies the knowledge and skills they have acquired in the training process
3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling
4. evaluates the training unit plan, training cycles, long-term sports training plans
5. can design and evaluate a sports training plan
6. can conduct a training unit independently.

Brief outline of the course:
Brief outline of the course:
Planning and analysis of the training programme within the given sports specialisation. Studying the theory of training management with the focus on its practical application. Setting the goals of the training process and application of the research-based training management. Formulating recommendations for sports practice and proposing further training process optimisation.

Recommended literature:
Recommended literature:

1. FEČ, K. 1994. Teória didaktika gymnastiky. Prešov: Pdf v Prešove, 1994. 118 s.
2. FEČ, K. 2000. Športová príprava mladých gymnastov. Prešov: Fhv a Pv PU v Prešove, 2000. 182 s.
3. GAJDOŠ, A. 1980. Tréning v športovej gymnastike. Bratislava: 1980. Šport, 298 s.
4. HATIAR, B. a kol. 1993) Zvolený šport – rytmická, moderná a športová gymnastika. Bratislava: UK, 1993. 232 s.
5. HAVLÍČEK, I. 1986. Aktuálne problémy vo výbere a tréningu športovo talentovanej mládeže.Praha: VMO ÚV ČSTV, 1986. 33 s.
6. KREMNICKÝ, J. Zmeny úrovne gymnastických zručností vplyvom špecializovaného programu v etape gymnastickej predprípravy. Ústí nad Labem : PF, Univerzita J.E. Purkyně v Ústí nad Labem. 2010. 156 s.
7. STREŠKOVÁ, E. 2011. ŠPORTOVÁ GYMNASTIKA. Bratislava : PEEM, 2011. 230 s.
8. Foreign and domestic journals and internet sources for additional self-study.

Language of instruction:

Notes:student time load:
Notes – time load for the student: 180 h.
Combined study: 39 h. Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.
Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment
The final number of assessed students: 1

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-286	**Course name:** Sport Specialization 6 – Swimming

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course enrolment in AIS. Requirements: registered membership in the Slovak Swimming Federation (SPF) or the student is an active contestant participating at least in the Regional Slovak Championships or a holder of 2nd degree coaching qualifications – necessary to specialise in swimming. Continuous assessment requirements – seminar paper and Bachelor thesis presentation, active participation in classes and training, written and oral exams.
a) continuous assessment:
- aktívna prezentácia seminárnych prác a bakalárskej práce (20 bodov);
- aktívna účasť na hodinách (10 bodov)
- aktívna účasť na tréningovom procese (min 20hod.) (10 bodov)
- písomný test (20 bodov)

b) final assessment:
On the basis of a continuous assessment (60 points) and an oral examination (40 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
The student
- has theoretical knowledge of swimming competition organisation around the world
- knows how to analyse specialised swimmer physical activities
- understands sports training in swimming
- can correctly evaluate the level of training
- knows warm-up techniques before training and competing
- understands diagnostics and its importance
- can design training load during different periods
- has practical skills related to injury prevention and diagnostics

Brief outline of the course:
Brief outline of the course:

Swimming – function, origin, evolution, importance, structure of sports performance in swimming disciplines, specialised swimmer physical activities and skills, evaluating the level of training and improving it, diagnostics and its application, harmonising sports performance.

Recommended literature:

1. MACEJKOVÁ, Y., HLAVATÝ, R. Biomechanika a technika plaveckých spůsobů : učební texty. 1st Ed. Bratislava . UK FTVS, SPF, 1996.
2. RUŽBARSKÝ, P., TUREK, M. Teoria a didaktika plávánia a základy športového tréninku. 1st Ed. Prešov : Prešovská univerzita, 2003. ISBN 80-8068-177-5.
3. COLWIN, C., M. Swimming Dynamics (Winning,
Techniaques and strategies). 1st Ed. Illinois (USA) : Mosters press, 1999. ISBN 1-57028-206-4.HAMAR, D., LIPKOVÁ, J., 2008. Fyziológia telesných cvičení. Univerzita Komenského. Bratislava. 2008, 176 s. ISBN 978-80-223-2366-6.
5. LEHNERT, M. a kol., 2010. Tréning kondice ve sportu. Olomouc: Univerzita Palackého Olomouc. 2010, s. 143. ISBN 978-80-244-2614-3.
6. MACEJKOVÁ, Y. – BENČURIKOVÁ, Ľ., 2001. Výkonové štandardy plaveckej spôsobilosti 8 až 19-ročnej populácie. In Acta Facul. Educ. Phys. Univ. Comenianae. Bratislava: Univerzita Komenského, 2001. s. 87- 98. ISBN 80-223-1694-6.
7. OLBRECHT, J. The Science of Winning- Planning, Periodizing and Optimizing Swim Training. 1.vyd. Luton (England) : Swimshop, 2000.
8. SEIFERT, L. a kol., 2011. World book of swimming: from science to performance. Nova Science Publishers. 2011, 550 s. ISBN 978-1-61470-741-7.
9. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s.
10. PUPIŠOVÁ, Z. 2018. Športový tréning a výkon v plávaní. Učebné texty určené pre trénerskú špecializáciu plávanie a školenia trénerov plávania. Banská Bystrica: UMB FF, 67s. ISBN 80-8141-200-4
Up-to-date specialised literature on swimming sports

Language of instruction:

Notes:student time load:

Notes: student time load
Total: 210 h.
- Combined study: 39 h.
- Seminar paper and Bachelor thesis presentation: 20 p.
- Participation in the training process: 20 p.
- Studying for the written test: 40 p.
- Studying for the oral exam: 91 h.

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
37.5	25.0	25.0	12.5	0.0	0.0	0.0

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-316	**Course name:** Sport Specialization 6 – Taekwondo

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Taekwondo coaching in a sports club 0–40 p.
b) final assessment:
written and oral exams: 0–40 p.

Learning objectives:
Learning outcomes:
1. The student acquires the knowledge of the subject matter thus laying the foundation for developing their specialisation
2. applies this knowledge in the training process
3. understands taekwondo training specificities – stages, training cycles, age and gender
4. applies their knowledge to evaluate sports performance and individual training plans
5. can conduct a training unit addressing the selected topic independently
6. can design a training programme for the selected target group

Brief outline of the course:
Brief outline of the course:
Taekwondo training specificities – stages, training cycles, age and gender. Evaluating sports performance and making individual training plans. Conducting the training unit – practical demonstration. Designing specific training programmes. Current issues in top-level and performance taekwondo training – changing competition rules. Taekwondo training research.

