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Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-fil-014	**Course name:** Analytical writing and reading

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

Number of credits: 3

Recommended semester/trimester: 2., 4.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points covering continual and final assessment is 100. Credits are assigned
to students who acquire a minimum of 65 points out of a possible 100.
a) continuous assessment:
continuous specialized tasks (0 - 40 points)
b) final assessment:
writing a final academic essay (0 - 60 points)

Learning objectives:
Students will be able:
1. To understand the specifics of an academic text with emphasis on the critical and analytical aspects.
2. To use basic strategies and techniques of critical reading and writing.
3. Knowledge of preparing, planning and writing academic texts.
4. To fulfil academic homework connected to academic reading and writing.

Brief outline of the course:
1. Author and reader – the teacher as reader, the student as author.
2. Logic and argumentation in writing and reading – consistency, contradiction, contrary and contradictory statements, the expressive strength of propositions.
3. Essay structure – basic features of structure.
4. Writing – how to select an essay topic, techniques for composing, outlining, succesive elaboration, conceptual note taking, research and composing, polishing the text.
5. Tactics for analytic writing and reading – definitions, distinctions, analysis, dilemmas, counterexamples, Reductio ad Absurdum.
6. Some constraints on content – the pursuit of truth, the use of authority, the burden of proof.

Recommended literature:
KATUŠČÁK, D. (2008): Ako písať záverečné a kvalifikačné práce. Nitra: Enigma.
STARŇOVÁ, K. (2001): Vedecké písanie. Ako písať akademické a vedecké texty. Osveta, Martin.
VYDRA, A. (2010): Akademické písanie. Trnavská univerzita v Trnave.

ZOUHAR, M. (2008): Základy logiky pre spoločenskovedné a humanitné odbory. Veda, Bratislava.

Language of instruction:
Slovak

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

Course assessment
The final number of assessed students: 15

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

Instructor: Mgr. Michal Šedík, PhD., univ. doc.

Last changed: 06.02.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-103	**Course name:** Anatomy, Traumatology, and First Aid
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 / 13 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the last week of the semester, the student demonstrates their ability to perform resuscitation techniques in practice; during the examination period, the student takes a written test. **a) continuous assessment:** continuous assessment: The ability to perform resuscitation techniques in practice: 20 points (min. 13 p.) **b) final assessment:** final assessment: Written test: 80 p. (min. 52 p.) The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - actively uses correct specialised terminology related to anatomy, traumatology, and basic first aid; - knows the positions, structure, and functions of human body parts – organs, and organs systems (the prerequisite to further develop their theoretical and practical knowledge); - has the theoretical knowledge and practical skills necessary to provide first aid in the case of typical injuries and health disorders, mainly those related to physical education and sports. - understands the importance of anatomy, traumatology, and basic first aid for health and physical development; can apply this knowledge in their own physical regime as well as to prevent civilisation diseases.	
Brief outline of the course: Brief outline of the course: Cell and tissues – basic division and characteristics.	

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

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

Language of instruction:
slovak

Notes:student time load:
student time load
120 h.
Combined study: 39 h. Studying for the written test: 51 h.
Preparation for the evaluation of practical skills (resuscitation techniques): 30 h.

Course assessment
The final number of assessed students: 231

A	B	C	D	E	FX(0)	FX(1)
3.03	14.72	32.03	19.05	20.35	0.43	10.39

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

Last changed: 23.03.2023

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

Course Description

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

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

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. During the semester, the student will perform anthropometric measurements, based on which he will prepare seminar papers. Submission of seminar papers in the required quality in the field of anthropomotorics and sports anthropology is a condition for the student's participation in written tests in anthropomotorics and sports anthropology. Students can correct the interim evaluation in sports anthropology in the deadlines listed by the teacher within the period for completing the study obligations.Students can correct the interim evaluation of anthropomotorics in the deadlines set by the teacher within the period for completing the study obligations.

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

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

Learning objectives:
Learning outcomes:
The student:
- can use their knowledge to measure physical, functional, and motor development of a person;
- can diagnose different parameters of physical, functional, and motor development in children, youth, and adults;
- can apply the methods of physical anthropology to determine whether a person is growing and developing correctly;
- can evaluate the biological criteria related to identifying potential talents and assess the risks;
- can design a survey or research focused on physical education and sports;

- can apply the anthropometric methods and instruments to physical education and sports;
- masters the motor skill measurement methods.

Brief outline of the course:

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

Recommended literature:

Recommended literature:
1) BENCE, L. 2012. Základy antropomotoriky 2. Banská Bystrica : Univerzita Mateja Bela, 2012. 105 s. ISBN 978-80-8141-022-2. 2. ČEPIČKA, L. 2003. Modely teorie položkových odpovědi v diagnostice motoriky člověka. [online]. Plzeň : Západočeská univerzita, 2003. 165 s. [cit. 2021.13.09.] Dostupné na internete: https://is.muni.cz/el/1451/jaro2013/bp1053/45110955/Skripta_Antropo_Mgr_2011.pdf 3.
3. KOPECKÝ, M. 2011. Somatotyp a motorická výkonnosť 7-15 ročných chlapcov a dievčat. Olomouc : Univerzita Palackého, 2011. 221 s. ISBN- 978 80 244-2618-6. 4. LACZO, E. a kol. 2013. Rozvoj a diagnostika pohybových schopností detí a mládeže. [online]. Bratislava : Národné športové centrum, 2013. 156 s. [cit. 2021.13.09.] Dostupné na internete: http://www.sportcenter.sk/userfiles/file/Eduka%C4%8Dny_material%20pre%20N%C5%A0C%20n%C3%A1r.%20program%20mod.%207.pdf
5. LEBL, J. – KRÁSNIČANOVÁ, H. 1996. Růst dětí a jeho poruchy. Galén, Praha : 1996, 157 s. 6. MASAŘÍKOVÁ, H. Hodnocení kostního věku. Klinika dětské radiologie, FN Brno LF MU Brno [online]. Dostupné na internete:https://telemedicina.med.muni.cz/pdm/detska-radiologie/res/f/hodnoceni-kostniho-veku.pdf 7. NOVOTNÝ, J. 2013. Sportovní antropologie. [online]. Dostupné na internete: http://www.fsps.muni.cz/~novotny/SA_text.pdf 8. RIEGEROVÁ, J. - PŘIDALOVÁ, M., ULBRICHOVÁ, M. 2006. Aplikace fyzické antropologie. Olomouc: Hanex, 2006. 261 s. ISBN 80-85783-52-5.
9. ŠELINGEROVÁ, M. – ŠELINGER, P. 2017. Športová antropológia. Bratislava : ICM agency, Bratislava, 2017. 151 s. ISBN 978-80-89257-75-1.

Language of instruction:

Slovak

Notes:student time load:

student time load
120 h.
Combined study (L, S, C): 39 h.

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

Course assessment

The final number of assessed students: 133

A	B	C	D	E	FX(0)	FX(1)
27.07	33.83	22.56	6.77	3.01	0.75	6.02

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

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-105	**Course name:** Athletics
Type, extent and method of instruction: **Form of instruction:** Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 52 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: In the course of the semester, the student completes the verification of the level of technique and performance in athletic disciplines, completes a test on the rules. **a) continuous assessment:** - assessment of technique mastery and performance level achievement in athletic disciplines: 80 points - written test on the rules of athletics and terminology: 20 points **b) final assessment:** - on the basis of an ongoing assessment The maximum number of points obtained for the interim and final assessment is 100 points, which represents 100%. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: Learning outcomes: The student: - navigates the basic athletic disciplines; - masters their techniques; - knows the influence of fitness training on the development of physical abilities and fitness, and can use it in their own training to improve their performance; - knows the basic rules of athletic disciplines; - understands the importance of general and specific warm-up and can use it in teaching as well as in training; - knows the terminology, procedures, and methodology of basic athletic training.	
Brief outline of the course: Brief outline of the course: Training, improving techniques and improving performance in selected athletic disciplines and skills – techniques of movement abilities. Special running and jumping exercises. Low and high start, various types of running, sprint, relay race and hurdle race, long jump, high jump, throwing balls and grenades, shot-put back technique, javelin throwing. Taxonomy and terminology, basic rules of athletics. Organizing and refereeing of athletic races.	

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

Language of instruction:
slovak

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

Course assessment
The final number of assessed students: 160

A	B	C	D	E	FX(0)	FX(1)
5.63	11.88	10.0	16.88	39.38	3.13	13.13

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

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-006	**Course name:** Athletics and Swimming in Sports Training
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 101

A	B	C	D	E	FX(0)	FX(1)
24.75	31.68	18.81	8.91	6.93	1.98	6.93

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc.	
Last changed: 23.03.2023	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

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

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

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
During the semester, the student fulfils theoretical and practical requirements within the respective thematic blocks: artistic gymnastics, rhythmic gymnastics, and combat sports.
a) continuous assessment:
continuous assessment:
- Mastering practical skills in artistic gymnastics: 35 p.
- Written test focused on artistic gymnastics: 5 p.
- Mastering practical skills in rhythmic gymnastics: 20 p.
- Written test focused on rhythmic gymnastics: 10 p.
- Mastering practical skills in combat sports: 30 p.

