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Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-005		Course name: Alternative and Unconventional Sports Games				
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined						
Number of credits: 4						
Recommended semester/trimester: 2.						
Level: 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: 177						
A	B	C	D	E	FX(0)	FX(1)
42.37	42.37	11.3	0.0	0.0	3.95	0.0
Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD.						
Last changed: 07.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-tre-001	Course name: Coaching Practice 1
Type, extent and method of instruction: Form of instruction: Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 1.	
Level: II.	
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 coaching experience. 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: 487 / 5 000 Student: - remembers knowledge from practice, - will use theoretical knowledge, practical skills and abilities in leading a training unit, - is able to orient himself in the management of the training unit, - applies knowledge, especially from sports specialization when conducting training, - evaluates individual parts of the training unit, evaluates the course of training, content, methods, forms and training means, - will create a comprehensive view of the management of the training unit in youth categories.	
Brief outline of the course: Management of the training unit in sports specialization. Breakdown and analysis of the training unit as a whole and individual parts of the training unit. Participation at least 10 TJ.	
Recommended literature: 1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9	

2. DOVALIL, J. a kol. 2009. Výkon a tréning ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T. a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
4. Knižné, časopisecké a internetové domáce a zahraničné zdroje podľa športovej špecializácie.

Language of instruction:

slovak

Notes: student time load:

60 hours, of which:

combined study: 26 hours

preparation for leading trainings: 2 p.m.

analysis of practice, training evaluation: 10 hrs.

preparation of hospitalization records: 10 hours

Course assessment

The final number of assessed students: 101

A	B	C	D	E	FX(0)	FX(1)
76.24	7.92	7.92	3.96	2.97	0.99	0.0

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

Last changed: 07.09.2024

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-tre-003	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: 4.	
Level: II.	
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 coaching experience. a) continuous assessment: - management 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. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: Student: - remembers knowledge from practice, - will use theoretical knowledge, practical skills and abilities in leading a training unit, - is able to orient himself in the management of the training unit, - applies knowledge, especially from sports specialization when conducting training, - evaluates individual parts of the training unit, evaluates the course of training, content, methods, forms and training means, - will create a comprehensive view of the management of the training unit in youth categories.	
Brief outline of the course: Management of the training unit in sports specialization. Breakdown and analysis of the training unit as a whole and individual parts of the training unit. Participation at least 10 TJ.	
Recommended literature: 1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9 2. DOVALIL, J. a kol. 2009. Výkon a tréning ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1 3. KAMPMILLER, T. a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5	

Recommended literature: domestic/ foreign books, journals, magazines, internet sources						
Language of instruction: slovak						
Notes:student time load: 60 hours, of which: combined study: 26 hours preparation for leading trainings: 2 p.m. analysis of practice, training evaluation: 10 hrs. preparation of hospitalization records: 10 hours						
Course assessment The final number of assessed students: 69						
A	B	C	D	E	FX(0)	FX(1)
71.01	2.9	7.25	0.0	17.39	1.45	0.0
Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Pavol Bartík, PhD., doc. PaedDr. Miroslav Nemec, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Andrea Izáková, PhD., Mgr. David Brúnn, PhD., doc. PaedDr. Jiří Michal, PhD., PaedDr. Jaroslav Kompán, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Kristián Bako, PhD.						
Last changed: 07.09.2024						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-ozvstv-106		Course name: Continual Teaching Practice				
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: 30s Method of study: combined						
Number of credits: 2						
Recommended semester/trimester: 4.						
Level: II.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course: Brief outline of the course: The content of the continuous teaching practice is to project a lesson on the basis of the instructions from the training teachers. Students will consult their preparation for teaching with the training teacher and then teach a lesson on their own.						
Recommended literature:						
Language of instruction: Language of instruction: Slovak, Czech						
Notes:student time load:						
Course assessment The final number of assessed students: 125						
A	B	C	D	E	FX(0)	FX(1)
80.0	17.6	0.0	0.0	0.0	2.4	0.0
Instructor: doc. PaedDr. Jiří Michal, PhD.						
Last changed: 25.09.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-103	Course name: Continuous Practice/Observation Practice
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: 26s Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 1.	
Level: II.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course: Brief outline of the course: During the observations of students in the lessons, it is recommended to observe: the readiness of the class and of the pupils for schooling (neatness of the classroom, arrival of teacher to the class, preparation of the teaching aids and technical means and their use in the lessons, etc.). The readiness of the pupils after the bell rings, welcoming the teacher (behaviour of the teacher and the pupils, method of checking class attendance, etc.). Checking homework (when during the lesson and how it is carried out, difficulty and extent of the homework, frequency of assigning homework, used forms and methods of checking, orientation of the homework in the creative thinking of the pupils, how the theoretical knowledge is applied to the practical activities, verbal evaluation and classification of pupils' performance, etc.). Checking out the pupils' knowledge (the method of checking, its content and extent), activation of the pupils when individually examining a pupil, orientation of the teacher on the creative thinking of the pupils, the way of applying the theoretical knowledge on practical activities, verbal evaluation and classification of pupils' performance, etc. Setting out the topic and aim of the lesson (how the pupils are motivated for active learning, use of interdisciplinary relations, etc.). Exposition of the course material (used forms and means of work, activity of the teacher and pupils, modernizing the content, forms and means of the work, etc.). Fixating the new course material (organizing the fixing of the course material, types of fixation methods, their relationship towards exposition methods, orientation of the pupils' attention on the possibilities of the practical application of new knowledge into practice, formulating and the means of giving checking questions, use of technical means for the fixation of the course material, feedback during the fixation, etc.). Homework (how the teacher assigns homework, motivation to do homework, individualised, individual, pair and group homework, etc.). The teacher (teacher's communicative skills, objectivity, demands, respecting the wants of pupils, respecting personality possibilities, gesticulation and facial expressions, their neatness, motion in the classroom, their reactions to unexpected impulses, their temperament, voice intensity, etc.).	
Recommended literature:	

Language of instruction: Language of instruction: Slovak, Czech						
Notes:student time load:						
Course assessment The final number of assessed students: 198						
A	B	C	D	E	FX(0)	FX(1)
89.9	8.59	0.51	0.0	0.0	1.01	0.0
Instructor: doc. PaedDr. Jiří Michal, PhD.						
Last changed: 25.09.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-104	Course name: Continuous Practice/Performance 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: 26s Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 2.	
Level: II.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester, the students will attend the practice and there they will prove their practical skills as well as theoretical knowledge in organizing lessons as a PE teacher. The maximum number of points covering a continual and final assessment is 100. 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. a) continuous assessment: The continuous assessment comprises active participation (100%) in the practicum, the preparation of records and individual outputs (40 points), analyses of class sessions (30 points), and the evaluation conducted by the supervising teacher (30 points). b) final assessment: The final grade is awarded by the course guarantor on the basis of the continuous assessment.	
Learning objectives: Course aims: Students will: 1. Remember the theoretical knowledge about the learnt course material as the basis for the practical part of the university preparation. 2. Have general knowledge about the basic issues of the theory and didactics of the PE. 3. Be able to show and use the technique of practicing exercises correctly. 4. Be able to prepare for active performance in PE classes. 5. Be able to work with specialised literature.	
Brief outline of the course: Brief outline of the course: Orientation in actual school practice, in the work of teachers and pupils and in the individualities of primary and secondary school pupils. Integration and confrontation of the theoretical and practical part of the university preparation, carrying out of the teaching performances and real education activities in primary and secondary schools, broadening of the motivation for further study and self-education.	

Perception of pedagogical and psychological phenomena in an actual school situation, their recording and interpreting; psychological and pedagogical thinking.