Recommended literature:
Recommended literature:
1. BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007. 279s. ISBN 978-80-8083-477-7
2. ĎURECH, M. et al. 2000. Úpoly. Bratislava : FTVŠ UK, 2000. 89 s. ISBN 80-223-1381-5
3. LEWIS, P. 1997. Bojové umenia. Bratislava : INA, 1997. 176 s. ISBN 80-8053-028-9
4. SLIŽIK, M. 2021. Výkonová motivácia, zvládanie stresu a temperament vrcholových pretekárov v karate kata. Banská Bystrica : Vydavateľstvo Univerzity Mateja Bela - Belianum, 2021. 135 s. ISBN 978-80-557-1913-9

5. SLIŽIK, M. et al. 2017. Predštartové stavy v úpolových športoch. Banská Bystrica : Filozofická fakulta, Univerzita Mateja Bela v Banskej Bystrici, 2017. - 159 s. ISBN 978-80-557-1380-9
6. ZEMKOVÁ, E. et. Al. 2006. Teória a didaktika karate. Bratislava : Univerzita Komenského, 2006. - 126 s. ISBN 80-223-2041-2

Language of instruction:

Notes:student time load:
Notes: student time load
210 h. Combined study (L, S, C): 39 h., self-study: 41 h.
Active participation in the training process: 40 h. Preparation for the training process: 30 h.
Studying for the exam: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-376	**Course name:** Sport Specialization 6 – Tourism

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student is proving their knowledge of the theory, practice, methods, and forms specified in the course content standard. At the end of the semester, they prove their practical skills.
a) continuous assessment: seminar paper and practice: 0–30 p. b) final assessment: practical skills – 0–70 p. Total: 0–100 p.

Learning objectives:
Learning outcomes:
The student
1. acquires theoretical knowledge of the subject matter and can apply them in practice
2. can prepare for hiking 3. can perform the selected activities in practice and on their own

Brief outline of the course:
Brief outline of the course:
Hiking as a sport.
• Winter hiking and camping – basic skills.
• Natural navigation in winter.
• Mountain dangers in winter.
• Performance diagnostics in hiking.
• Creating physical activity programmes and training plans in performance hiking.
• Planning hiking trips for specific target groups.

Recommended literature:
Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724

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

Language of instruction:

Notes:student time load:
Notes: student time load: 210 h. Presence study: 39 h.
Preparation for the evaluation: 10 h.
Preparation for conduct a training unit and teaching: 21 h. Seminar preparation: 80 h.
Practice: 60 h.

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-326	**Course name:** Sport Specialization 6 – Volleyball

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester: 2 presentations addressing the selected topic. Conducting part of a training unit. Written and oral examinations during the examination period.
a) continuous assessment:
- Sports preparation plan presentation: 20 p.
- Bachelor thesis presentation: 20 p.
- conducting part of a training unit: 20 p.
b) final assessment:
Written and oral exam: 40 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A = 100–94%, B = 93–87%, C = 86–80%
D = 79–73%, E = 72 –65%, Fx = <64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- can plan, document, diagnose, and analyse training
- applies the research-based sports training management methods
- can apply the theory to sports research
- can formulate recommendations for sports practice

Brief outline of the course:
Brief outline of the course:
Planning and analysis of the training content and load within the given sports specialisation. Studying the theory of training management with the focus on its practical application.
Setting the goals of the training process and application of the research-based training management. Formulating recommendations for sports practice and proposing further training process optimisation.

Recommended literature:
Recommended literature:

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

Language of instruction:

Notes:student time load:
Notes – time load for the student: 180 h.
Presence study: 39 h.
Training plans design: 20 h.
Active participation in races (organiser/race official): 10 h. Active participation in the training process. 20 h.
Bachelor thesis presentation: 20 h. Preparation for the exam: 71 h.

Course assessment
The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
33.33	16.67	0.0	50.0	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-336 | **Course name:** Sport Specialization 6 – Weightlifting

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. understands the sports training management within the discipline
2. applies this knowledge in the training process and coaching
3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, weightlifting talent search
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. evaluates the training unit plan, training cycles, long-term sports training plans, weightlifting aptitude
6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 1

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

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-346 | **Course name:** Sport Specialization 6 – Wrestling

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
grade
a) continuous assessment:
Presentation delivered during a class: 0–20 p. Active participation in training in a sports club 0–30 p.
b) final assessment:
written and oral exams: 0–50 p.

Learning objectives:
Learning outcomes:
1. understands the sports training management within the discipline
2. applies this knowledge in the training process and coaching
3. understands planning, record-keeping, implementation, diagnostics, training evaluation and modelling, wrestling talent search
4. applies their knowledge to evaluate the performance of the contemporary athletes
5. evaluates the training unit plan, training cycles, long-term sports training plans, wrestling aptitude
6. can design and evaluate a sports training plan, can conduct part of a training unit. Can conduct part of a training unit.

Brief outline of the course:

Recommended literature:
Recommended literature:
Kolektív autorov. 2012. Vzpieranie I. Učebné texty pre trénerov. Bratislava: ICM Agency, 2012.
Kováč, M. 1973. Telesná príprava vzpierača. Diplomová práca. Bratislava. FTVŠ UK. 1973. 42 s.
Leško, M. et al. 2006. Technika trhu a nadhodu vzpieračov dorastencov. 1st Ed.
Bratislava: UK v Bratislave, 2006. 53 s.
Perič,T., Dovalil, J. 2010. Spotovní trénink. Praha: Granda Publishing a.s., 2010. 68 s.
Vavrovič, D., Gumán, K., Kováč, M. 1982. Vzpieranie. Bratislava: Šport, 1982, 1. vydanie, 155s.

Language of instruction:

Notes:student time load:

Time load for the student: 210 h. Combined study (L, S, C): 39 h. Self-study: 60 h. Topic presentation: 1 h. Preparation of the presentation: 20 h. Active participation in the training process: 60 h.
Studying for the oral exam: 30 h.

Course assessment
The final number of assessed students: 0

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

Instructor: prof. PaedDr. Pavol Bartík, PhD.

Last changed: 09.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-111	**Course name:** Sports History and Olympianism

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 3 classes per semester. This applies to students without an individual study plan. To receive the final assessment, the student is obliged to take the final written exam.

b) final assessment:
final assessment:
Written exam: 100 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- knows the basic terminology related to history of sports and physical education;
- understands the evolution of sports and physical education;
- develops general knowledge of history of sports and Olympianism as well as selected sports disciplines;
- can use the available specialised literature, retrieve relevant information from printed and online sources;
- understands how history shaped the current reality of sports and physical education;
- knows basic social phenomena (civilisation changes, etc.) and understands how they influence the development of sports and physical education (from the historical point of view);
- can properly analyse the source texts and draw conclusions.

Brief outline of the course:
Brief outline of the course:
Stages and milestones in Slovak and world history of sports and physical education (PE). The establishment and development of the sports movement around the world and in Slovakia.
Major figures who shaped sports and PE during different stages of their evolution.

Ancient Greek Olympic Games vs. contemporary OG – origin and evolution.

Recommended literature:

Recommended literature:

1. GAJDOŠ, A. 2007. Osobnosti slovenského športu 1896 – 2006. Martin: Matica slovenská, 2007, 274 s. EAN 9788070909560
2. GREXA, J a kol. 1996. Olympijské hnutie na Slovensku. Od Atén po 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: 981

A	B	C	D	E	FX(0)	FX(1)
1.53	9.28	19.47	14.17	37.82	1.22	16.51

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Boris Beťák, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-115	**Course name:** Sports Psychology and Pedagogy

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. To complete the course, the student has to master the theoretical as well as practical topics.
a) continuous assessment:
continuous assessment:
Seminar paper: 40 p.
b) final assessment:
final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

Learning objectives:
Learning outcomes:
The student:
- can transfer their knowledge of sports psychology and pedagogy to other contexts (courses on sports theory and didactics, specialisations, coaching practice, recreational sports, practice, etc.)
- and apply them to sport-specific didactics;
- applies their knowledge in practice;
- can evaluate their knowledge in this field and apply it in PE and sports;
- can evaluate other people's knowledge of this field;
- creates a seminar paper addressing this topic.