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

Learning objectives:
Learning outcomes:
The student
- can use their newly acquired gymnastic and combat sports skills in practice;
- can correctly name exercising positions, movements, gymnastic shapes and combat sports movements. The student can:
- put their basic skills in gymnastics and combat sports in practice;
- knows gymnastics and combat sports, can describe individual disciplines, exercising content, focus, and goal;

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

Brief outline of the course:

Recommended literature:

Recommended literature:

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

Language of instruction:

slovak

Notes:student time load:

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

Course assessment

The final number of assessed students: 152

A	B	C	D	E	FX(0)	FX(1)
6.58	14.47	41.45	17.76	7.89	0.0	11.84

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

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

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

Number of credits: 4

Recommended semester/trimester:

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 221

A	B	C	D	E	FX(0)	FX(1)
2.26	14.48	27.15	28.05	21.27	3.17	3.62

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

Last changed: 08.02.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-110	**Course name:** Biomechanics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the semester, the student creates and submits two seminar papers, and takes a test during the examination period. **a) continuous assessment:** continuous assessment: Seminar papers 1 and 2 in the required quality are submitted during the final week of the semester. **b) final assessment:** final assessment: - Written test (min. 65%) Grading scale: A (100–94%), B (93–86%), C (86–79%), - 73%, E = 72 - 65%, Fx = 64% and less). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: The student: - can explain the basic mechanical and physical principles; - can explain how physical and biological subsystems cooperate in human movement; - can apply their knowledge and skills in practice to improve their sports performance.	
Brief outline of the course:	
Recommended literature: Recommended literature: 1. HAMILL, J. – KNUTZEN, K. M. 2009. Biomechanical basis of human movement. 3. vyd. Philadelphia: Lippincott Williams & Wilkins, 2009. 491 s. ISBN 978-0-7817-2329-19-x 2. HUČKO, B. et al. 2019. Športová biomechanika. Bratislava: Spektrum STU, 2019. 70 s. ISBN 978-80-227-4920-6 3. JANURA, M. – ZAHÁLKA, F. 2004. Kinematická analýza pohybu člověka. 1. vyd. Olomouc: Univerzita Palackého, 2004. 206 s. ISBN 80-244-0930-5.	

4. KALICHOVÁ, M. et all. 2011. Základy biomechaniky tělesných cvičení. [online]. Brno : Masarykova univerzita Brno, 2011. 193 s. [cit. 2021.13.09.] Dostupné na internete: https://is.muni.cz/el/1451/jaro2017/bp2054/um/SKRIPTA_KALICHOVA_-_zrecenzovane.pdf.
5. KONIAR, M. - LEŠKO, M. 1990. Biomechanika. VŠ učebnica pre FTVŠ UK. Bratislava: SPN. 1990. 310 s. ISBN 80-08-00331-6

Language of instruction:
Slovak

Notes:student time load:
student time load
90 h.
Combined study (L, S, C): 26 h.
Seminar paper preparation: 24 h. Preparation for the written test focused on biomechanics: 40 h.

Course assessment
The final number of assessed students: 157

A	B	C	D	E	FX(0)	FX(1)
54.14	24.84	12.74	1.91	1.91	0.0	4.46

Instructor: PaedDr. Roman Švantner, PhD.

Last changed: 22.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-106	**Course name:** Coaching Practice 1
Type, extent and method of instruction: **Form of instruction:** Prax **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 **Method of study:** combined	
Number of credits: 2	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: During the semester, the student leads a part of the training unit, evaluates other methodological procedures and prepares hospital records from the completed training practice. **a) continuous assessment:** - leading part of the training unit: 60 points - written preparations for leading part of the training unit: 20 points - hospital records from practice: 20 points **b) final assessment:** - on the basis of an ongoing assessment The maximum number of points obtained for the interim and final assessment is 100 points, which represents 100%. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: Learning outcomes: The student: - acquires practical knowledge - applies their theoretical knowledge and practical skills to conduct a training unit - the student learns how to conduct a training unit - applies their knowledge of their sports specialisation in coaching - evaluates individual parts of the training unit, course of training, contents, methods, forms, and training instruments - develops complex understanding of how training units should be conducted in youth categories.	
Brief outline of the course: Brief outline of the course: Conducting a training unit within the student's sports specialisation. Analysis of the training unit as a complex of different components and as a whole. Participation in min. 10 training units.	
Recommended literature: Recommended literature:	

1) ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T. a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
MARTENS, R. Úspěšný tréner. Praha : Grada. 2006.
4. Journals, books, and online resources (Slovak and foreign) addressing the student's personal sports specialisation.

Language of instruction:
Slovak

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

Course assessment
The final number of assessed students: 94

A	B	C	D	E	FX(0)	FX(1)
70.21	7.45	11.7	1.06	4.26	5.32	0.0

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

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-tre-099 | **Course name:** Coaching Practice 2

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

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 81

A	B	C	D	E	FX(0)	FX(1)
58.02	12.35	20.99	0.0	2.47	3.7	2.47

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

Last changed: 28.04.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-007	**Course name:** Coordination Basics in Sports

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

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
During the semester, the student proves their theoretical knowledge and practical skills. They create a training plan focused on developing skills necessary for a variety of sports.
a) continuous assessment:
continuous assessment:
- presentation of the topic during the seminar (training unit): 10 p.
- creation of a training programme (seminar paper): 30 p.
b) final assessment:
final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

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

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

Creation of a training plan focused on developing skills necessary for a variety of sports (age and sex specific).

Recommended literature:

Recommended literature:

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

Language of instruction:

slovak

Notes:student time load:

student time load
120 hours:
Combined study (L, S, C): 39 h.
Preparation for conducting of the training unit: 10 h. Seminar paper: 20 h.
Preparation for the evaluation of physical performance: 20 h.
Preparation for the final written exam (45 minute): 31 h.

Course assessment

The final number of assessed students: 167

A	B	C	D	E	FX(0)	FX(1)
20.96	41.32	19.76	10.18	2.99	0.0	4.79

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-tpzp-101 | **Course name:** Creation and presentation of final theses

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

Number of credits: 3

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

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 27

A	B	C	D	E	FX(0)	FX(1)	n
22.22	25.93	25.93	14.81	11.11	0.0	0.0	0.0

Instructor: Mgr. Roman Hofreiter, PhD., univ. doc., doc. Mgr. M. A. Ivan Chorvát, CSc., Mgr. Ivan Souček, PhD.

Last changed: 07.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-utr-201 | **Course name:** Cross-Country Skiing Exercises 1

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

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 110

A	B	C	D	E	FX(0)	FX(1)
81.82	0.91	0.0	0.0	0.0	17.27	0.0

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

Last changed: 04.10.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-POR-402	**Course name:** Differences in psychological development
Type, extent and method of instruction: **Form of instruction:** Lecture **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 3

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

Instructor: PaedDr. Jana Stehlíková, PhD., doc. Mgr. Lenka Ďuricová, PhD.	
Last changed: 03.02.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-che-607	**Course name:** Digital Technologies in School
Type, extent and method of instruction: **Form of instruction:** Lecture / Practical / Seminar / Laboratory practical **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 0 / 26 / 0 / 0 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 1

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

Instructor: doc. RNDr. Marek Skoršepa, PhD.	
Last changed: 12.04.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-005	**Course name:** General Fitness Training
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 220

A	B	C	D	E	FX(0)	FX(1)
23.64	15.91	22.27	12.27	11.36	3.64	10.91

Instructor: PaedDr. Jaroslav Kompán, PhD., Mgr. David Brűnn, PhD.	
Last changed: 23.03.2023	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

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

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

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 253

A	B	C	D	E	FX(0)	FX(1)
1.58	10.28	20.16	29.64	30.83	0.79	6.72

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

Last changed: 03.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-VDI-101	**Course name:** General didactics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26s / 26s **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 141

A	B	C	D	E	FX(0)	FX(1)
1.42	9.22	28.37	19.86	36.17	1.42	3.55

Instructor: doc. PaedDr. Lenka Rovňanová, PhD., Mgr. Karina Zošáková, PhD.