Recommended literature:

Recommended literature:

1. Antala, B. 2001. Didaktika školskej telesnej výchovy. Bratislava : FTVŠ UK, 2001.
 2. Čapek, R. (2015). Moderní didaktika. Grada Publishing.
 3. Hrčka, J a kol. 2000. Základy športovej edukológie. Bratislava : FTVŠ UK, 2000.
 4. Inovovaný štátny vzdelávací program pre ISCED 2, 3. (aktuálna verzia dostupná na internete)
 5. Kalhoust, Z., & Obst, O. (2002). Školní didaktika. Portál.
 6. Kožuchová, M., Obdržálek, Z., Porubská, E., & Káník, R. (2000). Didaktika pre učiteľov základnej a strednej školy. VEDA.
 7. László, K., & Osvaldová, Z. (2014). Didaktika. Belianum.
 8. Mertin, V. (2012). Metody a postupy poznávání žáka. Pedagogická diagnostika. Wolters Kluwer.
 9. Michal, J.: Učebné osnovy z predmetu Telesná a športová výchova pre ISCED 2. In:
 10. Obdržálek, Z. (2003). Didaktika pre študentov učiteľstva základnej školy. UK v Bratislave.
 11. Petlák, E. (2012). Inovácie v didaktike. Dubnický technologický inštitút.
 12. Petlák, E. (2000). Pedagogicko-didaktická práca učiteľa. IRIS.
 13. Petty, G. (2013). Moderní vyučování. Portál.
 14. Průcha, J. (2017). Moderní pedagogika. 6. vyd. Portál.
 15. Rovňanová, L. (2015). Profesionálne kompetencie učiteľov. Belianum.
 16. Rovňanová, L. (2015). Učebné štýly žiakov a vyučovacie štýly učiteľov. MPC.
 17. Siegllová, D. (2019). Konec školní nudy: didaktické metody pro 21. století. Grada Publishing.
 18. Sitná, D. (2013). Metody aktivního vyučování. Portál.
 19. Športový edukátor 1. č.2/09, Nitra: UKF, 2009, s.4-28. ISSN –1337-7809
 20. Šimonek, Jaromír. Didaktika telesnej výchovy. Nitra : PF UKF, 2005. 112 s. ISBN 80-8050-873-
 21. Tilinger, P.a kol. 2002. Pedagogické praxe v telesné výchově a sportu. Praha: Karolínium, 2002, s. 115
 22. Turek, I. (2014). Didaktika. 3. prepr. vyd. Wolters Kluwer.
 23. Zormanová, L. (2012). Výukové metody v pedagogice. Grada Publishing.
- Odborné časopisy a noviny, aj v e-podobe.
Odkazy na e-zdroje v LMS Moodle.
Internetový portál rezortu školstva a s ním súvisiace webstránky relevantných inštitúcií:
www.minedu.sk, www.statpedu.sk, www.nucem.sk, www.casopisdobraskola.sk
Zborníky a časopisy z odboru školská telesná výchovy a šport.

Language of instruction:

Language of instruction:
Slovak, Czech

Notes:student time load:

Notes:
Student time load: 60 hrs.
In-class work: 6 hrs.
Preparation for teaching: 10 hrs.
Preparation of the portfolio: 44 hrs.

Course assessment						
The final number of assessed students: 168						
A	B	C	D	E	FX(0)	FX(1)
40.48	41.07	5.95	4.17	0.6	4.17	3.57
Instructor: Mgr. Andrea Izáková, PhD., doc. PaedDr. Štefan Adamčák, PhD., Mgr. David Brúnn, PhD., Mgr. Vladimír Franek, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., 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., 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. Jozef Sýkora, PhD.						
Last changed: 26.09.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-105	Course name: Continuous Practice/Performance 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: 26s Method of study: combined	
Number of credits: 2	
Recommended semester/trimester: 3.	
Level: II.	
Prerequisites:	
Course completion conditions: Course completion conditions: During the semester the students will attend practice and there prove their practical skills as well as theoretical knowledge in organizing lessons as a PE teacher. The maximum number of points covering a continual and final assessment is 100. 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. a) continuous assessment: Continuous assessment: 100% attendance at the teaching practice – observations and individual performances: 50 points b) final assessment: Final assessment: materials portfolio concerning teaching practice: - written records of the didactic observations of the lessons – observations of the training teacher: 20 points. - written preparations for the direct teaching, consulted and evaluated by a teacher from the Department of Physical Education and Sports, including the didactic analysis of the course material and analysis with the training teacher of a primary school: 30 points	
Learning objectives: Course aims: Students will: 1. Remember the theoretical knowledge about the learnt course material as the basis for the practical part of the university preparation. 2. Have general knowledge about the basic issues of PE theory and didactics. 3. Be able to show and use the technique of practicing exercises correctly. 4. Be able to prepare for the active performance in PE classes. 5. Be able to work with specialised literature.	
Brief outline of the course: Brief outline of the course:	

Orientation in actual school practice, in the work of teachers and pupils and in the individualities of primary and secondary school pupils.
 Integration and confrontation of the theoretical and practical part of the university preparation, execution of teaching performances and actual education activities in primary and secondary schools, broadening the motivation for further study and self-education.
 Perception of pedagogical and psychological phenomena in an actual school situation, their recording and interpreting; psychological and pedagogical thinking.

Recommended literature:

Recommended literature:

1. Antala, B. 2001. Didaktika školskej telesnej výchovy. Bratislava : FTVŠ UK, 2001.
 2. Čapek, R. (2015). Moderní didaktika. Grada Publishing.
 3. Hrčka, J a kol. 2000. Základy športovej edukológie. Bratislava : FTVŠ UK, 2000.
 4. Inovovaný štátny vzdelávací program pre ISCED 2, 3. (aktuálna verzia dostupná na internete)
 5. Kalhoust, Z., & Obst, O. (2002). Školní didaktika. Portál.
 6. Kožuchová, M., Obdržálek, Z., Porubská, E., & Káník, R. (2000). Didaktika pre učiteľov základnej a strednej školy. VEDA.
 7. László, K., & Osvaldová, Z. (2014). Didaktika. Belianum.
 8. Mertin, V. (2012). Metody a postupy poznávání žáka. Pedagogická diagnostika. Wolters Kluwer.
 9. Michal, J.: Učebné osnovy z predmetu Telesná a športová výchova pre ISCED 2. In:
 10. Obdržálek, Z. (2003). Didaktika pre študentov učiteľstva základnej školy. UK v Bratislave.
 11. Petlák, E. (2012). Inovácie v didaktike. Dubnický technologický inštitút.
 12. Petlák, E. (2000). Pedagogicko-didaktická práca učiteľa. IRIS.
 13. Petty, G. (2013). Moderní vyučování. Portál.
 14. Průcha, J. (2017). Moderní pedagogika. 6. vyd. Portál.
 15. Rovňanová, L. (2015). Profesijské kompetencie učiteľov. Belianum.
 16. Rovňanová, L. (2015). Učebné štýly žiakov a vyučovacie štýly učiteľov. MPC.
 17. Siegllová, D. (2019). Konec školní nudy: didaktické metody pro 21. století. Grada Publishing.
 18. Sitná, D. (2013). Metody aktivního vyučování. Portál.
 19. Športový edukátor 1. č.2/09, Nitra: UKF, 2009, s.4-28. ISSN –1337-7809
 20. Šimonek, Jaromír. Didaktika telesnej výchovy. Nitra : PF UKF, 2005. 112 s. ISBN 80-8050-873-
 21. Tilinger, P.a kol. 2002. Pedagogické praxe v telesné výchově a sportu. Praha: Karolínium, 2002, s. 115
 22. Turek, I. (2014). Didaktika. 3. prepr. vyd. Wolters Kluwer.
 23. Zormanová, L. (2012). Výukové metody v pedagogice. Grada Publishing.
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www.minedu.sk, www.statpedu.sk, www.nucem.sk, www.casopisdobraskola.sk
 Zborníky a časopisy z odboru školská telesná výchovy a šport.

Language of instruction:

Language of instruction:
 Slovak, Czech

Notes:student time load:

Notes:
 Student time load: 60 hrs.
 In-class work: 26 hrs.