Brief outline of the course:
Brief outline of the course:
Mental processes – characteristics and functions in physical education and sports (cognitive, emotive, motivational, volitional).
The ontogenesis of motor skills and motor learning.
Social-psychological aspects of PE and sports, team dynamics, communication, interaction.

Athlete, coach, instructor, PE teacher – personality.
The psychological aspects of sports training, regulation of ongoing mental states; individualisation of sports training, adaptation processes. Cooperation among the coach, PE teacher, and psychologist.
Diagnosing psychosomatic, social-psychological, psychophysiological, and personality indicators as part of performance improvement and stabilisation.
Sports pedagogy – general theory. Sports pedagogy – history. Sports pedagogy – methodology. Sports pedagogy in Slovakia and abroad.
School sports pedagogy. Leisure sports pedagogy. Experiential pedagogy.
Leisure pedagogy, Leisure activities for the youth.
Sports and leisure-time physical activity.

Recommended literature:

Recommended literature:
1. BLAHÚTKOVÁ, M. – SLIŽIK, M. 2013. Vybrané kapitoly z psychologie sportu. Brno: 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. JANSA, P. – DOVALIL, J. et al. 2009. Sportovní příprava. Praha: Q-art, 2009. 295 s. ISBN 9788090328099
5. JANSA, 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: 440

A	B	C	D	E	FX(0)	FX(1)
19.77	35.68	22.5	11.36	2.73	3.41	4.55

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Andrea Izáková, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-107 | **Course name:** Sports Sociology

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 5

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 251

A	B	C	D	E	FX(0)	FX(1)
30.68	40.24	19.92	1.59	0.4	1.2	5.98

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-105 | **Course name:** Sports Theory and Didactics

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26 / 13
Method of study: combined

Number of credits: 5

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student creates a presentation addressing the selected topic and keeps records of the training process. After completing the semester, the student takes the final test.
a) continuous assessment:
a) continuous assessment:
- Presentation addressing the selected topic delivered during a class: 20 p.
- Training records: 20 p.
b) final assessment:
final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has knowledge of sports theory and didactics;
- uses their competences in the training process;
- navigates the issue of performance and top level sports;
- applies the knowledge acquired during this course to a specific sport;
- evaluates the training unit plan, microcycle, and mesocycle;
- can keep track of the training microcycles and mesocycles;
- can apply the knowledge acquired during this course to sports didactics, performance and top level sports; and their own specialisation.

Brief outline of the course:

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

2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
4. MARTENS, R. Úspěšný tréner. Praha : Grada. 2006. 504 s. ISBN 8024710110
5. Slovak and foreign specialised journals.

Language of instruction:
slovak

Notes:student time load:
150 h., in which:
combined studium: 39 h.
preparation od presentation: 20 hod.
registration and evaluation of training units: 30 hod.
preparation for exam: 61 hod.

Course assessment
The final number of assessed students: 361

A	B	C	D	E	FX(0)	FX(1)
0.55	9.14	23.82	35.46	19.39	0.0	11.63

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., Mgr. David Brűnn, PhD.

Last changed: 05.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-401 | **Course name:** Sports specialization 1 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-411 | **Course name:** Sports specialization 1 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-402 | **Course name:** Sports specialization 2 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-412 | **Course name:** Sports specialization 2 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-403 | **Course name:** Sports specialization 3 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-413 | **Course name:** Sports specialization 3 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-404 | **Course name:** Sports specialization 4 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-414	**Course name:** Sports specialization 4 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-405 | **Course name:** Sports specialization 5 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-415 | **Course name:** Sports specialization 5 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-406 | **Course name:** Sports specialization 6 - Chinese Wushu

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-416 | **Course name:** Sports specialization 6 - Table Tennis

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-110	**Course name:** State Examination – Bachelor Thesis and Defence

Type, extent and method of instruction:
Form of instruction:
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 10

Recommended semester/trimester: 5., 6..

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Final assessment: The state exam consists of two parts:
(1) Bachelor thesis (BT) defence. Bachelor thesis supervisor and reviewer will prepare a thesis report and propose an evaluation. The State Examination Commission provides a complex evaluation of the BT quality based on the reviews and student's thesis defence.
(2) The state examination also includes a specialised discussion (Methodological Instruction on the State Examination, 2022). During the discussion, the student responds to questions addressing the broader context of their BT subject matter to prove they have the knowledge pertaining to the state examination topics. These topics address the subject didactics of physical education and sports as well as the student's sports specialisation in the broader psychodidactic context of education.
The conditions for obtaining grades A to E take into account both parts of the state examination. They are specified in the state examination topics.
a) continuous assessment:
N/A
b) final assessment:
final assessment:
The state exam consists of two parts:
(1) Bachelor thesis (BT) defence. Bachelor thesis supervisor and reviewer will prepare a thesis report and propose an evaluation. The State Examination Commission provides a complex evaluation of the BT quality based on the reviews and student's thesis defence.
(2) The state examination also includes a specialised discussion (Methodological Instruction on the State Examination, 2022). During the discussion, the student responds to questions addressing the broader context of their BT subject matter to prove they have the knowledge pertaining to the state examination topics. These topics address the subject didactics of physical education and sports as well as the student's sports specialisation in the broader psychodidactic context of education.
The conditions for obtaining grades A to E take into account both parts of the state examination. They are specified in the state examination topics.

Learning objectives:

Learning outcomes:1. The student can design and write all parts of the Bachelor thesis. They navigate
final thesis topics and understand the requirements for a Bachelor thesis in terms of both its form and content.
2. The student can work with specialised literature, analyse their authors' ideas, paraphrase, compare, and formulate their own opinions.
3. The student evaluates, analyses, arranges their ideas into logical aggregates, draws conclusions, and formulates practical recommendations.
4. The student can create a Bachelor thesis addressing their sports specialisation in accordance with the requirements and prepare its defence.

Brief outline of the course:

Brief outline of the course:
In accordance with the nature and focus of the final thesis. Selection of the topic in cooperation with the Bachelor thesis supervisor. Basic orientation in literature – research and study. Drafting the thesis structure and planning the writing schedule. Completion of the thesis. Preparation for the defence based on the reviews (by the reviewer and supervisor). Integration of the knowledge of individual disciplines studied within the Bachelor study in terms of the state examination topics. Specialised communication and argumentation. Working with literature, bibliographic and citation standards.