Last changed: 06.12.2021

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-003	**Course name:** Gymnastics and Combat Sports in Training
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. During the semester, the student proves their theoretical knowledge and practical skills in the creation of physical activity plans. They create a training plan focused on developing skills necessary for a variety of sports. This training plan must be based exclusively on the components from gymnastics and combat sports **a) continuous assessment:** continuous assessment: - presentation of the topic during the seminar: 40 p. - designing specific training programmes: 60 p. **b) final assessment:** final assessment: Based on the continuous assessment. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student - uses their knowledge to create physical activity plans based on gymnastics and combat sports in practice - can use gymnastic and combat sport elements to develop physical abilities The student - knows and uses the correct terminology, can describe and use gymnastic and combat sport elements in the creation of physical activity plans. The student - can use optimal gymnastic and combat sport techniques for their physical activity programme; - can perform these elements in practice - can evaluate their peers' performance, identify technical errors, range of motion and muscle tension	

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

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

Language of instruction:
slovak

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

Course assessment
The final number of assessed students: 61

A	B	C	D	E	FX(0)	FX(1)
47.54	19.67	16.39	4.92	0.0	0.0	11.48

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-002	**Course name:** Health Theory in PE and Sports
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 230

A	B	C	D	E	FX(0)	FX(1)
36.09	35.65	12.61	6.52	3.91	3.04	2.17

Instructor: PaedDr. Stanislava Straňavská, PhD.	
Last changed: 02.11.2021	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-229	**Course name:** Hron River Rafting
Type, extent and method of instruction: **Form of instruction:** Seminar **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester:	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: The student can swim **b) final assessment:** final assessment: Theoretical knowledge: 50 p. Mastering basic practical rafting skills: 50 p	
Learning objectives: Learning outcomes: The student: - understands the subject matter and is properly acquainted with rafting - can apply their knowledge and skills in practice - can plan and organise a short-term hiking activity in practice - uses their knowledge and skills from training in practice.	
Brief outline of the course: Brief outline of the course: 1. Basic movement habits necessary to control a canoe or raft. 2. Practical training on still water. 3. Practical training on running water. 4. Getting acquainted with the river morphology, using water and river currents for the rafter's favour. 5. Getting acquainted with river rafting safety measures, self-rescue, rescue using throwing bag, resuscitation after drowning. 6. Hron River rafting	
Recommended literature: Recommended literature: BENCE,M. – BOBULA,T. – ZBIŇOVSKÝ, P. 2008. Vodné športy. Banská Bystrica : FHV UMB, 2008. BÍLÝ, M. et al. 2001. Kanoistika. Grada publisching et al. 2001. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7	

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

Language of instruction:

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

Course assessment
The final number of assessed students: 262

A	B	C	D	E	FX(0)	FX(1)
93.89	0.0	0.0	0.0	0.0	3.44	2.67

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed: 19.08.2024

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

Course Description

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

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

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. During the examination period, the student takes a written test focused on human physiology and biochemistry.
a) continuous assessment:
continuous assessment:
N/A
b) final assessment:
final assessment:
Written test: 100 points (min. (min. 65 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements

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

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

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

Recommended literature:

Recommended literature:

1. ČURDA, M. – MAŠTEROVÁ, V. 2020. Biochémia. Prešov: Rokus. 308 s. ISBN 9788089510818
2. JANČOKOVÁ, Ľ. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, UMB FFKTVŠ. 190 s. ISBN 978-80-89902-12-5
3. JAVORKA, K. a kol. 2020. Lekárska fyziológia 1+2. Martin: Osveta. 388+385 s. ISBN: 9788080634964
4. KMEŤOVÁ, J. – SKORŠEPA, M. – VYDROVÁ, M. 2011. Chémia pre 3. ročník gymnázia so štvorročným štúdiom a 7. ročník gymnázia s osemročným štúdiom [online]. Martin: Vydavateľstvo Matice slovenskej, s. r. o., 2011. 123s. Dostupné na internete: https://cloud8r.edupage.org/cloud/chemia3roc.pdf? z %3AjhZTQxkNrDPqBnFdkQkf89BDeVnE3%2F02WYLIjULPfwB %2BkBQXvuQRf6t3ItT3h2NH
5. LIPKOVÁ, J. 2011. Základy biochémie. Bratislava: FTVŠ, UK, 2011. 94 s. ISBN 978–80–89257–38–6
6. ŠTULRAJTER, V. 2008. Fyziológia človeka pre študentov FTVŠ. Bratislava: FTVŠ UK, 2008, 188 s.
7. E-CHEMBOOK [online], Dostupné na: http://www.e-chembook.eu/biochemie
8. WIKISKRIPTA. Portál: Biochemie [online], Dostupné na: https://www.wikiskripta.eu/w/Port %C3%A1l:Biochemie

Language of instruction:

slovak

Notes:student time load:

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

Course assessment

The final number of assessed students: 190

A	B	C	D	E	FX(0)	FX(1)
2.11	11.05	25.79	22.63	31.05	4.21	3.16

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

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-IPG-221	**Course name:** Inclusive Pedagogy
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13s / 13s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 132

A	B	C	D	E	FX(0)	FX(1)
0.76	12.12	23.48	30.3	18.94	13.64	0.76

Instructor: doc. Mgr. Mariana Cabanová, PhD., PhDr. Patrícia Zólyomiová, PhD.	
Last changed: 02.12.2021	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-fyz-507	**Course name:** Informatics for teachers
Type, extent and method of instruction: **Form of instruction:** Lecture / Practical / Seminar / Laboratory practical **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 0 / 26 / 0 / 0 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 122

A	B	C	D	E	FX(0)	FX(1)
62.3	21.31	9.02	6.56	0.0	0.82	0.0

Instructor: doc. PaedDr. Miriam Spodniaková Pfefferová, PhD.	
Last changed: 12.04.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-004	**Course name:** Information Technology in PE and Sports

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

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is the compulsory, active participation of the student in the lessons.
The student demonstrates practical and theoretical skills in creating presentations and evaluating data from the field of physical education activities and sports.
a) continuous assessment:
- Seminar work: 60 points (min 39.b)
- Completion of interim tasks 40 points (min. 26. b)

Learning objectives:
Student:
- is able to use the Internet to search for information in the field of physical education activities and sports,
- knows and has mastered basic work with didactic and information-communication technology (computer, projector, television technology, display surfaces, work with PDAs and mobile phones),
- can use basic software tools MS Word, MS Excel, MS Powerpoit, graphic tools, to create presentations in the field of physical education activities and sports,
- has basic knowledge of software for communication via the Internet: E-mail, ICQ, IRC, Skype, Moodle, MS Teams,
- is able to use and apply ICT technologies in his/her active movement regime as a prevention against civilization diseases.

Brief outline of the course:
The Internet, its characteristics, history, working with the Internet, searching for information via the Internet. Internet browsers and their security.
Work with visual, audio, audiovisual equipment and display surfaces.
Practical demonstrations with the acquisition, processing and evaluation of data and results from the scientific research field of physical education activities and sports (MS Word, MS Excel, google forms).
Creation and possibilities of using communication channels through software platforms E-mail, ICQ, IRC, Skype, Moodle, MS Teams.

Recommended literature:
1. BERNÝ. L. 1997. Informatika Praha: Svoboda servis, 1997, 147s. ISBN 80-902300-0-8

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

Language of instruction:
slovak

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

Course assessment
The final number of assessed students: 208

A	B	C	D	E	FX(0)	FX(1)
68.27	8.17	6.73	0.96	2.4	11.06	2.4

Instructor: Mgr. Kristián Bako, PhD.

Last changed: 13.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-PVC-102	**Course name:** Leisure time pedagogy and methodology leisure activities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13s / 13s **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 68

A	B	C	D	E	FX(0)	FX(1)
72.06	17.65	4.41	1.47	2.94	0.0	1.47

Instructor: doc. Mgr. Lívia Nemcová, PhD.	
Last changed: 06.12.2021	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-001	**Course name:** Methodology and Statistics in Final Theses

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

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is mandatory, active participation of the student in the class and consultation with the supervisor of the final thesis. During the teaching part of the semester, the student continuously works on the final thesis project, which he/she submits in electronic form by the deadline set by the course instructor. The outcome of the course is the successful completion/assessment of the final thesis project and a written test of the lecture content. The student must master the specified requirements for the final course evaluation.
a) continuous assessment:
- Written test from the content of lectures: max 40 points, min 26 points
- Thesis project assessed by the supervisor: max 60 points, min 39 points.
Both parts of the interim assessment can be corrected by the student in case of an insufficient assessment (FX) within the period for completion of study obligations within the deadlines set by the course teacher and the supervisor of the thesis.
b) final assessment:
- on the basis of a mid-term evaluation.
The maximum number of points obtained for the mid-term and final evaluation is 100 points, which is 100 %. This corresponds to the grading scale (A = 100-94 %, B = 93-87 %, C = 86-80 %, D = 79-73 %, E = 72-65 %, FX = 64 % or less). Credit will be awarded to a student who has achieved a minimum of 65 % marks in both interim assessment tasks in order to fulfil the specified requirements and thus meet the requirements for the final assessment of the course.