Preparation for teaching: 10 hrs. Preparation of the portfolio: 24 hrs.						
Course assessment The final number of assessed students: 127						
A	B	C	D	E	FX(0)	FX(1)
55.91	31.5	6.3	1.57	2.36	1.57	0.79
Instructor: Mgr. Andrea Izáková, PhD., doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Boris Beťák, PhD., Mgr. David Brůnn, PhD., Mgr. Vladimír Franek, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Jaroslav Kompán, 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., PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Miroslava Rošková, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Michaela Slováková, PhD., PaedDr. Stanislava Straňavská, PhD.						
Last changed: 17.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-007		Course name: Course of Life and Health Protection				
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined						
Number of credits: 4						
Recommended semester/trimester: 2.						
Level: 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: 165						
A	B	C	D	E	FX(0)	FX(1)
43.03	24.85	22.42	3.03	0.0	6.67	0.0
Instructor: doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD.						
Last changed: 08.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-201		Course name: Cross-Country Skiing Exercises 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: 1.						
Level: 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: 199						
A	B	C	D	E	FX(0)	FX(1)
96.98	0.0	1.01	0.0	0.5	1.51	0.0
Instructor: PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Jiří Michal, PhD., Mgr. David Brúnn, PhD.						
Last changed: 04.10.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-PTE-102		Course name: Cross-cutting themes in education				
Type, extent and method of instruction: Form of instruction: Lecture / Practical Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13s / 13s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 121						
A	B	C	D	E	FX(0)	FX(1)
62.81	20.66	13.22	1.65	0.0	0.83	0.83
Instructor: doc. PaedDr. Lenka Rovňanová, PhD., doc. Mgr. Lívia Nemcová, PhD.						
Last changed: 25.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-tre-002	Course name: Diagnostics in Sports
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: 4	
Recommended semester/trimester: 2.	
Level: II.	
Prerequisites:	
Course completion conditions: The condition for the evaluation of the course is mandatory, active participation of the student in the class. a) continuous assessment: - Diagnosis of psychological aptitudes in sport: 34 points (min. 22pts) - Diagnosis of physical fitness: 33 points (min. 21.5pts) - Diagnosis of coordination of movement skills: 33 points (min. 21,5pts) b) final assessment: - on the basis of an interim evaluation 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: Student: - Knows the basic methods of assessing the performance and capacity of basic energy systems in elite, performance, and recreational sport, - understands the importance of testing body functions for refining the assessment of movement abilities, - knows the basics of measurement theory and assessment of test reliability and validity, knows the methods of diagnosis and assessment of fitness, - know methods of diagnosis and assessment of coordination skills, - understands the methods of diagnosing the personality disposition of an individual in terms of age and performance, - can use the acquired knowledge and practical experience to assess the current state of training, predict performance and manage sports training.	
Brief outline of the course: Introduction to diagnostics in sport (field, laboratory). Assessment of anaerobic capacity (alactate, lactate), aerobic capacity tests, anaerobic threshold. Physical and physiological principles of quantification of exercise intensity and prerequisites in children, adolescents, adults and seniors.	

Diagnosis and assessment of fitness abilities (methodological procedures, testing systematics, standardization of testing, practical skills of testing strength, speed, endurance and flexibility abilities, development of fitness test batteries taking into account age specificities).

Diagnosis and assessment of coordination abilities, practical skills from testing: balance abilities, spatial-orientation abilities, kinesthetic-differentiation abilities, rhythmic abilities, motor learning - docility, flexibility, creation of test batteries of coordination abilities taking into account age specificities.

Diagnosis and assessment of psychological prerequisites of children, adolescents, adults and seniors.

Recommended literature:

1. BELEJ, M. – JUNGER, J. 2006. Motorické testy koordinačných schopností. Prešov: FŠ PU. 177 s. ISBN 80-8068-500-2.
2. BLAHÚTKOVÁ, M. – SLIŽIK, M. 2014. Vybrané kapitoly z psychologie sportu. Brno: FSPS. 120 s. ISBN 978-80-210-6859-9.
3. GREGOR, T. 2013. Psychológia športu. Bratislava: MAURO Slovakia, 400 s. ISBN 978-80-968092-7-1.
4. GURSKÝ, T. 2005. Psychológia športu. Bratislava: SZTK, 2005. Nitra: PF UKF. 107 s.
5. JANČOKOVÁ, Ľ. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, UMB FF, KTVŠ. 190 s. ISBN 978-80-89902-12-5.
6. LACZO, E. a kol. 2014. Rozvoj a diagnostika pohybových schopností detí a mládeže. Bratislava : NŠC, FTVŠ UK. 160 s. ISBN 978-80-971466-0-3, online: <http://www.telesnavychova.sk/stranka/ucebne-materialy>
7. MĚKOTA, M. – NOVOSAD, J. 2005. Motorické schopnosti. Olomouc: FTK UP. 175. ISBN 80-244-0981-X.
8. MORAVEC, R. – KAMPMILLER, T. – SEDLÁČEK, J. a kol. 2002. Eurofit – Telesný rozvoj a pohybová výkonnosť školskej populácie na Slovensku. 2. vyd. Bratislava: SVSTVS. 180 s. ISBN: 80- 89075-11-8.
9. NEUMAN, J. 2003 Cvičení a testy obratnosti, vytrvalosti a síly. Praha: Portál. 160 s. ISBN 80-7178-730-2.
10. TANNER, R. – GORE, CH. 2013. Physiological tests for Elite Athletes, 2nd edition, Australian Institute of Sport. 560 s. ISBN: 9781492575894

Language of instruction:

slovak

Notes: student time load:

120 hours, of which:

combined studies (P, S, K): 52 hrs.

40 hrs.

preparation of diagnostic protocols and their processing: 28 hrs.

Course assessment

The final number of assessed students: 87

A	B	C	D	E	FX(0)	FX(1)
31.03	22.99	14.94	14.94	6.9	1.15	8.05

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

Last changed: 14.03.2025

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-101	Course name: Didactics of Physical and Sport Education
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: 4	
Recommended semester/trimester: 1.	
Level: II.	
Prerequisites:	
Course completion conditions: During the semester, the student will prepare and present a seminar paper according to the assignment. In the period for the completion of his/her study duties, he/she will take a written examination. Credits will be awarded to a student who has obtained at least 65 out of 100 points 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: Seminar paper: 0-40 points (min 26 points) b) final assessment: Written exam: 0-60 points (min 39 points)	
Learning objectives: Student: 1. It will also be used in other subjects, e.g. in the Theory and Didactics of Recreational Sport, in continuous and continuous pedagogical practice, etc. 2. He/she is able to use the acquired knowledge in the didactics of individual sports. 3. Applies knowledge in professional practice. 4. Assesses his/her knowledge of didactics of physical and sports education and is able to apply it in the physical education process. 5. Evaluates himself and others in the field of knowledge in the didactics of physical and sports education. 6. Create a seminar paper on the issue of didactics of physical and sports education.	
Brief outline of the course: Educational process in physical and sports education – physical education process. The essence, basic factors and structure of the physical education process. General and specific features of the physical education process. Teaching and teaching in physical and sports education. Developing motor skills in school physical education and sports education. Educational activity in the physical education process. Pupil in physical and sports education. Physical and Sports Education Teacher. Physical and sports education projects in primary and secondary schools. Conditions of the physical education process. Assessment in school physical and sports education. The importance of evaluation. Types of evaluation. Assessment of physical development and general physical	

performance of pupils. Assessment of pupils' acquisition of motor skills and knowledge. Evaluation of the pupil's relationship to physical and sports education, social manifestations of the pupil. Organizational forms in school physical and sports education, didactic forms in physical and sports education classes. Physical and sports education lesson. Typology of physical and sports education. Lesson structure. Specific didactic forms. Planning in School Physical and Sports Education. Curricular reform of basic education. Extracurricular physical education and sport in primary and secondary schools.

Recommended literature:

Recommended literature:

1. ANTALA, B. 2001. Didaktika školskej telesnej výchovy. Bratislava : FTVŠ UK, 2001.
2. BARTÍK, P. 2009. Postoje žiakov základných škôl k telesnej výchove a športu a úroveň ich teoretických vedomostí z telesnej výchovy v intenciách vzdelávacieho štandardu. Banská Bystrica: FHV UMB, 2009, 132 s. ISBN 978-80-8083-764-8.
3. FRŮMEL, K.: Specifické zásady v tělesné výchově na středních školách. Teor. Praxe těl. Vých., 35 (1), s. 51-57.
4. HRČKA, J. a kol. 2000. Základy športovej edukológie. Bratislava: FTVŠ UK 2000.
5. CHROMÍK, M. a kol.: Didaktika telesnej výchovy. Bratislava: Univerzita Komenského, 1993, s. 14-24.
6. MICHAL, J.2003. Sledovanie intenzity zaťaženia na hodinách telesnej výchovy u žiakov stredných škôl. In: Súčasný stav a perspektívne tendencie v telovýchovnom procese. Banská Bystrica: PF UMB, 2003. s. 68-73. ISBN80-8055-850-7.
7. MICHAL, J. a kol. 2001. Vybrané kapitoly z didaktiky telesnej výchovy a športu detí mladšieho školského veku. 3. vyd. Banská Bystrica : UMB, 2001. 125 s
8. MICHAL, J. a kol : Učebné osnovy z predmetu Telesná a športová výchova pre ISCED 2. In: Športový edukátor 1. č.2/09, Nitra: UKF, 2009, s.4-28.
9. SÝKORA, F. a kol.: Telesná výchova a šport. Terminologický a výkladový slovník. Bratislava: FRG s.r.o., 1995.
10. ŠIMONEK, J. 2005.Didaktika telesnej výchovy. Nitra : PF UKF, 2005. 112 s. ISBN 80-8050-873-
11. TRUNEČKOVÁ, E. 2002. Základy športovej edukácie na školách. Banská Bystrica: UMB PF 2002
12. Zborníky a časopisy z odboru školská telesná výchovy a šport.