Recommended literature:

Recommended literature:
1. In accordance with the Bachelor thesis topic.
2. Directive No. 9/2021 on final, rigorous, and habilitation theses at MBU in Banská Bystrica: Dostupné na: https://www.pdf.umb.sk/app/cmsFile.php? disposition=a&ID=22360
3. STN ISO 690:2012. Informácie a dokumentácia. Návod na tvorbu bibliografických odkazov na informačné pramene a ich citovanie.
4. ISO 7144:1986. Documentation – Presentation of theses and similar documents.
5. Methodological Guideline of the Ministry of Education, Science, Research and Sport of the Slovak Republic No. 56/2011 on the requirements for final theses, their bibliographic registration, storage, and accessibility.
6. STN ISO 2145:1997. Dokumentácia. Číslovanie oddielov a pododdielov písaných dokumentov.
7. STN ISO 214:1998. Dokumentácia. Abstrakty (referáty) pre publikácie a dokumentáciu.
8. STN ISO 690:2012. Informácie a dokumentácia. Návod na tvorbu bibliografických odkazov na informačné pramene a ich citovanie.
9. Decree of the Ministry of Education of the SR No. 246/2019 on the procedure for obtaining the academic and artistic-pedagogical degrees of associate professor and professor
10. The Decree of the Ministry of Education of the SR No. 233/2011 Coll. amending Act No. 131/2002 Coll. on Higher Education Institutions as amended.
11. Act 185/2015 Coll. Copyright Act as amended.
12. Act No. 126/2015 Coll. on Libraries and amending Act No. 206/2009 Coll. on Museums and Galleries and on the Protection of Objects of Cultural Value and amending Act No. 372/1990 Coll. on Misdemeanours of the Slovak National Council, as amended by Act No. 38/2014 Coll.
10. Act No. 211/2000 Coll. on free access to information as amended.
13. Act No. 131/2002 Coll. on higher education as amended.

Language of instruction:

slovak, english

Notes:student time load:
student time load
300 h. Consulting: 20 h. Self-study: 100 h. Completion of the thesis: 150 h. Defence preparation: 30 h.

Course assessment
The final number of assessed students: 165

A	B	C	D	E	FX(0)	FX(1)
14.55	26.06	29.09	18.79	10.3	0.0	1.21

Instructor:

Last changed: 08.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-250	**Course name:** Student scientific activity 1

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Theoretical section
- Preparation and implementation of scientific work.
- Timetable of thesis development.
- The peculiarities of scientific work in sport.
- Work with sources, list of bibliographic references - Individual parts of the scientific work.
- Methods of data acquisition.
- Methods of evaluation.
- Interpretation of results, formulation of conclusions, etc.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Shortcomings in conducting research and writing scientific papers.

Movement tracks
- Preparation of the theme of a movement composition.
- selection of a musical theme
- choreography
- technical mastery of individual movement elements and their variations
- application of spatial changes
- use of appropriate expressive elements and means

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. 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.
10.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.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.

12. 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:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 7

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. Miroslava Rošková, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 13.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-251	**Course name:** Student scientific activity 2

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. 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.
10.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.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.
12. 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:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 16

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. Miroslava Rošková, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 13.01.2025
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-252	**Course name:** Student scientific activity 3

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Theoretical section
- Preparation and implementation of scientific work.
- Timetable of thesis development.
- The peculiarities of scientific work in sport.
- Work with sources, list of bibliographic references - Individual parts of the scientific work.
- Methods of data acquisition.
- Methods of evaluation.
- Interpretation of results, formulation of conclusions, etc.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Shortcomings in conducting research and writing scientific papers.

Movement tracks
- Preparation of the theme of a movement composition.
- selection of a musical theme
- choreography
- technical mastery of individual movement elements and their variations
- application of spatial changes
- use of appropriate expressive elements and means

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. 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.
10.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.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.

12. 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:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 12

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. Miroslava Rošková, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 13.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-102	**Course name:** Summer Seasonal Activities

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 39
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
The student acquires the following knowledge and skills: practical specialised and technical skills related to outdoor activities and camping; organisation of a hiking-orienteering run; outdoor games and experiential teaching; practical mastering, planning, preparation, organisation, and implementation of specific hiking routes; successful completion of an orienteering run.
a) continuous assessment:
a) continuous assessment:
- seminar paper: 20 p.
- practical specialised and technical skills related to outdoor activities and camping; organisation of a hiking-orienteering 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 orienteering run: 20 p.
b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- navigates the subject matter and has the necessary knowledge of summer seasonal activities including the course of life and health protection,
- can apply their knowledge and hiking skills in practice
- can plan and organise a short-term hiking activity in practice,
- uses their knowledge and skills from training in practice.

- can design, facilitate, and organise simple competitive and other summer physical activities

Brief outline of the course:

Brief outline of the course:
The history of hiking and outdoor activities.
Basic practical specialised and technical skills related to outdoor activities and camping; Designing and following specific hiking routes.
Cultural and other excursions allowing to link the knowledge from different academic subjects at schools.
Acquisition of practical knowledge and outdoor sport related skills focused mainly on orienteering and its organisation.
Practical outdoor games and exercises – experiential learning and teaching; outdoor animation; navigation; mountain dangers; hiking equipment; planning and organisation of outdoor activities and camping; health benefits of hiking; navigation using a map; ICT and new trends in outdoor activities.
Environmental protection vs. hiking and camping, basic environmental education.
The course of life and health protection – outdoor activities and camping in school education. Characteristics of the activities and skills addressed within individual thematic units.
The system of educating sport experts and outdoor activities.
Getting acquainted with the valid legislation addressing outdoor sports and educational activities.

Recommended literature:

Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a sporty v přírodě. 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: 946

A	B	C	D	E	FX(0)	FX(1)
35.52	32.98	17.76	5.5	0.85	5.39	2.01

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., prof. PaedDr. Ivan Čillík, CSc., Mgr. et Mgr. Jana Daubnerová, PhD., prof. PaedDr. Martin Pupiš, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-108	**Course name:** Swimming

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 39
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 2 classes per semester. This applies to students without an individual study plan.
The student demonstrates the correct techniques of swimming styles, starts, and turns as well as swimming performance (tetrathlon).
a) continuous assessment:
a) continuous assessment:
- Swimming styles, starts, and turns – assessment: 45 p.
- Performance-focused swimming tetrathlon: 45 p.
- swimming underwater: 10 p.

b) final assessment:
- on the basis of an interim evaluation

Students can correct their interim assessment at the dates announced by the teacher within the period for completion of the study obligations.
The maximum number of points obtained for the mid-term and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
Learning outcomes:
The student:
- knows the swimming terminology, can describe basic turns and starts in different swimming styles;
- can use swimming aids correctly (goggles, floating aids);
- can perform basic swimming movements pertaining to the selected swimming styles correctly;
- can swim correctly in terms of technique including starts and turns;
- proceeds correctly in individual learning and improvement of swimming skills and styles;
- can evaluate technical errors in swimming techniques upon observation.

Brief outline of the course:
Brief outline of the course:

Swimming skills (floating, gliding, breathing, navigation, underwater swimming, diving).
Breaststroke – training legs, arms, breathing, synchronisation, starts, turns.
Crawl – training legs, arms, breathing, synchronisation, starts, turns.
Backstroke – training legs, arms, breathing, synchronisation, starts, turns.

Recommended literature:

Recommended literature:

1. BENCE,M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I. a kol. 2014. Aktualizované poznatky z didaktiky plavání II. Variabilita plaveckých dovedností a techniky plaveckých způsobů. Sborník příspěvku z odborného semináře pořádaného dne 18.září 2014 v Praze. Praha: 2014, FTVS UK. 129 s. ISBN 978-80-87647-18-9.
3. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545
4. LUKÁŠEK, M. 2014. Plavání I. Brno: Masarykova univerzita, ISBN 978-80-210-7324.
5. MACEJKOVÁ,Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127- 100-7
6. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
7. MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.
8. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/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 tetrathlon): 20 h.