Learning objectives:
Student:
- on the basis of theoretical information and practical skills, he is able to create a comprehensive view of the issue of preparation and implementation of the final thesis,
- based on the acquired knowledge, he can search, process and analyze information from a specific issue of the relevant scientific field, the basics of methodology and statistics necessary for the creation of the final thesis.

Brief outline of the course:
Structure of the final thesis.
Working with literature and mastering citation standards.
Methodological specifics of the given scientific field.

Content analysis.
Basic methods of observation.
Interview, questionnaire and survey.
Sociometric techniques.
Expert judgment and scaling.
Testing - motor, knowledge.
An experiment.
Quantitative methods of evaluation of survey results - research.
Statistical analysis of data.
Basics of exploratory data analysis.
Basic statistical terms.
Types of variable scales.
Types of selection.
Descriptive characteristics of statistical signs.
Qualitative methods of processing survey results - research.
Basics of logical and factual argumentation of facts.
Professional and scientific discussion.
Preparation for the defense of the final thesis.

Recommended literature:

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

Language of instruction:
slovak

Notes:student time load:
120 hours, of which:
combined study (P, S, K): 26 hours
preparation and elaboration of the project and presentation of the ZP: 45 hours.
preparation for the final assessment: 49 hours

Course assessment
The final number of assessed students: 125

A	B	C	D	E	FX(0)	FX(1)
6.4	19.2	25.6	19.2	16.8	6.4	6.4

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

Last changed: 11.09.2024

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

Course Description

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

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

Number of credits: 3

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. During the teaching part of the semester, the student will present at least 1 movement game, present a warm-up, pass a written test in general gymnastics and demonstrate practical mastery of individual exercise shapes, positions and movements from general gymnastics. Students can correct the interim assessment from general gymnastics in the deadlines listed by the teacher within the period for completing the study obligations.

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

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

Learning objectives:
Learning outcomes:
The student:
- knows the system of movement games suitable for the preparatory, main, and final parts of the exercise units;
- knows the system of movement games involving equipment and aids;
- knows the system of movement games focused on different sport games;
- can organise and evaluate movement games;
- can use the movement games to develop physical abilities and skills;
- can correctly name and describe exercising positions, movements and gymnastic shapes; can design and lead a warm-up;
- can demonstrate the series of gymnastic exercises individually and in a group;

- can prove their knowledge of organisation, safety, assistance and rescue; uses the optimal technique
to perform basic gymnastic positions and shapes and locomotion;
- can evaluate the technique, aesthetics, and composition (content) of a gymnastic exercise; can identify and evaluate errors in performance, incorrect posture, movement range, muscle tone vs. atony;
- can realistically assess their own level of performance.

Brief outline of the course:

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

Recommended literature:

Recommended literature:
1. ADAMČÁK, Š. - NEMEC, M. 2010. Pohybové hry a školská telesná a športová výchova. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, Bratia Sabovci s.r.o. Zvolen, 2010. 209 s. ISBN 978-80-557-0099-1.
2. ADAMČÁK, Š. - NEMEC, M. 2014. Pohybové hry 1 - hry v telocvični : zásobník pohybových hier pre učiteľov telesnej a športovej . Žilina : EDIS-vydavateľstvo Žilinskej univerzity, 2014. 88 s. ISBN 978-80-554-0967-2.
3. ADAMČÁK, Š. - NOVOTNÁ, N. 2009. Hry v telocvični a základná gymnastika. Žilina : EDIS Žilina, 2009. 204 s. ISBN 978-80-554-0125-6.
4. ADAMČÁK, Š. - VLADOVIČOVÁ, N. - NOVOTNÁ, N. - KOLLÁR, R. 2005. Pohybové hry a telovýchovné názvoslovie. Banská Bystrica : PF UMB, 2005. 104 s. ISBN 80-8083-079-7 .
5. ARGAJ, G. 2016. Pohybové hry. Bratislava : Univerzita Komenského, 2016. 128 s. ISBN 978-80-223-4022-9.
6. NOVOTNÁ, N. - NOVOTNÁ, B. - KRŠKA, P. 2011. Gymnastika (vybrané kapitoly). Ružomberok : PF KU, 2011. 121 s. ISBN 978–80–8084–755–5. [cit. 2021-09-09]. Dostupné na internete: https://readgur.com/doc/183584/novotn%C3%A1-b.---kr%C5%A1ka-p.--gymnastika--vybran%C3%A9-kapitoly-
7. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava : NŠC a FTVŠ UK Bratislava, 2014. 246 s. ISBN 978-80-971466-3-4. [cit. 2021-09-09]. Dostupné na internete: http://www.telesnavychova.sk/userfiles/file/kolektivne_sportove_cinnosti_m.pdf
8. KLAĆEK, T. 2005. Metodika nácviku a technika priamej dopomoci v gymnastických prvkoch v školskej telesnej výchove. Metodicko-pedagogické centrum v Prešove. 1.vydanie. 31s. ISBN 80-8045-386-1.
9. FEČ, K. - ŠVEDOVÁ, M. 2013. Vybrané kapitoly z gymnastických športov. Vysokoškolský učebný text. 1.vyd., 156s. ISBN 978-80-8152-011-2.

10. PEREČINSKÁ, K. - KLAČEK, T. - KANDRÁČ, R. 2018. Odborná komunikácia v telesnej výchove a vo vybraných športoch. Prešov. 1.vyd. 241s. ISBN 978-80-555-2154-1.

Language of instruction:
slovak

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

Course assessment
The final number of assessed students: 279

A	B	C	D	E	FX(0)	FX(1)
1.43	23.66	30.11	24.37	7.17	4.3	8.96

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

Last changed: 07.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-102	**Course name:** Organising Leisure-Time Physical Activities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** B (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 4	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: During the studies, the student acquires knowledge of the organization and management of a wide range of of leisure-time physical activities, gains information about the possibilities of organizing school and extracurricular sport. Plan, organize and evaluate leisure-time physical activity. **a) continuous assessment:** - Seminar work (evaluation of leisure physical activity): 0-30 points (min. 20 points) - practical output (planning and organization of leisure physical activity): 0-30 points (min. 20 points) - written test: 0-40 points (min. 25 points) total: 0-100 points (min. 65 points) Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations. **b) final assessment:** On the basis of a continuous assessment. The course assessment corresponds to the A-FX grading scale: A (100 – 94%), B (93 – 87%), C (86 – 80%), D (79 – 73%), E (72 – 65%). Credits are assigned to the student who acquires a minimum of 65 points out of a possible 100.	
Learning objectives: Student: - is familiar with the organization and management of leisure activities for a wide range of people of interested persons; - knows the importance and application of physical activities in leisure time and in contemporary lifestyles youth and adults; - can practically plan and organise different types of leisure-time physical activities; - theoretically knows the control mechanisms for the evaluation of a completed leisure project theoretical and practical aspects of the leisure-time physical activity; - is familiar with the effects and concepts related to the implementation of a leisure-time physical activity; - is familiar with the problems of the contemporary way of life of different groups of people in leisure time and place of leisure-time physical activities in it.	

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

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

Language of instruction:
slovak

Notes:student time load:
student time load: 120 hrs., of which:
combined study (s): 39 hrs.
preparation of a leisure-time physical activity project: 31 hrs.
event organization: 15 hrs.
self-study: 15 hrs.
seminar paper: 20 hrs.

Course assessment
The final number of assessed students: 122

A	B	C	D	E	FX(0)	FX(1)
61.48	22.95	4.92	2.46	0.0	0.0	8.2

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

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

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

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 3

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

Instructor: PhDr. Patrícia Zólyomiová, PhD.

Last changed: 07.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-113	**Course name:** Physiology of Exercise and Sports and Functional Anatomy

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

Number of credits: 4

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required. A written test is taken during the examination period.
a) continuous assessment:
N/A
b) final assessment:
final assessment:
Written test: 100 points (min. (min. 65 p.)
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- understands the role and function of the individual parts of the musculoskeletal system, their control and regulation mechanisms;
- knows the structure of a muscle cell, its parts, and function;
- understands the basics mechanisms of muscle contraction and the process of creating energy for muscle work;
- understands how organ systems work in the process of creating energy in a muscle (cardiovascular, respiratory, hormomal);
- understands how muscular activity is controlled by CNS and ANS;
- understands the adaptation changes to organ systems during systematic training;
- can apply this knowledge to create physical activity programmes focused on increasing performance and improving health;

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

Physiology of exercise and sports.
The structure and types of muscle tissue, muscle contraction mechanism. Sources of energy for muscle work.
The function of the respiratory system during performance (minute ventilation, respiratory volume, adaptation changes
during systematic training).
The parameters of cardiovascular functions under different types of load (dilation, heart hypertrophy).
Changes to blood volume and composition under load and during systematic training.
Maximum oxygen consumption, heredity, training and how to affect VO2 max through training.
Physiological mechanisms involved in oxygen transport and utilisation. The physiological concept of aerobic and anaerobic thresholds.
The physiological response to systematic physical activity with adaptation changes from the viewpoint of performance and health.
Sports chronobiology basics.