Language of instruction:

Language of instruction:
Slovak/Czech

Notes:student time load:

Notes

120 hrs., of which:

combined study (l,s,c): 26 hrs.

exam preparation: 64 hrs.

seminar paper preparation: 30 hrs.

Course assessment

The final number of assessed students: 197

A	B	C	D	E	FX(0)	FX(1)
27.41	30.46	28.43	10.66	1.02	0.0	2.03

Instructor: doc. PaedDr. Miroslav Nemec, PhD., doc. PaedDr. Jiří Michal, PhD., Mgr. Andrea Izáková, PhD.
Last changed: 08.09.2024
Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-PGS-401		Course name: Educational and school 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: 26s / 13s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 194						
A	B	C	D	E	FX(0)	FX(1)
6.7	17.53	17.01	19.59	33.51	1.03	4.64
Instructor: doc. PaedDr. Lada Kaliská, PhD., univ. prof.						
Last changed: 24.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-010		Course name: Fitness Programme Creation in 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: 2.						
Level: 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: 86						
A	B	C	D	E	FX(0)	FX(1)
27.91	26.74	18.6	16.28	6.98	2.33	1.16
Instructor: PaedDr. Roman Švantner, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-238		Course name: Inline Skating 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: 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: 19						
A	B	C	D	E	FX(0)	FX(1)
84.21	0.0	5.26	0.0	0.0	10.53	0.0
Instructor: PaedDr. Stanislava Straňavská, PhD.						
Last changed: 20.02.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-MRK-402		Course name: Mediation and resolution of interpersonal conflicts				
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: 13s / 13s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 59						
A	B	C	D	E	FX(0)	FX(1)
5.08	13.56	42.37	28.81	8.47	0.0	1.69
Instructor: doc. Mgr. Lenka Ďuricová, PhD.						
Last changed: 03.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-229		Course name: Methodical practice in football				
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: 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: 2						
A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	50.0	0.0	0.0	0.0	0.0
Instructor: doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD.						
Last changed: 22.08.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-tre-005		Course name: Methodology of Sports				
Type, extent and method of instruction: Form of instruction: Lecture / Seminar Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 13 / 13 Method of study: combined						
Number of credits: 4						
Recommended semester/trimester: 3.						
Level: II.						
Prerequisites:						
Course completion conditions:						
Learning objectives:						
Brief outline of the course:						
Recommended literature: 1. ČILLÍK, I. 2004. Športová príprava v atletike. Banská Bystrica: FHV UMB, 2004. 128 s. 2. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9 3. DOVALIL, J. a kol. 2009. Výkon a tréning ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1 4. KAMPMILLER, T a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5 5. MARTENS, R. Úspěšný tréner. Praha : Grada. 2006. Recommended literature: domestic/ foreign books, journals, magazines, internet sources						
Language of instruction:						
Notes:student time load:						
Course assessment The final number of assessed students: 68						
A	B	C	D	E	FX(0)	FX(1)
25.0	11.76	33.82	17.65	8.82	1.47	1.47
Instructor: prof. PaedDr. Martin Pupiš, PhD., prof. PaedDr. Ivan Čillík, CSc.						
Last changed: 05.09.2023						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-001	Course name: Methodology of Sports 1 (Sports Games, 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 / 52 Method of study: combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: II.	
Prerequisites:	
Course completion conditions: During the semester, the student undergoes verification of the level of didactic skills and methodological knowledge in conducting a lesson in sports, movement games and swimming. The prerequisite is the preparation for the lesson of sport and movement games and swimming according to the assigned topic. Successful completion of the examination in didactics and methodology of sport and movement games and swimming.	
a) continuous assessment: Verification of the level of didactic skills when conducting a lesson on sports and movement games: practical output of the student according to the assigned topic - 0-20 points (minimum 13 points). Verification of the level of didactic skills when conducting a swimming lesson: practical output of the student according to the assigned topic - 0-20 points (minimum 13 points). Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
b) final assessment: Written test on didactics and methodology of sport and movement games: 0-30 points (minimum 20 points). Written test on the didactics and methodology of swimming: 0-30 points (minimum 20 points). The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100.	
Learning objectives: The student acquires (in terms of knowledge): - Ability to apply the acquired knowledge and skills from sports, movement games and swimming in other subjects (e.g., as part of a continuous practice) - The ability to use the correct terminology of individual sports, movement games and swimming when explaining the curriculum. - Able to teach the basic game activities (HČJ, HK and HS) in the sports games of football, volleyball, basketball, handball, and floorball correctly according to the knowledge of the content of the game.	

- Able to use adequate movement games from the point of view of the focus and structure of the lesson and to apply them methodically correctly in the classroom.
 - Able to teach the basic skills of swimming methodically correctly.
- The student acquires the ability (in terms of understanding):
- Apply adequate procedures and appropriate didactic methods and forms of teaching (MOF) of sports games according to the level of the pupils.
 - Identify and differentiate swimming skills according to the needs of the pupils.
- The student will acquire the ability (in terms of application, evaluation, and creation):
- Name and describe the content of a game and practically in a game (match) demonstrate and apply the technique of basic game actions (HČJ, HK and HS) in individual sports games (football, volleyball, basketball, handball, and floorball).
 - Select adequate movement games to develop movement skills and the acquisition of movement skills from the sports.
 - Apply individual movement skills from sports, movement games and swimming to the development of their own teaching project for teaching in primary and secondary school.
 - Evaluate his/her strengths and weaknesses in teaching sports, movement games and swimming, can use the principle of feedback, whether from the practitioner or the content of the teaching, can evaluate the level and quality of methodological outputs of classmates.
 - Integrate the acquired knowledge and skills into different pedagogical situations.

Brief outline of the course:

- The importance and position of sports and physical games in a person's life (school and leisure)
- History of sports games and swimming
- The position of sports, movement games and swimming in the school education system (ISCED1-3)
- Basic terminology in sports, movement games and swimming
- Movement games in the preparatory part of the lesson
- Movement games in the main part of the lesson
- Didactic procedures for practicing and improving game activities (HČJ, HK and HS) in sports games - football, volleyball, basketball, handball, and floorball
- Didactics of swimming (objectives, content forms, means, methods and procedures)
- Organisational and methodological units of basic swimming
- Methodology of individual swimming methods, starts and turns
- Principles of fair-play, sports and movement games and their determinants for the health and healthy development of the individual - Game performance (IHV and HVD) in sports games and the basics of its diagnostics (motor tests, control exercises, etc.) in school physical and sports education.

Recommended literature:

- ARGAJ, G. - REHÁK, M. 2007. Teória a didaktika basketbalu II. Bratislava : UK, 2007. 137s. 2.
- NEMEC, M. a kol. 2013. Športové hry 1. časť. Banská Bystrica : UMB FHV - Belianum, 202 s. 2013
- NEMEC, M. - KOLLÁR, R. 2009 Teória a didaktika futbalu, Banská Bystrica : KollárRastislav, 2009. 200s.
- 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.
- PŘIDAL, V. - ZAPLETALOVÁ, L. 2003. Volejbal. Bratislava : PEEM, 2003. 180s.
- TÁBORSKÝ, F. 2004. Sportovní hry. Praha : Grada, 2004. 164s.
- TÁBORSKÝ, F. 2005. Sportovní hry II. Praha : Grada, 2005. 172s.

9. ZAPLETALOVÁ, L. - PŘIDAL, V. 1996. Teória a didaktika volejbalu. Bratislava : UK, 1996. 108s.
10. ZAŤKOVÁ, V. 1999. Teória a didaktika hádzanej. Bratislava : UK, 1999. 199s.
11. BENCE M., MERICA M., HLAVATÝ R. 2005. Plávanie. Banská Bystrica : Univerzita Mateja Bela, 2005. 198 s.
12. MACEJKOVÁ, Y. 2005. Didaktika plávania. Bratislava: ICM agency, 2005, 149 s.
13. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: KTVŠFHV UMB, 2011, 115 s.
14. RUŽBARSKÝ, P., MATÚŠ, I. 2017. Technická a kondičná príprava v plávaní. Prešov: FŠPU, 2017. 239 s.

Language of instruction:

slovak

Notes: student time load:

student time load: 120 hrs., of which:

combined study (l,s,c): 65 hrs.

written test preparation: 25 hrs.

didactic output assessment preparation: 30 hrs

Course assessment

The final number of assessed students: 154

A	B	C	D	E	FX(0)	FX(1)
2.6	24.03	47.4	18.83	4.55	0.0	2.6

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc.