Course assessment

The final number of assessed students: 761

A	B	C	D	E	FX(0)	FX(1)
9.86	11.43	19.19	16.95	37.58	1.45	3.55

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc., PaedDr. Martina Mandzáková, PhD., univ. doc., Mgr. Olívia Mudráková

Last changed: 10.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-223 | **Course name:** Swimming Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
- The student adds this course in AIS.
- The student completes the assignments necessary to receive their continuous assessment.
- The student demonstrates the correct techniques of swimming styles, starts, and turns.
- Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements. (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%).

a) continuous assessment:
continuous assessment:
- Demonstration of two selected swimming styles (butterfly stroke, backstroke, breaststroke, front crawl): 80%.
- Active participation in classes: 20%.

b) final assessment:
final assessment:
Based on the continuous assessment and active attendance.

Learning objectives:
Learning outcomes:
The student:
- masters the correct techniques of swimming styles, starts, and turns
- can use swimming tools correctly
- can swim a specific distance using different styles correctly including the start and turn
- knows the swimming terminology and technical exercises, and can evaluate errors in swimming techniques upon observation.

Brief outline of the course:
Brief outline of the course:
Swimming warm-up and identifying students' swimming skills.
Swimming style improvement (breaststroke, front crawl, backstroke) using technical exercises and tools based on the individual skill level.
Improving start and turn techniques.
Swimming technique evaluation upon observation.

Recommended literature:

Recommended literature:

1. BENCE,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. Variabilitaplaveckých dovedností a techniky plaveckých spůsobů. Sborník příspěvku z odborného semináře
pořádaného dne 18.září 2014 v Praze. Praha: 2014, FTVS UK. 129 s. ISBN 978-80-87647-18-9.
3. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545
4. LUKÁŠEK, M. 2014. Plavání I. Brno: Masarykova univerzita, ISBN 978-80-210-7324.
5. MACEJKOVÁ,Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127- 100-7
6. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
7. MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.
8. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wpcontent/
uploads/2016/09/pravidla_plavania.pdf

Language of instruction:

Slovak

Notes:student time load:

student time load
90 h.
Combined study: 26 h.
Individual preparation (swimming styles and techniques): 34 h. Individual preparation (turns): 15 h.
Individual preparation (starts): 15 h.

Course assessment

The final number of assessed students: 124

A	B	C	D	E	FX(0)	FX(1)
62.9	10.48	11.29	1.61	2.42	11.29	0.0

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

Last changed: 07.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-225 | **Course name:** Tennis Exercises 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. The student is allowed to miss 6 classes per semester. This applies to students without an individual study plan.
During the semester, the student takes a practical test focused on practical skills and game performance.
a) continuous assessment:
continuous assessment:
Test of practical skills: 100 p.
b) final assessment:
final assessment:
Based on the continuous assessment.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- masters the practical skills on the appropriate level
- masters the procedures and methods in theory and practice
- understands the importance of tennis for the physical development and can integrate it into their regimen to prevent civilisation diseases

Brief outline of the course:
Brief outline of the course:
Basic strokes (forehand, backhand, serving). Preparatory exercises with and without the tennis racket.
Movement games focused on tennis.

Recommended literature:
Recommended literature:
1. HRDINA, V. 2001. Tenis pre každého. Plzeň : vlastný náklad, 2001.

2. JANKOVSKÝ, J. 2002.Tenis. Praha : Grada 2002. 100 s.
3. KOROMHÁZOVÁ, V. – LINHARTOVÁ, D. 2008. Jak Dokonale zvládnout tenis. Praha : Grada, 2008. 112 s. ISBN 978-80-247-2316-7.
4. LANGEROVÁ, M. – HEŘMANOVÁ, B. 2005. Tenis a děti. Praha : Grada 2005. 104 s. ISBN 80-247-1256-3.
5. LINHARTOVÁ, D. 2009.Tenis. Praha : Grada 2009. 104 s. ISBN 978-80-247-2703-5.
6. MERUNKA, L. 1978. Tenis mladých. Bratislava : SPN, 1978. Pravidlá tenisu. Bratislava : Šport, STU.

Language of instruction:
slovak

Notes:student time load:
student time load
90 h.
Combined study: 26 h.
Preparation for mastering of the technique and selected practical skills: 64 h

Course assessment
The final number of assessed students: 122

A	B	C	D	E	FX(0)	FX(1)
44.26	29.51	12.3	2.46	0.82	6.56	4.1

Instructor: PaedDr. Boris Beťák, PhD.

Last changed: 08.11.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-vdsl-01 | **Course name:** The Great Works in World Literature I

Type, extent and method of instruction:
Form of instruction: Lecture
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
The student prepares an essay in which he/she takes a position on the issue discussed.
The final assessment is passed/failed.

Learning objectives:
1. The student will obtain an adequate overview of the origin and functioning of selected representative literary works from several civilizational and cultural areas of ancient literature; will improve in professional terminology.
2. The student will acquire the specific interpretation skills necessary when working with a literary text anchored in a radically different cultural environment, thereby strengthening tolerance towards cultural differences and the will to respect the right to be different.

Brief outline of the course:
The greatest works in ancient Mesopotamia. Sumerian literature, Sumerian-Akkadian synthesis in literature. Ancient Egyptian literature – the greatest works. Ancient Chinese literature; basic Confucian and Taoist texts, old Chinese poetry. Ancient Indian literature - the most important written monuments from the Vedic period and from the so-called historical period, ancient Indian epics. Hebrew (ancient Jewish) literature. The Bible. Ancient Arabic literature; poetry of the pre-Islamic era, the Koran as a religious text and a literary monument. Ancient Greek literature (great works of archaic epic, lyric and drama). Ancient Roman literature, the great works of poets of the classical period (Vergilius, Horatius, Ovidius).

Recommended literature:
1. BURKE, Peter. Kulturní historie. Dokořán, 2011.
2. MACURA, V. a kol.: Slovník světových literárních děl 1. – 2. Praha : Odeon, 1989.
3. ELIADE, M.: Dejiny náboženských predstáv a ideí 1. – 3. Bratislava : Agora, 1995, 1997,
4. 1997.
5. Velké postavy východního myšlení: slovník myslitelů. Uspořádal Ian P. McGreal. Praha :
6. Prostor, 1998.
7. ASSMANN, J.: Kultura a paměť. Písmo, vzpomínka a politická identita v rozvinutých
8. kulturách starověku. Praha : PROSTOR, 2001.
9. Duchovní prameny života: stvoření světa ve starých mýtech a náboženstvích. Praha : Vyšehrad,1997.
10. PUTNA, M. C.: Homér 21, http://www.fhs.cuni.cz/homer21/main.html

11. CANFORA, Luciano: Dějiny řecké literatury
12. CONTE, Gian Biagio: Dějiny římské literatury.

Language of instruction:
Slovak

Notes:student time load:
90 hours, of which 26 hours full-time, 64 hours self-study

Course assessment
The final number of assessed students: 98

abs	n	p	v
98.98	1.02	0.0	0.0

Instructor: PaedDr. Zuzana Bariaková, PhD., prof. PaedDr. Martin Golema, PhD., doc. Ivan Jančovič, PhD., Mgr. Martina Kubealaková, PhD., univ. doc., Mgr. Eva Pršová, PhD., doc. PaedDr. Jozef Tatár, PhD.