Recommended literature:
Recommended literature:
1) BÍNOVSKÝ, A. Funkčná anatómia pohybového systému. Bratislava: UK, 2013. 274 s. ISBN 978-80-223-22414-4 2. HAMAR, D., LIPKOVÁ, J. 2012. Fyziológia telesných cvičení. 5. vyd. Bratislava: UK, 2008. 176 s. ISBN 978-80-223-2366-6 3. JANČOKOVÁ, Ľ. 2018. Fyziológia vo vedách o športe v pojmoch. Žilina: IPV, 190 s. ISBN 978-80-89902-12-5
4 JANČOKOVÁ, Ľ. a kol. 2011. Chronobiológia a výkonnosť v športe. Banská Bystrica: FHV UMB, 2011. 147 s. ISBN 978-80-557-0286-5 5. JANČOKOVÁ, Ľ. a kol. 2013. Chronobiológia od teórie k športovej praxi. Banská Bystrica: Belianum, 2013. 202 s. ISBN 978-80-557-0634-4
6. JANKOVSKÁ, Ž., KOMPÁN, J., JURÁKOVÁ, M. 2007. Topografická a funkčná anatómia v obrazoch. 1. časť. Kostrová sústava. B. Bystrica: FHV UMB, 2007. 56
s. ISBN 978-80-8083-393-0 7. JANKOVSKÁ, Ž., KOMPÁN, J., JURÁKOVÁ, M. 2008. Topografická a funkčná anatómia v obrazoch. 2. časť Svalová sústava. B. Bystrica: FHV UMB, 2008. 58 s. ISBN 978-80-8083-564-4 8. STANKOVIČOVÁ a kol. 2015. Anatómia a fyziológia. Bratiskava: UK Komenského, 2015, 268s. ISBN 978-80-223-3944-5 [Online]. [Cit. 2021-09-09], Dostupné na: https://www.fpharm.uniba.sk/fileadmin/faf/Pracoviska-subory/KFT/Anat_fyz/fyziologia_skripta_web.pdf

Language of instruction:
Slovak

Notes:student time load:
student time load
Total: 120 h. Combined study: 26 h.
Studying for the written test: 94 h.

Course assessment
The final number of assessed students: 133

A	B	C	D	E	FX(0)	FX(1)
19.55	14.29	27.07	9.02	22.56	2.26	5.26

Instructor: doc. PaedDr. Štefan Adamčák, PhD., prof. PaedDr. Martin Pupiš, PhD., MUDr. Lucia Zacharová

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-KRE-402 | **Course name:** Psychology of creativity

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

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 128

A	B	C	D	E	FX(0)	FX(1)
73.44	5.47	7.81	4.69	5.47	2.34	0.78

Instructor: doc. PaedDr. Lucia Pašková, PhD.

Last changed: 03.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-256	**Course name:** Representation 1
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment The final number of assessed students: 0	
abs	n
0.0	0.0
Instructor: PaedDr. Boris Beťák, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Martina Mandzáková, PhD., univ. doc.	
Last changed: 09.01.2025	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-257	**Course name:** Representation 2
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment The final number of assessed students: 5	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-258	**Course name:** Representation 3
Type, extent and method of instruction: **Form of instruction:** **Course type:** C (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: 1. Participation in the Olympic Games, World Championships, European Championships, junior or senior category, participation in the World Universiade, participation in the Academic World Championships. 2. Placing up to 3rd place in the individual championship of the Slovak Republic (in the junior category). 3. Placing up to 6th place in the individual championship of the Slovak Republic (in the senior category). 4. Successful representation at the Academic Championships of the Slovak Republic, Slovak Universiade. 5. Participation in the team that plays the highest Slovak national competition. 6. Documented coaching activities in clubs at the representative level or in clubs that play the highest Slovak national competition. **b) final assessment:** For the awarding of the evaluation from the given subject it is necessary to bring documents (results list, diploma, coaching activity confirmed by the club's statutes...), which prove the successful representation of the student according to points 1 - 6, to PaedDr. Martina Mandzáková, PhD., (no. office 12). The student's name should be highlighted in the document. Deadline for submitting the documents: Continuously until the end of the teaching part of the winter semester of the academic year!	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment The final number of assessed students: 5	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-utr-233 | **Course name:** Snowboarding Exercises 1

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

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)
28.57	14.29	14.29	0.0	0.0	42.86	0.0

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

Last changed: 18.10.2023

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-SOP-401 | **Course name:** Social psychology

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

Number of credits: 4

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 197

A	B	C	D	E	FX(0)	FX(1)
3.05	9.14	18.78	27.92	34.01	5.08	2.03

Instructor: PhDr. Beáta Žitniaková Gurgová, PhD., PaedDr. Jana Stehlíková, PhD.

Last changed: 03.02.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-104	**Course name:** Sport Games 1 (Volleyball, Handball, Floorball)

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

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is the compulsory, active participation of the student in the lessons.
During the teaching part of the semester, the student undergoes testing of the level of practical skills and performance in the game in the sports games of volleyball, handball and floorball. In the last week, he will take a written test on the rules of these 3 sports games. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
continuous assessment:
- Test of practical skills and game performance: 80 p. (min. 52 p.)
- Volleyball: 40 p. (min. 26 p.)
- Handball: 20 points (min. 13 p.)
- Floorball: 20 points (min. 13 p.)
- Written test focused on game rules: 20 points (min. 13 p.)

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

Learning objectives:
Learning outcomes:
The student:
- understands the importance of sport games for the physical development and can integrate it into their regimen;
- knows and uses correct terminology (volleyball, handball, and floorball);
- knows the rules of volleyball, handball, and floorball;
- understands the point of suitable warm-up activities and can apply them in practice;

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

Brief outline of the course:

Brief outline of the course:

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

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

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

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

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

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

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

Recommended literature:

Recommended literature:

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

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

Language of instruction:
slovak

Notes:student time load:
student time load
90 h.
Combined study (L, S, C): 52 h.
Preparation for the evaluation (practical skills): 28 h. Studying for the final test (game rules): 10 h.

Course assessment
The final number of assessed students: 236

A	B	C	D	E	FX(0)	FX(1)
2.12	19.92	27.12	30.93	8.47	0.0	11.44

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-114	**Course name:** Sport Games 2 (Basketball, Football)

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

Number of credits: 3

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
The condition for the evaluation of the course is the compulsory, active participation of the student in the lessons.
During the teaching part of the semester, the student undergoes testing of the level of practical skills and performance in the game in the sports game of basketball, testing of skills and practical presentation of the application of methodological and organizational forms in the training and improvement of HČJ, HK and HS in the sports game of football. In the last week, he will take a written test from the rules of these 2 sports games. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.
a) continuous assessment:
continuous assessment:
- Test of practical skills and game performance (basketball): 40 p. (min. 26 p.)
- Test of practical skills (football): 10 p. (min. 6.5 p.)
- Demonstration of methodological and organisational forms in football: 30 p. (min. 19.5 p.)
- Written test focused on game rules: 20 points (min. 13 p.)

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

Learning objectives:
Learning outcomes:
The student:
- knows and uses correct terminology (basketball, football);
- has theoretical knowledge of the social-interactional as well as methodological and organisational forms and their application in training and improvement of individual drills, combinations, and the game system;
- knows the rules of basketball and football;

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

Brief outline of the course:

Brief outline of the course:
The rules and terminology of basketball and football.
Social-interactional and methodological-organizational forms in sport games.
Player roles, game actions, drills, game system, game combinations.
Training and improvement – defence and offence drills (methodology).
Training and improvement – defence and offence combinations (methodology). Training and improvement – defence and offence game systems (methodology). Complex individual improvement (match).
Judging, leadership, organisation – tournaments. Basics diagnostics in sports games (motor skill test, check-up exercises).
Practical outputs.

Recommended literature:

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

Language of instruction:

Slovak

Notes:student time load:

student time load
90 h.
Combined study (L, S, C): 52 h.
Preparation for the evaluation (practical skills): 22 h. Preparation for the practical demonstration: 8 h.
Studying for the written test (game rules): 8 h.