Last changed: 07.09.2024

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-ozvstv-002	Course name: Methodology of Sports 2 (Athletics, Gymnastics, Forms of Combat, Skiing, 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: 26 / 104 Method of study: combined	
Number of credits: 5	
Recommended semester/trimester: 3.	
Level: II.	
Prerequisites:	
Course completion conditions: During the semester, the student will complete the verification of the level of didactic skills in didactics of athletics, didactics of gymnastics and didactics of combats in the conduct of the classroom lesson and verification of the level of practical skills in downhill and cross-country skiing and snowboarding. a) continuous assessment: Practical presentation of the lesson: athletics - 10 points (min. 6,5 points), gymnastics - 10 points (min. 6,5 points), combats - 10 points (min. 6,5 points), Active 100% participation in the course and verification of the level of practical skills (downhill skiing, cross-country skiing, snowboarding) in conducting lessons in the ski education and training course 30b (min. 19.5 points), Written test: Athletics - 10b (min. 6,5b), Gymnastics - 10b (min. 6,5b), Combats - 10b (min. 6,5b), Downhill and cross-country skiing and snowboarding - 10b (min. 6,5b). 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: Learning objectives: The student acquires (in terms of knowledge): • Ability to apply the acquired knowledge and skills from athletics, gymnastics, combats, downhill and cross-country skiing and snowboarding in other subjects (e.g., as part of a continuous practice) • The student is able to methodically teach the basic skills of athletics, gymnastics, combats and self-defence, downhill and cross-country skiing and snowboarding.	

The student acquires the ability (in terms of understanding):

- Identify and differentiate athletic, gymnastic, and combat exercises.
- Work with the content of downhill and cross-country skiing and snowboarding instruction in the basic means of developing motor skills and acquiring motor skills from these sports.

The student will acquire the ability (in terms of application, evaluation, and creation):

- Apply individual movement skills from athletics, gymnastics, combats, downhill and cross-country skiing, and snowboarding to the development of a custom teaching project for elementary and middle school instruction.
- Evaluate the level and quality of the methodological outputs of classmates in athletics, gymnastics, combats and downhill and cross-country skiing and snowboarding.
- Integrate acquired knowledge and skills into a variety of teaching situations.

Brief outline of the course:

Didactics of athletics:

- Methodological outputs of students focused on the training of individual athletic disciplines and preparatory athletic exercises.
- Theoretical knowledge of the history, systematics, types, and significance of athletics.
- General fundamentals of the technique and didactics of athletic disciplines.
- Technique, methodology of individual athletic disciplines.
- Short distance running, middle and long distance running, athletic walking, hurdles, relay races; jumping, and throwing. Organization, refereeing of athletics competitions.
- Fundamentals of sports training in athletics and development of movement skills and athletics.

Didactics of gymnastics:

- Didactics of gymnastics (basic, fitness, rhythmic and health).
- Gymnastic sports - characteristics.
- Movement means of gymnastics.
- Construction of gymnastic units with different content.
- Nomenclature of physical exercises.

Didactics of the combats:

- The didactics of combat sports. Didactics of the combat sport and self-defense.
- Didactic use of preparatory combats (combat lifts, resistances, and combat games) in the classroom.
- Didactics of practicing and improving the falling technique (falling backwards, falling sideways, falling forwards) -methodological outputs.
- Didactics of practicing and improving basic technical activities of combat sports (karate, wrestling, judo)- methodological outputs.
- Didactics of training and improvement of basic techniques of self-defense - methodological outputs.

Didactics of downhill and cross-country skiing and snowboarding:

- The importance and position of downhill and cross-country skiing, snowboarding and sports games in human life (school and leisure).
- Organization of skiing and snowboarding education and training course.
- Preparatory exercises and movement games for cross-country skiing - practical outcomes.
- Preparatory exercises and movement games for downhill skiing - practical outcomes.
- Preparatory exercises and movement games for snowboarding - practical outcomes.
- Methodical series of basic cross-country training - practical outputs.
- Methodological series of basic downhill training - practical outputs.
- Methodological series of basic snowboard training - practical outputs.

Recommended literature:

1. 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.
2. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica : Slovenský atletický zväz., 2020. 245 s.
3. 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
4. MICHAL, J. 2010. Snowboarding 1.časť. Študijný materiál pre učiteľov I. kvalifikačného stupňa. Banská Bystrica : SAS, 2010. 56s.
5. MICHAL, J. 2001. Teória a didaktika lyžovania. Banská Bystrica : UMB PF, 2001. 94s.
6. PAUGSCHOVÁ, B. a kol. 2005. Lyžovanie. Banská Bystrica : FHV UMB, 2005. 237s.
7. Najnovšia odborná literatúra v časopisoch, zborníkoch a periodikách, metodické materiály, internetové zdroje.

Language of instruction:

slovak

Notes: student time load:

student time load: 150 hrs., of which:
combined study (l,s,c): 130 hrs.
written test preparation: 20 hrs.

Course assessment

The final number of assessed students: 99

A	B	C	D	E	FX(0)	FX(1)
0.0	18.18	47.47	22.22	8.08	0.0	4.04

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc., prof. PaedDr. Ivan Čillík, CSc., Mgr. Miroslava Rošková, PhD., Mgr. Michaela Slováková, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD., doc. PaedDr. Štefan Adamčák, PhD., PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Miroslav Nemec, PhD.

Last changed: 17.09.2025

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-POZ-402		Course name: Positive psychology				
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: 26s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 2.						
Level: 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: 54						
A	B	C	D	E	FX(0)	FX(1)
18.52	14.81	22.22	18.52	14.81	1.85	9.26
Instructor: Mgr. Zuzana Heinzová, PhD.						
Last changed: 24.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-002		Course name: Regeneration and Massage				
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: 1.						
Level: 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: 212						
A	B	C	D	E	FX(0)	FX(1)
24.06	29.72	27.83	6.13	7.55	2.36	2.36
Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc., PhDr. Dávid Líška, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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: 2	
abs	n
100.0	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. Ivan Čillík, CSc.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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.	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	
Course assessment The final number of assessed students: 1	
abs	n
100.0	0.0
Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandžáková, PhD., univ. doc.	
Last changed: 09.01.2025	
Approved by: prof. PaedDr. Ivan Čillík, CSc.	

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-MVE-221		Course name: Research methodology in education				
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: 26s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 2.						
Level: 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: 164						
A	B	C	D	E	FX(0)	FX(1)
17.68	19.51	26.22	17.07	16.46	2.44	0.61
Instructor: prof. PhDr. Miriam Niklová, PhD.						
Last changed: 18.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-SPM-101		Course name: School pedagogy and school management				
Type, extent and method of instruction: Form of instruction: Lecture / Practical Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26s / 26s Method of study: combined						
Number of credits: 4						
Recommended semester/trimester: 2.						
Level: 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: 63						
A	B	C	D	E	FX(0)	FX(1)
0.0	28.57	30.16	22.22	12.7	6.35	0.0
Instructor: doc. PaedDr. Lenka Rovňanová, PhD., Mgr. Karina Zošáková, PhD.						
Last changed: 25.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-233		Course name: Snowboarding Exercises 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: 1.						
Level: 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: 122						
A	B	C	D	E	FX(0)	FX(1)
32.79	23.77	15.57	13.11	13.11	1.64	0.0
Instructor: doc. PaedDr. Jiří Michal, PhD., PaedDr. Stanislava Straňavská, PhD.						
Last changed: 18.10.2023						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-SPP-102		Course name: Social pathology and prevention				
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: 26s / 13s Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 136						
A	B	C	D	E	FX(0)	FX(1)
3.68	20.59	22.06	23.53	27.94	2.21	0.0
Instructor: doc. PhDr. Mário Dulovics, PhD., prof. PhDr. Miriam Niklová, PhD.						
Last changed: 18.03.2026						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-003		Course name: Sport Medicine				
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: 1.						
Level: 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: 211						
A	B	C	D	E	FX(0)	FX(1)
42.65	12.8	12.32	18.01	13.27	0.47	0.47
Instructor: prof. PaedDr. Martin Pupiš, PhD., MUDr. Lucia Zacharová, Mgr. Vladimír Franek, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 2						
A	B	C	D	E	FX(0)	FX(1)
0.0	50.0	0.0	0.0	0.0	0.0	50.0
Instructor: doc. PaedDr. Jiří Michal, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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 / 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1.	
Level: II.	
Prerequisites:	
Course completion conditions: Presentation of assigned topics, participation in organizing and deciding athletic competitions, active participation in the training process, passing a written and oral exam. a) continuous assessment: - presentation of assigned topics 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 evaluation. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: A student 1. remembers the knowledge from the studied subject as a prerequisite for the analysis of technique, 2. uses the skills acquired in the training process, 3. is able to orientate himself in technical issues: analysis, particularities in age categories and performance levels. Eliminating errors in technique. 4. applies knowledge when evaluating current performance in athletics, 5. evaluates the technique and can immediately point out shortcomings, 6. is able to create a record of the technique of an athletic discipline, has a comprehensive view of the biomechanical laws of the technique of athletic disciplines and is able to apply them in the training process.	
Brief outline of the course: Technique of athletic disciplines with a focus on: analysis of technique, peculiarities of technique in individual age and performance levels, immediate evaluation of technique, elimination of technical deficiencies. The use of technical support when creating a record of an athletic discipline, analyzing the technique of athletic disciplines.	
Recommended literature: ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9	