Last changed: 19.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tpzp-101 | **Course name:** Thesis Creation and Presentation

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
a) continuous assessment: seminar paper preparation 30%
b) final assessment: written/oral exam 70%

Learning objectives:
The student
1. is able to create an academic text and thesis on their own
2. can follow the bibliographical guidelines and norms
3. follows the basic principles of research presentation
4. understand citing ethics and technique
5. can efficiently communicate and present their own knowledge and skills in speaking and writing

Brief outline of the course:
Text, text types, factual texts, written text. Contents, topics, language, and composition of specialised text. University final and qualification theses – academic writing. Bibliography and bibliographic norms. Primary sources – printed and digital/electronic. Quotation, citation, bibliographic reference. Copyright, author and academic ethics. Abstract – How to solve a problem? How the problem was solved? What are the specific results? How is it useful? Presentation – basic principles for slide composition.

Recommended literature:
1. Čmejrková, Světla – Daneš, František – Světlá Jindra: Jak napsat odborný text. Praha: Leda 1999.
2. Katuščák, Dušan. Ako písať záverečné a kvalifikačné práce. Enigma, 2004.
3. Meško, Dušan – Katuščák, Dušan – Findra, Ján a kol.: Akademická príručka. 2., dopl. vyd. Martin : Osveta, 2005.
4. Šanderová, Jadwiga, Jak číst a psát odborný text ve společenských vědách. Několik zásad pro začátečníky, Praha, Slon, 2007.

Language of instruction:

Notes:student time load:
90 h.
combined study (lectures/seminars/consultations): 26, self-study: 42
seminar paper preparation: 22

Course assessment
The final number of assessed students: 291

A	B	C	D	E	FX(0)	FX(1)	n
11.0	22.34	20.27	16.15	14.43	15.46	0.34	0.0

Instructor: Mgr. Roman Hofreiter, PhD., univ. doc., doc. Mgr. M. A. Ivan Chorvát, CSc., Mgr. Ivan Souček, PhD.

Last changed: 12.09.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajm-309 | **Course name:** Turkish Language 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester.
The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions.
The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).
a) continuous assessment:
a) written test – 40 points
b) final assessment:
b) final written examination: 0 – 60 points

Learning objectives:
Students will be able:
1. to talk about places/directions/family/occupation in Turkish,
2. to listen to and understand some simple short dialogues in Turkish,
3. to read some texts in Turkish,
4. to write some texts in Turkish.

Brief outline of the course:
1. Greeting
2. Daily Life
3. Our family and our relatives
4. Time is passing
5. Enjoy your mail
6. Bureaucracy everywhere
7. The future wıll come some day also
8. He said something
9. Different worlds and lifes
10. Our media
11. Healthy living

12. Travel

Recommended literature:
1. Gökkuşağı Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commision, Yunus Emre enstitüsü, 2015.

Language of instruction:
English language B2

Notes:student time load:
student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment
The final number of assessed students: 243

A	B	C	D	E	FX(0)	FX(1)	n
38.27	14.81	18.93	20.99	2.47	4.12	0.41	0.0

Instructor: Dr. İsmail Aydo#du

Last changed: 16.08.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajm-310 | **Course name:** Turkish Language 2

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester.
The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions.
The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).
a) continuous assessment:
a) written test – 40 points
b) final assessment:
b) final written examination: 0 – 60 points

Learning objectives:
Students will be able:
1. to talk about places/directions/family/occupation in Turkish,
2. to listen to and understand some simple short dialogues in Turkish,
3. to read some texts in Turkish,
4. to write some texts in Turkish.

Brief outline of the course:
1. Greeting
2. Daily Life
3. Our family and our relatives
4. Time is passing
5. Enjoy your mail
6. Bureaucracy everywhere
7. The future wıll come some day also
8. He said something
9. Different worlds and lifes
10. Our media
11. Healthy living

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşağı Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commision, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 168

A	B	C	D	E	FX(0)	FX(1)	n
38.1	12.5	18.45	18.45	7.74	2.38	2.38	0.0

Instructor: Dr. İsmail Aydo#du

Last changed: 16.08.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajm-311 | **Course name:** Turkish Language 3

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3., 5.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester.
The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions.
The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).
a) continuous assessment:
a) written test – 40 points
b) final assessment:
b) final written examination: 0 – 60 points

Learning objectives:
Students will be able:
1. to talk about places/directions/family/occupation in Turkish,
2. to listen to and understand some simple short dialogues in Turkish,
3. to read some texts in Turkish,
4. to write some texts in Turkish.

Brief outline of the course:
1. Greeting
2. Daily Life
3. Our family and our relatives
4. Time is passing
5. Enjoy your mail
6. Bureaucracy everywhere
7. The future wıll come some day also
8. He said something
9. Different worlds and lifes
10. Our media
11. Healthy living

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşağı Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commision, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 54

A	B	C	D	E	FX(0)	FX(1)	n
46.3	14.81	16.67	12.96	1.85	7.41	0.0	0.0

Instructor: Dr. İsmail Aydo#du

Last changed: 16.08.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-ajm-312 | **Course name:** Turkish Language 4

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4., 6.

Level: I.

Prerequisites:

Course completion conditions:
During the semester, students will take a written test that will verify the practical use of their knowledge. They will take a written test with variable assignments for the practical application of theoretical knowledge and take the final oral exam after the end of the semester.
The maximum number of points for the continuous and final assessment is 100. Credits will be assigned to the student who acquires a minimal 65 out of 100 points for the fulfilment of the given conditions.
The evaluation will be based on the ECTS grading scale: A (100-94%), B (93-87%), C (86-80%), D (79- 73%), E (72- 65%).
a) continuous assessment:
a) written test – 40 points
b) final assessment:
b) final written examination: 0 – 60 points

Learning objectives:
Students will be able:
1. to talk about places/directions/family/occupation in Turkish,
2. to listen to and understand some simple short dialogues in Turkish,
3. to read some texts in Turkish,
4. to write some texts in Turkish.

Brief outline of the course:
1. Greeting
2. Daily Life
3. Our family and our relatives
4. Time is passing
5. Enjoy your mail
6. Bureaucracy everywhere
7. The future wıll come some day also
8. He said something
9. Different worlds and lifes
10. Our media
11. Healthy living

12. Travel
13. Turkish culture and identity
14. Lifestyle

Recommended literature:

1. Gökkuşağı Türkçe Eğitim Kitabı (Rainbow Turkish Education Book), Mgr Öztürk TUNCAY, Dilset, 2014.
2. Yeni Hayat (New Life), Gedik Enver, Mevsimler, 2015.
3. Yabancı Dil Olarak Türkçe Öğretimi, Prof Dr. Güzel Abdurrahman, Akçağ, 2002.
4. Etkinliklerle Türkçe Öğretimi, Aslan Derya and Doğan Birsen, Ekin, 2013.
5. Haydi Türkçe Öğrenelim, commision, Yunus Emre enstitüsü, 2015.