Course assessment The final number of assessed students: 131						
A	B	C	D	E	FX(0)	FX(1)
3.05	25.95	23.66	34.35	9.92	0.0	3.05
Instructor: doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Boris Beťák, PhD., Mgr. Andrea Izáková, PhD., PaedDr. Rastislav Kollár, PhD.						
Last changed: 08.09.2024						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-999	**Course name:** Sport Sciences

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

Number of credits: 4

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active participation of the student in classes. In the course of the semester, the student submits one term paper for evaluation and at the end passes a written exam on knowledge of the subject of Sports Science.
a) continuous assessment:
- semester work is focused on social issues of Sports Sciences and professional issues of Sports Sciences: max 50 points, min 32.5 points.
b) final assessment:
- written exam: max 50 points, min 32.5 points.
The maximum number of points obtained for the interim and final assessment is 100 points, which represents 100%. Corresponds to the rating scale (A = 100 - 94%, B = 93 - 87%, C = 86 - 80%, D = 79 - 73%, E = 72 - 65%, FX = 64 and below). Credits will be awarded to a student who has obtained at least 65% of all points in the subject for fulfilling the specified conditions, while obtaining at least the minimum number of points from both the interim and final evaluation.

Learning objectives:
Student:
- is able to orientate himself in the system of education in the study field of Sports Science and connections with related fields of study,
- is able to orientate himself and has the necessary knowledge of basic terms in Sports Sciences,
- is able to correctly use the terminology of individual parts of the subject,
- he orients himself in the structure of the scientific field of Sports Sciences from a historical and current/contemporary point of view,
- is able to orient himself and has the necessary knowledge in the issue of scientific and research activities in Sports Sciences,
- is able to navigate and has the necessary knowledge in current legislation regarding education and sports.

Brief outline of the course:
Introduction to studies, system of education at the university.
Specifics of the scientific field Sports Sciences / system of sports sciences; subject, methods, structure/ and related fields.

The social status of the scientific field of Sports Sciences with its spillover into other social sectors.
Basic legislation in sports, financing of sports, professional training for the acquisition of professional competence in sports.
Basic terms in Sports Sciences.
Organization of physical education and sports in the Slovak Republic.
Basic information about the creation of student term papers and final theses.
Scientific research methods in Sports Sciences and their application in practice.

Recommended literature:

1. KASA, J. – ŠVEC, Š. Terminologický slovník vied o športe. Bratislava: PEEM, 2007. 270, ISBN 978-80-89197-78-1.
2. KOMPÁN, J – PAUGSCHOVÁ, B. – VALENČÁKOVÁ, V. Vedy o športe. Ústí nad Labem: Univerzita J.E. Purkyně, Pedagogická fakulta, 2010, 162 s, ISBN 9788074142741
3. STARŠÍ, J. 1999. Vedy o športe. Kapitoly z metodológie. Banská Bystrica: KTVŠ FHV UMB, 1999.
4. SÝKORA, F. et al. 1995. Telesná výchova a šport. [Terminologický a výkladový slovník]. Bratislava : F. R. C. s r. o., 402 s. 1995. ISBN 80-85508-26-5
5. Zákony: aktuálna legislatíva v športe: https://www.minedu.sk/vseobecne-zavazne-predpisy/

Language of instruction:
slovak

Notes:student time load:
120 hours, of which:
combined study (P, S, K): 26 hours
creation and preparation of seminar papers: 49 hours
consultations: 10
exam preparation: 35 hours

Course assessment
The final number of assessed students: 284

A	B	C	D	E	FX(0)	FX(1)
1.41	5.63	10.21	25.35	35.56	3.17	18.66

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 19.09.2026

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-351	**Course name:** Sport Specialization 1 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-tre-201 | **Course name:** Sport Specialization 1 – Athletics

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

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the assigned topic, participation in organizing and deciding athletic competitions, active participation in the training process, passing written and oral exams.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 20 points
b) final assessment:
- written and oral exam 0 - 50 points and based on continuous assessment. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 20

A	B	C	D	E	FX(0)	FX(1)
25.0	10.0	30.0	0.0	35.0	0.0	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-211	**Course name:** Sport Specialization 1 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 10

A	B	C	D	E	FX(0)	FX(1)
10.0	20.0	60.0	10.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-221	**Course name:** Sport Specialization 1 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-261	**Course name:** Sport Specialization 1 – Conditioning Coach
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 88

A	B	C	D	E	FX(0)	FX(1)
7.95	30.68	29.55	6.82	22.73	2.27	0.0

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

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-361	**Course name:** Sport Specialization 1 – Football

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

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:
The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94 b, B = 93 - 87 b, C = 86 - 80 b, D = 79 - 73 b, E = 72 - 65 b). Credits will be awarded to a student who has obtained at least 65% of points from both scoring tasks of the interim assessment for fulfilling the specified conditions, has completed the tasks assigned by the course teachers and has complied with the criterion of minimum attendance at classes.
a) continuous assessment:
Seminar work (literature review of scientific and professional literature from football): 0 - 50 points Analysis of observation of 2 training units (categories of preparations and pupils): 0 - 50 points. Students can correct both tasks of the interim assessment within the deadline set by the teacher within the period for the completion of study obligations.
b) final assessment:
Based on the interim evaluation of the.

Learning objectives:
Learning outcomes:
Student:
1. remembers the knowledge from the subject matter as the basis for further study of the specialization,
2. knows the basic rules of football and is able to use them in deciding the match,
3. knows the basics of football didactics from the point of view of part of game preparation and organizational forms, 4. is able to analyze the game from the point of view of its content – phases, sections and situations, or game activities (HČJ, HK, SŠ and HS),
5. is able to create an outline of a training unit with the application of basic organizational forms,
6. is able to orient himself in the issues of scientific and professional literature.

Brief outline of the course:

Recommended literature:
Odporúčaná literatúra:
KAČÁNI, L. 2005. Teória a prax hernej prípravy 2. Bratislava : Šport, 2005. 228 s. ISBN 80-969091-3-4
KANIČÁR, J., JURKA, Z., NEMEC, M. 2010. Kniha futbalu – nová generácia cvičení a hier.

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

Language of instruction:
slovak

Notes:student time load:
- Student time load 210 hours, of which:
full-time study: 39 hours
preparation and implementation of observation practice: 50 hours
Seminar work (literature search): 50 hours
self-study of recommended literature: 71 hours

Course assessment
The final number of assessed students: 24

A	B	C	D	E	FX(0)	FX(1)
25.0	12.5	12.5	20.83	0.0	0.0	29.17

Instructor: doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., doc. PaedDr. Pavol Pivovarniček, PhD.

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-271	**Course name:** Sport Specialization 1 – Ice Hockey
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
0.0	15.79	5.26	26.32	10.53	15.79	26.32

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-231	**Course name:** Sport Specialization 1 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
33.33	66.67	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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-241	**Course name:** Sport Specialization 1 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
66.67	0.0	33.33	0.0	0.0	0.0	0.0

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-251	**Course name:** Sport Specialization 1 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-291	**Course name:** Sport Specialization 1 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. PaedDr. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-301	**Course name:** Sport Specialization 1 – Sports Gymnastics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-281	**Course name:** Sport Specialization 1 – Swimming
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions: Registration for the course in the AIS system - Fulfillment of conditions (registered membership in the Slovak Swimming Federation (SPF); al. active competitor min. with participation in regional championships, al. holder of the qualification of a coach of the 2nd level) necessary for registration for the specialization in swimming, fulfillment of the conditions of continuous evaluation - seminar papers, active participation in classes, training process, decision-making, written test and oral exam. **a) continuous assessment:** - Seminar papers (20 points); - written test (20 points) - active participation in the training process (min 5 TJ) and min 1 x judging at competitions (10 points). **b) final assessment:** On the basis of a continuous assessment (50 points) and an oral examination (50 points) The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.	
Learning objectives: Learning outcomes: Student: - master the theoretical knowledge of the history of swimming and swimming sports, organization of swimming competitions, - knows the current rules of swimming, - knows the structure of swimming sports, - knows the efficiency of swimming technique and its biomechanical characteristics - knows swimming terminology.	
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	0.0	14.29	0.0	14.29	0.0	14.29
Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc., PaedDr. Martina Mandzáková, PhD., univ. doc.						
Last changed: 11.09.2024						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-311	**Course name:** Sport Specialization 1 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-371	**Course name:** Sport Specialization 1 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-321	**Course name:** Sport Specialization 1 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
37.5	25.0	37.5	0.0	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.	
Last changed: 14.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-331	**Course name:** Sport Specialization 1 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
66.67	0.0	33.33	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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-341	**Course name:** Sport Specialization 1 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-352	**Course name:** Sport Specialization 2 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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	0.0	100.0	0.0	0.0	0.0

Instructor: doc. PaedDr. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-tre-202 | **Course name:** Sport Specialization 2 – Athletics