KAMPMILLER, T. a kol. 2000. Teória a didaktika atletiky II. Bratislava: FTVŠ UK. 96 s.
 Časopisecká literatúra z domácich, zahraničných zdrojov.
www.atletikasvk.sk www.wa.org www.ea.org

Language of instruction:

sllovak

Notes:student time load:

Total student workload: 90 hours, of which:

full-time study: 26 hours

preparation for presentations: 8 p.m.

exam preparation: 24 hours

active participation in the organization and decision-making of the race: 8 p.m.

Course assessment

The final number of assessed students: 6

A	B	C	D	E	FX(0)	FX(1)
50.0	0.0	33.33	0.0	16.67	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 7						
A	B	C	D	E	FX(0)	FX(1)
57.14	42.86	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Andrea Izáková, PhD.						
Last changed: 14.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 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: Mgr. et Mgr. Jana Daubnerová, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 46						
A	B	C	D	E	FX(0)	FX(1)
60.87	8.7	17.39	6.52	4.35	2.17	0.0
Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brúnn, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 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. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD.						
Last changed: 07.07.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 8						
A	B	C	D	E	FX(0)	FX(1)
0.0	25.0	50.0	25.0	0.0	0.0	0.0
Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.						
Last changed: 14.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 6						
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.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 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: doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 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: Mgr. Juraj Kremnický, PhD., univ. doc.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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 / 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 1.	
Level: II.	
Prerequisites:	
Course completion conditions: The prerequisite is to present 2 presentations during the semester according to the assigned topics. Participate actively in 2 competitions in the specialization as an organizer, judge. Pass a written and an oral exam in the period for completion of the study obligations. a) continuous assessment: - presentation in two classes: 20 points - active participation in competitions as a referee or coach (min. 2 competitions): 20 points - written examination: 20 points 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. Translated with DeepL.com (free version)	
Learning objectives: Learning Outcome: Student: - remembers the knowledge of technique and biomechanics of swimming techniques, can analyze and methodologically describe them, - can use the knowledge gained from the training process, - is able to orientate himself/herself in the problems of the training process and training unit construction, - is able to apply the knowledge in the training process and reflect on the current state of performance, - knows how to evaluate deficiencies in technique and knows how to correct them, - knows how to create a scheme of testing and diagnostics, knows its meaning and benefits.	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment						
The final number of assessed students: 12						
A	B	C	D	E	FX(0)	FX(1)
0.0	75.0	16.67	0.0	8.33	0.0	0.0
Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.						
Last changed: 11.09.2024						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 2						
A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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: 8						
A	B	C	D	E	FX(0)	FX(1)
25.0	75.0	0.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 1.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 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: doc. PaedDr. Jiří Michal, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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 / 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: II.	
Prerequisites:	
Course completion conditions: Presentation of assigned topics, participation in organizing and deciding athletic competitions, active participation in the training process, passing a written and oral exam. a) continuous assessment: - presentation of assigned topics 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: A student 1. remembers knowledge from the issue of sports training and knows how to apply it in practice, 2. uses the skills acquired in the training process, 3. is able to orient himself in athletic training and in the training of individual athletic disciplines at all performance levels, 4. applies knowledge when evaluating current performance in athletics, 5. evaluates the training, its structure, content, methods, forms and training means, 6. creates a comprehensive view of the issue of sports training in athletics. He masters the issue of research work in sports specialization. He can apply his knowledge in practical training activities.	
Brief outline of the course: Sports training in athletics: management of training in all athletic disciplines. Management of training in all performance levels: recreational sport, performance sport, elite sport. Research work in athletics: content, methodology, results, application of knowledge in practice. Current questions from the athletic movement.	
Recommended literature: ČILLÍK, I. 2003. Učebné osnovy športovej prípravy v atletike. Bratislava: MŠ SR. 170 s. ISBN 80-88992-51-6 ČILLÍK, I. 2004. Športová príprava v atletike. Banská Bystrica FHV UMB. 128 s. ISBN 80-8055-992-9	

ČILLÍK, I. a kol. 2018. Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ISBN 978-80-8141-247-9

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

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KAMPMILLER, T. a kol. 2000. Teória a didaktika atletiky II. Bratislava: FTVŠ UK. 96 s.

KAMPMILLER, T. a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5

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

PERIČ, T. 2008. Sportovní příprava dětí. Praha: Grada. 192 s. ISBN 978-80-247-2643-4

PERIČ, T. 2006. Výběr sportovních talentu. Praha: Grada. 100 s. ISBN 80-247-1827-8

PUPIŠ, M. 2018. Atletická chôdza : učebné texty pre trénerskú špecializáciu atletika a školenia trénerov atletiky. 1. vyd. Bratislava : Slovenský atletický zväz, 2018. 74 s. ISBN 978-80-8141-170-0.

ŠIMON, J. a kol. 2004. Atletické vrhy a hody. Praha: Olympia. 236 s. SBN 80-7033-815-6

VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s.

Časopisecká literatúra z domácich, zahraničných zdrojov.
www.atletikasvk.sk
www.wa.org
www.ea.org

Language of instruction:

slovak

Notes:student time load:

Total student workload: 90 hours, of which:

full-time study: 26 hours

preparation for presentations: 8 p.m.

exam preparation: 24 hours

active participation in the organization and decision-making of the race: 8 p.m.

Course assessment

The final number of assessed students: 3

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. Ivan Čillík, CSc.

Last changed: 16.09.2024

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 6						
A	B	C	D	E	FX(0)	FX(1)
0.0	83.33	16.67	0.0	0.0	0.0	0.0
Instructor: Mgr. Andrea Izáková, PhD.						
Last changed: 14.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 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: Mgr. et Mgr. Jana Daubnerová, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 31						
A	B	C	D	E	FX(0)	FX(1)
16.13	22.58	32.26	0.0	29.03	0.0	0.0
Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brúnn, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD.						
Last changed: 07.07.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 5						
A	B	C	D	E	FX(0)	FX(1)
20.0	20.0	40.0	20.0	0.0	0.0	0.0
Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.						
Last changed: 14.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 3						
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.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 1						
A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	100.0	0.0	0.0	0.0	0.0
Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 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: Mgr. Juraj Kremnický, PhD., univ. doc.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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 / 13 Method of study: combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: II.	
Prerequisites:	
Course completion conditions: The prerequisite for passing the course is to present 2 presentations during the semester according to the assigned topics. Actively participate in 2 competitions as an organizer, co-organizer, judge or coach. Pass a written and oral examination in the period for completion of the course requirements. a) continuous assessment: - active presentation of seminar papers (10 points) - active participation in the competition (referee, organizer, coach): (10 points) - written test (30 points) - active participation (10 points). 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: Student controls: - theoretical knowledge of the organization of swimming competitions, - knows the possibilities of increasing performance by developing movement skills, - knows the methods of diagnostics and their importance, - knows how to apply training in alpine environment, - knows the knowledge of adaptation in hypoxic environment, - knows the importance and focus of training load in the period of tuning sports performance.	
Brief outline of the course: Organization of swimming competitions, sports training in swimming, possibilities of increasing performance by developing movement abilities, methods of diagnosis and their importance, training in alpine environment, adaptation in hypoxic environment, time shift, competitions in indoor pool and in open pool, focus of training load in the period of tuning of sports performance.	
Recommended literature:	