Language of instruction:

English language B2

Notes:student time load:

student workload: 90 hrs.
seminars: 13
study for the continuous written test: 30 hrs.
study for the final oral exam: 47 hrs.

Course assessment

The final number of assessed students: 35

A	B	C	D	E	FX(0)	FX(1)	n
40.0	14.29	11.43	25.71	2.86	5.71	0.0	0.0

Instructor: Dr. İsmail Aydo#du

Last changed: 11.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-FS1-003 | **Course name:** University folklore ensemble 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 52

abs	n	p	v
96.15	3.85	0.0	0.0

Instructor: Mgr. art. Martin Urban, PhD.

Last changed: 30.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-UKO1-003	**Course name:** Univerzitný komorný orchester 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 14

abs	n	p	v
85.71	14.29	0.0	0.0

Instructor: Mgr. Pavel Martinka, PhD.

Last changed: 30.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-SPZ1-003 | **Course name:** Univerzitný spevácky zbor 1

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 59

abs	n	p	v
94.92	5.08	0.0	0.0

Instructor: Mgr. Pavel Martinka, PhD.

Last changed: 04.04.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-253	**Course name:** Volunteering in sports 1

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 1

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. et Mgr. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 14.03.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-254	**Course name:** Volunteering in sports 2

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 6

abs	n	p	v
100.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. et Mgr. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 14.03.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-255	**Course name:** Volunteering in sports 3

Type, extent and method of instruction:
Form of instruction:
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods:
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 0

abs	n	p	v
0.0	0.0	0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. et Mgr. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 14.03.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-230 | **Course name:** Water Polo

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The student signs up for this course in AIS and completes the assignments necessary to receive their continuous assessment: seminar papers, active participation in seminars, written test. (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%).
a) continuous assessment:
a) continuous assessment:
Seminar paper and active participation in classes
b) final assessment:
b) final assessment:
Written test

Learning objectives:
Learning outcomes:
The student has theoretical knowledge of the water polo rules and practical knowledge regarding training, improvement, and game systems.

Brief outline of the course:
Brief outline of the course:
1. Improving fitness level – strength, speed, endurance.
2. Improving joint mobility. Water polo rules.

Recommended literature:
Recommended literature:
JUNK, Ivan: Vodní pólo - určeno pro posl. fak. tělesné kultury. Olomouc : Univerzita Palackeho, 1992 NEDOROST, K.: Jednotný tréningový systém vodného póla. Praha 1983 ŠTELLER, P.: Vodné pólo. Moskva, 1981 VIDUMANSKÝ, Ladislav – KALEČÍK Ľubomír: Teória a didaktika vodného póla. Bratislava: FTVŠ UK, 2006, 72s. ISBN 8022321699 EGAN, Tracie: Water Polo. Rosen Pub Group, 2004, ISBN-10: 1404201866 EVERIST, Kirk: Becoming a Champion Water Polo Player: Defensive Techniques, Skills & Drills. EVERIST, Kirk: Becoming a Champion Water Polo Player: Ofensive Techniques, Skills & Drills. TANNER, John: Coaching Water Polo. TANNER, John: Team Tactics for Water Polo. Časopisy: Telesná výchova a šport, Tělesná výchova a sport mládeže

Language of instruction:

Notes:student time load:
Notes: student time load
Time load for the student: Total: 120 h. Combined study (lectures/seminars/consultations): 26 h. Preparation of the presentation: 30 h. Studying for the oral exam: 64 h.

Course assessment
The final number of assessed students: 39

A	B	C	D	E	FX(0)	FX(1)
79.49	0.0	0.0	0.0	2.56	17.95	0.0

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-010 | **Course name:** Water Sports and Bicycle Touring

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
The student proves their practical skills in water sports and bicycle touring and takes a written test
a) continuous assessment:
a) continuous assessment:
water sports: 40 p. (min. 26 p.) (canoe: getting in and out – 10 p.; rowing – 10 p.; kayak: getting in and out – 10 p.; rowing – 10 p.)
bicycle touring: 40 p. (min. 26 p.): flat tyre repair – 20 p.; trail track – 20 p.
b) final assessment:
b) final assessment:
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student
- knows the history of boats and the correct terminology
- can name, describe, show, and use the basic rowing techniques
- knows the history of bicycle touring and can name, describe, show, and use the trail track/road cycling technique
- understands the importance of water sports and bicycle touring for physical development and can integrate them into their regiment to prevent civilisation diseases
- develops a positive attitude to water sorts and bicycle touring, nature protection, and cultural heritage of the region
- knows the cycling and rowing safety rules

Brief outline of the course:
Brief outline of the course:
The importance and position of water sports and bicycle touring in human life. The history and evolution of water sports and bicycle touring in Slovakia and abroad.

Basic terminology and rules. Training and improving basic rowing techniques (rowing boat, canoe, kayak). Training on still water. Safety and rescuing in water sports (preparation and the course of a water sporting event). Equipment for different types of events. Basic boat maintenance. Training and improving basic cycling techniques – trail and road. Organisation of bicycle tours and safety. Bicycle maintenance.

Recommended literature:

Recommended literature:
1. BENCE,M., BOBULA,T., ZBIŇOVSKÝ, P.: 2008. Vodné športy. Banská Bystrica: FHV UMB, 2008. ISBN 978-80-8083-521-7 [Online] [cit. 2021-09-09]. Dostupné na internete: https://kdv.rt.sk/wp-content/uploads/2008/01/vodne_sporty.pdf 2. BÍLÝ,M. a kol. 2001. Kanoistika. Praha: Grada Publishing, 2001, 140s. ISBN: 80-247-9050-5 3. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7 4. KRÁL, L., MAKEŠ, P. 2003. Velká kniha cyklistiky. Brno : Computer Press, 2003. 144s, ISBN: 80-7226-815-5 5. LANDA, P. 2005. Cyklistika. Praha : Grada, 2005, 108s. ISBN: 80-247-0726-8 6. LIŠKOVÁ, J. 2005. Kolo a děti, vybavení, výuka jizdy, tipy na výlety. Praha : Grada, 2005, 90s. ISBN 8024711346 7. ZAJAC, A. a kol. 1983. Športy a turistika na vode. Bratislava: Šport, 198s. ISBN 77-035-83 8. HÁP, P. a kol. 2014. Pobyt v letní přírodě. (e-kniha). Olomouc: UP Olomouc, 2014. [Online] [cit. 2021-09-09]. Dostupné na internete: https://publi.cz/books/174/Hap.html

Language of instruction:

Notes:student time load:

Notes: student time load
120 h.
Presence study: 26 h.
Developing practical skills: 60 h.
Studying for the written test: 10 h.
Preparation for the evaluation: 24 h.

Course assessment

The final number of assessed students: 522

A	B	C	D	E	FX(0)	FX(1)
49.62	34.48	5.56	0.38	0.0	9.77	0.19

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., PaedDr. Jaroslav Kompán, PhD.