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

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam.
a) continuous assessment:
- presentation of 2 assigned topics 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 10 points
- practical demonstrations of the technique of short-distance running, relay running and obstacle running 0 - 20 points
b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:

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)
15.79	26.32	31.58	15.79	10.53	0.0	0.0

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

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-212	**Course name:** Sport Specialization 2 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
14.29	28.57	14.29	28.57	0.0	14.29	0.0

Instructor: Mgr. Andrea Izáková, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-222	**Course name:** Sport Specialization 2 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-262	**Course name:** Sport Specialization 2 – Conditioning Coach
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 81

A	B	C	D	E	FX(0)	FX(1)
33.33	17.28	28.4	9.88	7.41	3.7	0.0

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

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-362	**Course name:** Sport Specialization 2 – Football
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94 b, B = 93 - 87 b, C = 86 - 80 b, D = 79 - 73 b, E = 72 - 65 b). Credits will be awarded to a student who has obtained at least 65% of points from both scoring tasks of the interim assessment for fulfilling the specified conditions, has completed the tasks assigned by the course teachers and has complied with the criterion of minimum attendance at classes. **a) continuous assessment:** UEFA Final Thesis C: 0 - 80 points Written test: 0 - 20 points. Students can correct both tasks of the interim assessment within the deadline set by the teacher within the period for the completion of study obligations. **b) final assessment:** based on an interim evaluation.	
Learning objectives: Learning outcomes: Student: 1. remembers the knowledge from the subject matter regarding the basic indicators of the training process of youth and adults, 2. use the knowledge in the observation of training units of the youth and adult categories, 3. is able to orient himself in the issues of the training process of youth and adults, 4. evaluates the game performance of a player during observation of a football match using the method of direct observation, 5. is able to use theoretical and practical knowledge in the creation of plans in the training process, 6. can create a comprehensive final thesis "UEFA Grassroots C".	
Brief outline of the course: Adult sports training; Sports training of youth – peculiarities of sports training of children and youth; Basics of planning in football, records of the training process – general and special training indicators; Preparation and management of the team in the match; Biological-medical minimum and basics of first aid in football; Creation of plans – outline of the training unit (TJ) and microcycles (MIC) – workshop; game-oriented training (practice); The use of preparatory games (PH) in the training process (TP) – practice; Analysis of match observation - diagnostics of individual game	

activities (HČJ) in the match (part of the final thesis "UEFA Grassroots C"); Observation analysis of 2 training units (TJ) – youth and adults (part of the final thesis "UEFA Grassroots C"), Compliance check – final thesis "UEFA Grassroots C" = 2 x HP microcycle with 2 training units (1 x for small forms of football = up to U12 and 1 x for big football) and observations 4 training units and 2 matches + written test in accordance with the requirements of the "UEFA Grassroots C license".

Recommended literature:

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

Language of instruction:
slovak

Notes:student time load:
Notes - Student's Time Load
Student Time Load: 210 hours,
of which: full-time study: 39 hours preparation for the written test: 40 hours
preparation and implementation of observation practice: 30 hours
preparation of the final thesis "UEFA Grassroots C": 71 hours
self-study of recommended literature: 30 hours

Course assessment
The final number of assessed students: 17

A	B	C	D	E	FX(0)	FX(1)
29.41	5.88	35.29	23.53	5.88	0.0	0.0

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

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-272	**Course name:** Sport Specialization 2 – Ice Hockey
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 9

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	44.44	44.44	0.0	0.0	11.11

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-232	**Course name:** Sport Specialization 2 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
83.33	16.67	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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-242	**Course name:** Sport Specialization 2 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 3

A	B	C	D	E	FX(0)	FX(1)
33.33	66.67	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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-252	**Course name:** Sport Specialization 2 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-292	**Course name:** Sport Specialization 2 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-302	**Course name:** Sport Specialization 2 – Sports Gymnastics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Juraj Kremnický, PhD., univ. doc.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-282	**Course name:** Sport Specialization 2 – Swimming

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

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Registration for the course in the AIS system - Fulfillment of the conditions (registered membership in the Slovak Swimming Federation (SPF); or active competitor with participation in regional championships, or holder of the qualification of coach 2. degree) necessary for registration to the swimming specialization, fulfillment of the conditions of continuous evaluation - seminar papers and their active presentation, active participation in classes and written test (A=100-94%; B=93-86%; C=85-79%; D=78-72%; E=71-65%).

a) continuous assessment:
- presentation of seminar papers (20b points)
- active participation in class (10 points)
- written test (20 points)

b) final assessment:
On the basis of a continuous assessment (50 points) and an oral examination (50 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:

Brief outline of the course:
Technique and biomechanics of swimming techniques, starts and turns; structure of sports performance in swimming, peculiarities of sports training and components of sports training, personality of the swimmer and coach and the concept of fitness swimming training in water and on dry land.

Recommended literature:

Language of instruction:

Notes:student time load:
Notes - student time load 210 hours, of which:
- 39 hrs.
- 40 hrs.
- 30 hrs.

- 101 hours preparation for oral examination.

Course assessment

The final number of assessed students: 6

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

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

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-312	**Course name:** Sport Specialization 2 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-372	**Course name:** Sport Specialization 2 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-322	**Course name:** Sport Specialization 2 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
0.0	28.57	28.57	28.57	14.29	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.	
Last changed: 14.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-332	**Course name:** Sport Specialization 2 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-342	**Course name:** Sport Specialization 2 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-353	**Course name:** Sport Specialization 3 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-203	**Course name:** Sport Specialization 3 – Athletics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam. **a) continuous assessment:** - presentation of the given topic 0 - 20 points - active participation in 2 athletic races as organizer, referee 0 - 10 points - active participation in the training process 0 - 20 points - practical demonstrations of endurance running and athletic walking techniques 0 - 10 points **b) final assessment:** - written and oral exam 0 - 40 points and based on continuous evaluation. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: A student 1. remembers knowledge from running and athletic walking, 2. uses the skills acquired in the training process, 3. is able to orient himself in training, methodology and technique of running and athletic walking, also taking into account age categories, 4. applies knowledge when evaluating current performance in athletics, 5. evaluates technique, knows how to correct errors and knows the methodology of running and walking training, 6. creates a comprehensive overview of the issue of running and athletic walking.	
Brief outline of the course: Running for medium and long distances, athletic walking. Technique, training methodology, errors and their elimination. Training in running and athletic walking, taking into account age and performance characteristics. Current questions from the athletic movement.	
Recommended literature: Odporúčaná literatúra: ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9	

KORČOK, P. - PUPIŠ, M. 2006. Všetko o chôdzi. 1. vyd. Banská Bystrica : Univerzita Mateja Bela, 2006. 236 s. ISBN 80-8083-185-8.
PANUŠKA, P. 2014. Rozvoj vytrvalostních schopností. Praha: Mladá fronta. 120 s. ISBN 978-80-204-3391-6
PUPIŠ, M. 2009. Športová príprava a súťaženie v chôdzi na 50 km. 1. vyd. Banská Bystrica : Univerzita Mateja Bela, Fakulta humanitných vied, 2009. 93 s. ISBN 978-80-8083-888-1.
PUPIŠ, M. 2018. Atletická chôdza : učebné texty pre trénerskú špecializáciu atletika a školenia trénerov atletiky. 1. vyd. Bratislava : Slovenský atletický zväz, 2018. 74 s. ISBN 978-80-8141-170-0.
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: 210 hours, of which:
full-time study: 39 hours
preparation for the presentation: 8 p.m.
active participation in the organization and decision-making of the race: 8 p.m.
active participation in the training process: 30 hours
preparation for mastering the technique of running and athletic walking, development of endurance skills: 20
exam preparation: 81 hours

Course assessment
The final number of assessed students: 18

A	B	C	D	E	FX(0)	FX(1)
38.89	16.67	27.78	0.0	16.67	0.0	0.0

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

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-213	**Course name:** Sport Specialization 3 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
16.67	0.0	66.67	0.0	0.0	0.0	16.67

Instructor: Mgr. Andrea Izáková, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-223	**Course name:** Sport Specialization 3 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-263	**Course name:** Sport Specialization 3 – Conditioning Coach
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 57