Language of instruction:						
Notes:student time load: Notes - student time load 90 hours, of which: - combined studies: 26 hrs. - 10 hrs. - active participation in competitions: 10 hrs. - preparation for written examination: 20 hrs. - 24 hours preparation for the oral examination.						
Course assessment The final number of assessed students: 7						
A	B	C	D	E	FX(0)	FX(1)
14.29	28.57	28.57	14.29	0.0	0.0	14.29
Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.						
Last changed: 11.09.2024						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 2						
A	B	C	D	E	FX(0)	FX(1)
100.0	0.0	0.0	0.0	0.0	0.0	0.0
Instructor: Mgr. Jaroslav Popelka, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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: 8						
A	B	C	D	E	FX(0)	FX(1)
75.0	0.0	25.0	0.0	0.0	0.0	0.0
Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.						
Last changed: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-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 / 13 Method of study: combined						
Number of credits: 3						
Recommended semester/trimester: 3.						
Level: 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						
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: 13.01.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-tre-004	Course name: Sports Research
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: 3	
Recommended semester/trimester: 3.	
Level: II.	
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. The outcome of the course is the submission and presentation of the thesis project during the teaching part of the semester to the course instructor and the submission of the project to the thesis supervisor at the end of the teaching part of the semester. The student must master the specified requirements for the final course evaluation.	
a) continuous assessment: - Partial part of the final thesis project evaluated by the subject teacher: max 40 points, min 26 points, - Partial part of the final 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 the 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.	
Learning objectives: Student: - remembers and masters the knowledge of the issues of preparation and implementation of the final thesis, - knows how to apply the knowledge in a specific thesis, - is able to orientate himself/herself in the issues of different types of professional, qualification and scientific theses, - is able to understand the interrelationships of knowledge from individual disciplines of higher education,	

- is able to apply the knowledge acquired in the course to specific procedures in his/her own final thesis,
- can correctly use methods, interpret results and formulate conclusions,
- can create a specific thesis project in sport, which can be the basis for his/her master thesis.
- can analyze the problem to be solved into logically and systematically separated and interrelated structural parts of the thesis,
- is able to continue his/her education in the subject and is able to be independent and autonomous.

Brief outline of the course:

- Types of professional, qualifying and scientific papers.
- Preparation and implementation of scientific work.
- Timetable of the final thesis development
- Specific features of final theses in sport.
- Working with sources, list of bibliographic references.
- Individual parts of the thesis.
- Methods of data acquisition.
- Methods of data evaluation (e.g. statistical analysis, basics of inferential data analysis, statistical hypothesis testing, parametric and non-parametric statistical tests, validation of normality of data distribution. Interpretation of results, formulation of conclusions, etc.)
- Assessment of written final papers.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Organisation of a scientific event.
- Shortcomings in conducting research and writing scientific papers.

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. PIVOVARNÍČEK, 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, rigorózných a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVARÍČEK, R. – ŠEĐOVÁ, 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

Language of instruction:

slovak

Notes:student time load:

90 hours, of which:

combined study: 39 hours preparation of the final thesis project: 36 hours mandatory contact consultations with the supervisor: min. 15 hours						
Course assessment The final number of assessed students: 69						
A	B	C	D	E	FX(0)	FX(1)
8.7	30.43	31.88	13.04	5.8	5.8	4.35
Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Vladimír Franek, PhD., Mgr. David Brúnn, PhD., doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Pavol Bartík, PhD., PaedDr. Boris Beťák, PhD., prof. PaedDr. Ivan Čillík, CSc., Mgr. Andrea Izáková, PhD., PaedDr. Jaroslav Kompán, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., PaedDr. Martina Mandzáková, PhD., univ. doc., doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Miroslav Nemec, PhD., Mgr. Jaroslav Popelka, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc., Mgr. Miroslava Rošková, PhD., doc. Mgr. PhD. Miroslav Sližik, PhD., Mgr. Michaela Slováková, PhD., PaedDr. Stanislava Straňavská, PhD., Mgr. Jozef Sýkora, PhD., PaedDr. Mgr. Lukáš Opáth, PhD.						
Last changed: 10.09.2024						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-008		Course name: Sports terminology for advanced in English				
Type, extent and method of instruction: Form of instruction: Seminar Course type: B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) Recommended number of periods: 26 Method of study: combined						
Number of credits: 4						
Recommended semester/trimester: 2.						
Level: 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: 56						
A	B	C	D	E	FX(0)	FX(1)
16.07	17.86	21.43	10.71	19.64	14.29	0.0
Instructor: Mgr. Marián Škorik, PhD.						
Last changed: 11.06.2025						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-tre-007	Course name: State Exam Master Thesis with 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: 20	
Recommended semester/trimester: 3., 4..	
Level: II.	
Prerequisites:	
Course completion conditions: The state examination consists of two parts: 1. Defence of the master's thesis. The master's thesis supervisor and opponent will write an assessment of the thesis and propose an evaluation. The state examination committee comprehensively evaluates the quality of the master's thesis based on the assessments and student's defence of the thesis. 2. The independent part of the state examination from the Theory and Didactics of Physical Education. (The course has a separate information list with specified requirements for the state examination.) The exam is based on an oral discussion, questions formulated to encompass a more broadly conceived problem related to the master's thesis. The solution to this problem requires that the student have the necessary knowledge listed in the theses for the state examination. These are based on the socio-scientific, psychological-pedagogical and subject-didactic context of the physical education pedagogy field. The conditions for receiving the A to E, or FX assessment from the committee, after taking the content of the state examination into account, are specified in the theses for the state examination.	
a) continuous assessment: None	
b) final assessment: The state examination consists of two parts: 1. Defence of the master's thesis. The master's thesis supervisor and opponent will write an assessment of the thesis and propose an evaluation. The state examination committee comprehensively evaluates the quality of the master's thesis based on the assessments and student's defence of the thesis. 2. The independent part of the state examination from the Theory and Didactics of Physical Education. (The course has a separate information list with specified requirements for the state examination.) The exam is based on an oral discussion, questions formulated to encompass a more broadly conceived problem related to the master's thesis. The solution to this problem requires that the student have the necessary knowledge listed in the theses for the state examination. These are based on the socio-scientific, psychological-pedagogical and subject-didactic context of the physical education pedagogy field. The conditions for receiving the A to E, or FX assessment from the committee, after taking the content of the state examination into account, are specified in the theses for the state examination.	

Learning objectives:

y passing the state examination and defending the master's thesis students will be able:

- To gain bearings in knowledge related to the problem addressed in the master's thesis and broader relations of the given subject matter.
- To understand the contexts of the problem at hand, formulate preliminary conclusions from the master's thesis and clear recommendations for practice.
- To understand the mutual relations between various knowledge from individual disciplines of university studies.
- To utilise relevant specialized sources and from these identify important notions for the context of the thesis.
- To utilise theoretical knowledge of the subject matter in practical diagnostic and didactic applications.
- To utilise basic pedagogical, psychological and social relations to explain the problem at hand.
- To apply principles of bibliographic and citation standards.
- To analyse the problem at hand in the logical, systematically selected and mutually interconnected structural parts of the thesis
- To design and verify teaching methods and education programs to solve the problem addressed in the master's thesis, or design and carry out research and interpret the results.
- To critically work with the theoretical background of the problem at hand, synthesise it in the given context and use it in specialised communication while reasoning and defending their own views on the problem at hand.
- To create a consistent specialised, theoretical-didactic or theoretical-experimental text containing the creative utilisation of relevant specialised sources, their own unique thoughts and possible solutions to the problem at hand from the field of physical and sports education didactics in schools.

Brief outline of the course:

Specialised knowledge of the problem addressed in the master's thesis, of its international, social, broader psychological-pedagogical context. Didactic transformation of chosen theoretical knowledge in the given specialisation. Research methodology of the problem at hand. Integration of knowledge from the individual disciplines of university studies and the broader relations of the qualification course's theoretical background, according to the theses for the state examination. Integration of education and practical theory on the example of the issue addressed in the master's thesis. Specialized communication and reasoning. Work with literature, bibliographic and citation standards.

Recommended literature:

Literatúra k problematike diplomovej práce podľa odporúčania vedúceho diplomovej práce.
KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002.
MEŠKO, D. – KATUŠČÁK, D. 2005. Akademická príručka. 2. dopl. vydanie. Martin : Osveta, 2005.
Smernica č.12/2011 o záverečných, rigorózných a habilitačných prácach na UMB v Banskej Bystrici.
ŠVARÍČEK, R. – ŠEĐOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha: Portál, 2007.
ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS 1998.
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., 2010, 241 s.

ADAMČÁK, Š. – NOVOTNÁ, N. 2009. Hry v telocvični a základná gymnastika. Žilina: EDIS Žilina, 2009, 204 s.

ANTALA a kol. 2001. Didaktika školskej telesnej výchovy. Bratislava: FTVŠ UK, 2001.