Last changed: 31.05.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-ozvstv-109	**Course name:** Winter Seasonal Activities

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 65
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active 100% participation of the student in classes.
The student will acquire practical skills in cross-country and downhill skiing, snowboarding and skating. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.
a) continuous assessment:
- presentation of practical downhill skiing skills 30 points (min. 20 p)
- presentation of practical cross-country skiing skills 25 points (min. 16 p)
- presentation of practical snowboarding skills 25 points (min. 16 p)
- presentation of practical skating skills 20 points (min. 13 p)

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.

Learning objectives:
The student:
- knows how to apply his/her knowledge in the selection of suitable ski equipment,
- has mastered the basic rules of safety of staying and moving on the slopes and on the ice surface,
- knows and is able to use correctly the technical terminology used in winter sports (skiing, snowboarding and skating,
- knows the practical skills of cross-country and downhill skiing, snowboarding and skating,
- can analyze terrain conditions and adapt their riding to them,
- understands the impact and importance of the natural environment and the implementation of winter sports for human health and physical development.

Brief outline of the course:
Student:
Theoretical basics of downhill and cross-country skiing, snowboarding, and skating.

Selection of skiing, snowboarding and skating equipment. Maintenance and waxing of skis and snowboards.
Games in the snow. Principles of safety on the slopes and on the ice. Principles safety of staying and moving on the slopes - white code.
Practice of basic and advanced downhill skiing techniques (balance on skis, downhill, curves - in two-sided inversion, from two-sided inversion, from inversion top and bottom ski, downhill curves, riding in rough terrain, basics of carving).
Practice of basic snowboard training techniques (sliding down the chute, sliding diagonally slope, slant slope riding, sliding a half-arch to the slope (fan, girlangs), snowboard curves (frontside and backside), snowboard control, smooth and safe riding on downhill, riding on the lift).
Practice of technique in classic and skate style cross-country skiing (alternating two-step running, running with a push-off, single and single-step, double-sided skating single- and double-step with alternating arm work).
Practice of basic skating technique (walking on skates, forward skating, skating backwards, stopping, short arcs, forward skating, skate control, smooth and safe skating on ice).

Recommended literature:

1. MICHAL, J. 2001. Teória a didaktika lyžovania. Banská Bystrica: PDF UMB v Banskej Bystrici, 2001. 94 s. ISBN 80-8055-591-5.
2. MICHAL, J. 2013. Snowboarding. Zvolen: Technická univerzita vo Zvolene, 2013. 80 s. ISBN 978-80-228-2597-9.
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
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: 752

A	B	C	D	E	FX(0)	FX(1)
2.93	17.69	31.78	30.05	9.57	2.66	5.32

Instructor: doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., PaedDr. Mgr. Lukáš Opáth, PhD., PaedDr. Boris Beťák, PhD., Mgr. David Brűnn, PhD.

Last changed: 11.09.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-utr-236	**Course name:** Yoga

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is mandatory, active participation of the student in the class.
Acceptable absences are 3 hours of the total allocation for the semester within the individual parts of the course. Applies only to students without an individual study plan. In the final week during the class portion of the semester, the student will present mastery of the Bari Khatu pranam yoga routine.
a) continuous assessment:
- presentation of yoga set Bari Khatu pranam: 100 points
b) final assessment:
- on the basis of the interim evaluation The maximum number of points obtained for the interim and final evaluation is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
Student:
- Knows the basic concepts of traditional yoga and has practically mastered the basic principles of yoga physical, relaxation and breathing exercises,
- Knows yoga techniques, preparatory exercises - Sarvahita asanas, asana, relaxation, full yogic breath, pranayama, pratyahara and meditation,
- can practically demonstrate the Bari Khatu pranam yoga setup,
- can demonstrate knowledge of the application of yoga techniques and elements in sports.

Brief outline of the course:
1. Yoga as a science -1h, practice: standing posture - 1h.
2. Structure of yoga class according to Yoga in Daily Life System, asanas, sarvahitaasanas, difference between other exercises, basic principles in yoga practice-1h, practice: khatupranam posture -1h.
3. Yoga as psychosomatic exercises, antakarana, meaning of OM -1h, practice: practice of yogic breathing, 1st part of sarvahitaasana 1st lesson -1h.

4. Hatha yoga kriyas - purification yoga techniques -1h, practice: agnisara kriya, neti, kapalabhata - 1h.
5. Gunas, yogic diet - 1h, practice: sarvahitaāsana 1st part 2nd lesson - 1h.
6. Pranayama and Prana - 1h, practice: 1st part of sarvahitaāsana 3rd lesson, pranayama nadisodhana I -1h.
7. Relaxation and its principles, sankalpa -1h, practice: relaxation from cassette tape, bhastrika pranayama - 1h.
8. Use of yoga exercises as compensation for overuse and spinal disorders in sports -1h, practice: exercise set for back pain - 1h.
9. Use of yoga exercises as compensation for overuse and joint disorders in sports -1h, practice : exercise set against joint pain-1h.
10. Use of yoga exercises as preparation before sports performance -1h, practice : exercise set - 1h.
11. Meditation and its principles-1h, practice : Bari Kathupranam, pranayama, meditation - 1h.

Recommended literature:

Dostálek, C. 1996. Hathajóga. Praha : Karlova Univerzita, 1996. Votava, J. 1988. Jóga očima lékařu. Praha : Avicenum, 1988. Mahešvarananda. 2003. Jóga proti bolestem zad. Strilky : DNM s.r.o., 200. ISBN 80-903200-3-1.
Mahešvarananda. 1998. Jóga proti bolestem kloubu. Martin, 1998. ISBN 80-967331-2-5.
Mahešvarananda. 2000. Systém Joga v dennom živote (preklad z nemeckého originálu). 2000. ISBN 3-85052-002-1.
Mahešvarananda. 2010. Jóga proti diabetu, preklad z nemeckého originálu. Praha, 2010.

Language of instruction:

slovak

Notes:student time load:

90 hours, of which: combined study: 26 hours individual preparation for mastering the Bari Khatu pranam yoga routine: 64 hours.

Course assessment

The final number of assessed students: 32

A	B	C	D	E	FX(0)	FX(1)
93.75	0.0	0.0	0.0	0.0	3.13	3.13

Instructor:

Last changed: 08.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-utr-246 | **Course name:** Základy shaolinského kungfu

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 26
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 1., 3., 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Boris Beťák, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-381 | **Course name:** Športová špecializácia 1 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-391	**Course name:** Športová špecializácia 1 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-382 | **Course name:** Športová špecializácia 2 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 1

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-392	**Course name:** Športová špecializácia 2 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-383 | **Course name:** Športová špecializácia 3 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-393	**Course name:** Športová špecializácia 3 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-384	**Course name:** Športová špecializácia 4 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-394	**Course name:** Športová špecializácia 4 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 13
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-385	**Course name:** Športová špecializácia 5 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-395	**Course name:** Športová špecializácia 5 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1d-tre-386 | **Course name:** Športová špecializácia 6 - Sport Climbing

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1d-tre-396	**Course name:** Športová špecializácia 6 - Trainer For People With Intellectual Disabilities

Type, extent and method of instruction:
Form of instruction: Lecture / Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 13 / 26
Method of study: combined

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 0

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

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

Last changed:

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