BARTÍK, P. – SLIŽIK, M. – ADAMČÁK, Š. et.al 2010. Teória a didaktika úpolov pre základné a stredné školy. Banská Bystrica: FHV UMB, 2010, 241s.

BARTÍK, P. – SLIŽIK, M. – REGULI, Z. 2007. Teória a didaktika úpolov a bojových umení. Banská Bystrica : PF UMB, 2007, 279s.

BARTÍK, P. 2005. Zdravotná telesná výchova I. Banská Bystrica: PF UMB, 2005, 124 s.

BENCE, M. a kol. 2005. Plávanie. Banská Bystrica : FHV UMB, 2005, 197 s.

ČILLÍK, I. a kol. 2009. Atletika. Banská Bystrica: FHV UMB, 2009, 200 s.

GREXA, J. et.al. 2006. Olympijská výchova. Bratislava, SOV, 2006, 86 s.

GURSKÝ, T. 2005. Psychológia športu. Bratislava : SZTK, 2005.

HRČKA, J.:2005. Edukológia športu pre všetkých. In.: Základy športovej edukológie. Bratislava: 2005.

KACÁNI, L. 2005. Teória a prax hernej prípravy. Bratislava : Šport, 2005. 228 s.

KOMPÁN, J. - PAUGSCHOVÁ, B. - VALENČÁKOVÁ, V. 2010. Vedy o športe. Banská Bystrica : FHV UMB, 2010. 162s.

MAČURA, P a kol. 1994. Teória a didaktika basketbalu. Bratislava : FTVŠ UK, 1994

MERICA, M. 2007. Plávanie. Trnava : MTF STU, 2007, 137 s.

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

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

NEMEC, M. et. al. 2008. Tréner futbalu – učebné texty pre trénerov EURO B licencie. Banská Bystrica: KŠC, SsFZ TMK vo vydavateľstve PARTNER, 2008. 199 s.

NEMEC, M.- KOLLÁR, R. Teória a didaktika futbalu. Banská Bystrica: Rastislav Kollár, 2009. 200s.

NOVOTNÁ, B. – KRŠKA, P. 2011. Gymnastika. Ružomberok: KU, PF, 2011, 115 s.

PAUGSCOVÁ, B. a kol. 2005. Lyžovanie. Banská Bystrica: FHV UMB, 2005.

PERÁČEK, P. a kol. 2004. Teória a didaktika športových hier. Bratislava : FTVŠ UK, 2004. 187s.

PEREČINSKÁ,K. - ANTOŠOVSKÁ, M. 2000.Všeobecná gymnastika. Prešov: FHPV PU, 2000. 105 s.

PŘIDAL, V. - ZAPLETALOVÁ, L. 2003. Volejbal. Bratislava : PEEM, 2003. 180 s.

SLEPIČKA, P. – HOŠEK, V. – HÁTLOVÁ, B. 2006. Psychologie sportu. Praha: Karolinum, 2006. ISBN 80-246 1290-9

STARŠÍ, J. - GORNER, K. 1995. Vedeckovýskumná činnosť v telesnej výchove a športe. Banská Bystrica : FHV UMB, 1995.84s.

ŠIMONEK, J. 2005. Didaktika telesnej výchovy. Nitra: PF UKF, 2005. 112 s.

ŠVEC, Š. 1998. Metodológia vied o výchove. Bratislava : 1998, 303 s. Univerzita Komenského, 2000. ISBN 80 – 88901 – 37 -5, str. 36 – 55.

ZAPLETALOVÁ, L. a kol. 2007. Volejbal. Bratislava : FTVŠ UK, 2007.158 s.

ZATKOVÁ, V. - HIANIK,J. 2006. Hádzaná. Bratislava : FTVŠ UK, 2006.

Language of instruction:

Notes:student time load:

Student workload: 600 hrs., consisting of:

Consultations: 20 hrs.

Independent study: 250 hrs.

Processing research and writing the master's thesis: 290 hrs.

Preparation for the state examination: 40 hrs.						
Course assessment						
The final number of assessed students: 37						
A	B	C	D	E	FX(0)	FX(1)
13.51	21.62	32.43	16.22	16.22	0.0	0.0
Instructor:						
Last changed: 21.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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 mean

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 příručka. 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, rigorózných a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVARÍČEK, R. – ŠEĐOVÁ, 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. Kreativne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. ISBN 978-80-557-0579-8
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.fhvp.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: 1

abs	n
0.0	100.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. Miroslava Rošková, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 13.01.2025

Approved by: prof. PaedDr. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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, rigorózných a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVARÍČEK, R. – ŠEĐOVÁ, 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. Kreativne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. ISBN 978-80-557-0579-8
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.fhvp.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: 0

abs	n
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. Ivan Čillík, CSc.

Course Description

University: Matej Bel University in Banská Bystrica						
Faculty: Faculty of Sports, Science and Health						
Code: 2e-utr-009		Course name: Team Building 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: 2.						
Level: 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: 70						
A	B	C	D	E	FX(0)	FX(1)
90.0	0.0	0.0	0.0	0.0	10.0	0.0
Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD., PaedDr. Jaroslav Kompán, PhD.						
Last changed: 15.02.2022						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-utr-004	Course name: Theory and Didactics of Recreational 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: 3.	
Level: II.	
Prerequisites:	
Course completion conditions: During the semester, the student will develop a recreational exercise program and implement a sports-recreational activity. 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. During the period to complete the study obligations, the student takes a written test on the theory and didactics of physical and recreational activities. a) continuous assessment: - recreational exercise program – 40 points - management of sports and recreational activities - 20 points	
Learning objectives: A student - is able to know and follow the principles and rules of recreational sports; - knows how to use sports and exercise activities in free time; - can understand the importance of active rest to eliminate mental and physical fatigue; - evaluates the compensatory effect of physical exercises and knows suitable exercises to achieve it; - creates a reservoir of sports and recreational activities and a positive attitude towards purposeful use of free time, towards maintaining physical and mental health.	
Brief outline of the course: The importance and application of recreational and sports activities in free time and in the current way of life. Concepts from the field of recreational sports, free time, contemporary lifestyle and the place of sports - recreational activities in it. The difference between sports and sports-recreational training. Effects of recreational-sports training. Basic knowledge of the theory and didactics of recreational sports. Structure of sports and leisure activities. Teaching principles, procedures and methods in physical education and recreational sports. Organizational and didactic forms of the physical education process in basic physical education and recreational sports. Characteristics of movement activities in recreational sports.	

Characteristics of exercises in the ontogenetic development of the adult population. Development of aerobic fitness in recreational sports. Physical fitness testing in recreational-sports training. Determinants influencing the relationship to sports and recreational activities.						
Recommended literature: 1. BUKOVÁ, A. 2015. Didaktika základnej telesnej výchovy a rekreačného športu. Košice : UPJŠ, 2015. 92s. ISBN 978-80-8152-349-6 2. GLESK, P. - HARSÁNY, L. 1994. Metodika tréningu v rekreačnom športe. Bratislava: Olympijská spoločnosť Slovenska. 1994. 123 s. 3. HRČKA, J. - DRDÁČKA, B. 1992. Rekreačná telesná výchova a šport. Bratislava: SNP, 1992.181s. ISBN 80-08-00486-X 4. LABUDOVIČ, J. a kol. 2002. Šport pre všetkých. Bratislava: SZ RTVŠ. 2002. 5. LIBA, J. 2010. Výchova k zdraviu. Prešov: Prešovská univerzita. 2010. 260 s. ISBN978-80-555-0070-6 6. NEMČEK, D. a kol. 2011. Kvalita života seniorov a pohybová aktivita ako jej súčasť. Prešov : PU. 163 s. ISBN 978- 80- 7165-857-3 7. NEMČEK, D. a kol. 2010. Úroveň vybraných pohybových schopností žien v staršom veku. Bratislava: END s.r.o. 116 s. ISBN 978 -80-89324-03-3						
Language of instruction: slovak						
Notes:student time load: 120 hours, of which: Combined study (P, S, K): 39 hours Self-study: preparation for the written test: 81 hours.						
Course assessment The final number of assessed students: 127						
A	B	C	D	E	FX(0)	FX(1)
40.94	29.92	22.05	6.3	0.0	0.79	0.0
Instructor: PaedDr. Stanislava Straňavská, PhD., doc. PaedDr. Jiří Michal, PhD.						
Last changed: 07.09.2024						
Approved by: prof. PaedDr. Ivan Čillík, CSc.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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:	

Course assessment	
The final number of assessed students: 0	
abs	n
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. Ivan Čillík, CSc.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 2e-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: II.	
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:	
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
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. Ivan Čillík, CSc.	