A	B	C	D	E	FX(0)	FX(1)
31.58	17.54	31.58	7.02	12.28	0.0	0.0

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

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-363	**Course name:** Sport Specialization 3 – Football
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations. **a) continuous assessment:** 1. Develop a TJ plan focused on training and improving the solution of the selected THSi in the attacking phase of the game (min. 13%. of max. 20%). 2. To lead the part of TJ focused on practicing and perfecting the solution of the selected THSi in the attacking phase of the game (min. 13%. of max. 20%). 3. Develop a TJ plan aimed at improving the selected ÚHK through PH (min. 13% of max. 20%). 4. To implement the management of the TJ part aimed at improving the selected ÚHK through PH (min. 13%. of max. 20%). 5. Individual supervision of 2 matches (small forms and 11:11) with analysis according to the assignment (min. 13% of max. 20%).	
Learning objectives: Learning outcomes: Student: 1. remembers the basic knowledge of the subject matter as a basis for further study of the specialization 2. is able to use the acquired knowledge from the didactics of football when working with a group of players 3. use the knowledge in the analysis of selected indicators of external load of individual players or groups of players and the whole team 3. is able to analyze the basic game combinations and the implemented system of play of the monitored team 4. applies the acquired knowledge in the development of motor skills. 5. use the acquired knowledge in creating the mental and fitness side of the player 6. is able to create an outline and practically implement the methodological output of the selected TJ 7. He knows the basic rules of football	

8. can provide the injured player with the basics of first aid
9. can manage a microgroup of classmates in organizing sample TJ

Brief outline of the course:
Components of sports. training and part of game preparation; Creating a player team, building a team; Offensive and defensive HK - characteristics and use in the game, ŠHS (defense - attack); Game systems, player
features – requirements; Nutrition in sports; Psychological preparation in football; MOF in TP; Fitness training in football; Warm-up in football - RCT and RCZ (practice) + FIFA 11+; Goalkeeper's play + N and Z of the goalkeeper's HČ; Basics of first aid (regeneration, physiotherapy, etc.), injury prevention; Presentation of the World Cup from the analysis of the team's play and team management in the match (small forms and 11:11); Methodological output of the TJ management, handover of the TJ outline; TJ observations; Observations of two matches; Test from the rules of football.

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

Language of instruction:
slovak

Notes:student time load:
Notes - student time load 210 hours, of which:
full-time study: 39 hours Seminar work: 41 hours
leading and managing the methodological output and written preparation of the TJ outline: 60 hours observation and analysis of the TJ and the match: 50 hours
self-study of recommended literature: 20 hours

Course assessment
The final number of assessed students: 12

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

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

Last changed: 09.09.2024
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-273	**Course name:** Sport Specialization 3 – Ice Hockey
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 10

A	B	C	D	E	FX(0)	FX(1)
0.0	10.0	40.0	40.0	0.0	10.0	0.0

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-233	**Course name:** Sport Specialization 3 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-243	**Course name:** Sport Specialization 3 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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	100.0	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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-253	**Course name:** Sport Specialization 3 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-293	**Course name:** Sport Specialization 3 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-303	**Course name:** Sport Specialization 3 – Sports Gymnastics

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

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:

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. Juraj Kremnický, PhD., univ. doc.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-tre-283 | **Course name:** Sport Specialization 3 – Swimming

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

Number of credits: 7

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Registration for the course in the AIS system - Fulfillment of conditions (registered membership in the Slovak Swimming Federation (SPF); al. active competitor with min. participation in regional championships, al. holder of the qualification of a coach of the 2nd level) necessary for registration for the specialization in swimming, fulfillment of the conditions of continuous evaluation - presentation of seminar papers, active participation in classes, written test and oral exam.

a) continuous assessment:
- Seminar papers (20 points)
- written test (20 points)
- active participation (10 points).

b) final assessment:
On the basis of a continuous assessment (50 points) and an oral examination (50 points)
The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 4

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

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

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-313	**Course name:** Sport Specialization 3 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-373	**Course name:** Sport Specialization 3 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-323	**Course name:** Sport Specialization 3 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
66.67	16.67	0.0	0.0	16.67	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.	
Last changed: 14.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-333	**Course name:** Sport Specialization 3 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-343	**Course name:** Sport Specialization 3 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-354	**Course name:** Sport Specialization 4 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-204	**Course name:** Sport Specialization 4 – Athletics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam. **a) continuous assessment:** - presentation of the given topic 0-20 points - active participation in 2 athletic races as organizer, referee 0 - 10 points - active participation in the training process 0 - 10 points - practical demonstrations of the technique of athletic jumps 0 - 20 points **b) final assessment:** - written and oral exam 0 - 40 points and based on continuous evaluation. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives: A student 1. remembers knowledge from jumping disciplines, 2. uses the skills acquired in the training process, 3. is able to orient himself in training, methodology and jumping technique, also taking into account age categories, 4. applies knowledge when evaluating current performance in athletics, 5. evaluates technique, knows how to correct mistakes and knows the methodology of training jumps, 6. creates a comprehensive overview of the issue of jumps.	
Brief outline of the course: Jumps: long jump, high jump, triple jump, pole vault; preparatory jumping exercises. Technique, training methodology, errors and their elimination. Training in jumps, taking into account age and performance characteristics. Current questions from the athletic movement.	
Recommended literature: ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9 VELEBIL, V. a kol. 2002. Skoky. Praha: Olympia. 120 s.	

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: 180 hours, of which:
full-time study: 26 hours
preparation for the presentation: 8 p.m.
active participation in the organization and decision-making of the race: 8 p.m.
active participation in the training process: 30 hours
preparation for mastering the jumping technique: 8 p.m.
exam preparation: 64 hours

Course assessment
The final number of assessed students: 17

A	B	C	D	E	FX(0)	FX(1)
5.88	11.76	52.94	11.76	0.0	0.0	17.65

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-214	**Course name:** Sport Specialization 4 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
0.0	66.67	33.33	0.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-224	**Course name:** Sport Specialization 4 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-264	**Course name:** Sport Specialization 4 – Conditioning Coach

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

Number of credits: 6

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 57

A	B	C	D	E	FX(0)	FX(1)
43.86	17.54	28.07	7.02	0.0	1.75	1.75

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., Mgr. David Brűnn, PhD., PaedDr. Jaroslav Kompán, PhD.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-364	**Course name:** Sport Specialization 4 – Football
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations. **a) continuous assessment:** presentation of the results of the preparation and evaluation of the TJ management and matches: 0 – 100 points **b) final assessment:** based on an interim evaluation	
Learning objectives: Learning outcomes: Student: 1. remembers the basic knowledge of the subject matter as a basis for further study of the specialization. 2. use the knowledge to create preparations for training units3. is able to use the knowledge in leading training units 4. applies knowledge from theory in the evaluation of meetings. 5. is able to evaluate the fulfilment of the set goal TJ. 6. is able to keep and evaluate records of the training process through the outline of the TJ, the outline of the microcycle and the outline of the monthly plan of sports preparation of the selected team.	
Brief outline of the course: Brief syllabus of the course: Sports training of players in the category of preparations; Sports training of players in the category of pupils; Sports training of players in the youth category; Sports training of players in the adult category; Continuous practice (4 microcycles) with your own cooperative; Defense of the Coach's Diary.	
Recommended literature: Odporúčaná literatúra:	

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

Language of instruction:
slovak

Notes:student time load:
Notes - student time load 180 hours, of which:
full-time study: 26 hours Keeping a coach's diary: 44 hours
preparation of outlines for leading 12 training units and conducting 2 matches: 80 hours self-study of recommended literature: 30 hours

Course assessment
The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
12.5	37.5	0.0	25.0	12.5	12.5	0.0

Instructor: doc. PaedDr. Miroslav Nemec, PhD.

Last changed: 08.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-274	**Course name:** Sport Specialization 4 – Ice Hockey
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 8

A	B	C	D	E	FX(0)	FX(1)
0.0	0.0	62.5	25.0	12.5	0.0	0.0

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-234	**Course name:** Sport Specialization 4 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
50.0	0.0	50.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-244	**Course name:** Sport Specialization 4 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-254	**Course name:** Sport Specialization 4 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-294	**Course name:** Sport Specialization 4 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-304	**Course name:** Sport Specialization 4 – Sports Gymnastics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Juraj Kremnický, PhD., univ. doc.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-284	**Course name:** Sport Specialization 4 – Swimming
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions: Registration for the course in the AIS system - Fulfillment of conditions (registered membership in the Slovak Swimming Federation (SPF); al. active competitor with min. participation in regional championships, al. holder of the qualification of a coach of the 2nd level) necessary for registration for the specialization in swimming, fulfillment of the conditions of continuous evaluation - active presentation of seminar papers, active participation in classes and training process, written test and oral exam. **a) continuous assessment:** - active presentation of seminar papers (10 points) - active participation in the training process (min 10h) (10 points) - active participation in classes (10 points) - written test (20 points) **b) final assessment:** On the basis of a continuous assessment (50 points) and an oral examination (50 points) The maximum number of points obtained for the interim and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.	
Learning objectives: Student controls: - Theoretical knowledge of talent selection in swimming, specifics of selection and factors influencing selection, - knows the periodization of sports training in swimming, management of sports training in swimming, - knowledge of fatigue and overtraining in swimming training, - has knowledge of recovery and regeneration in swimming training, nutrition and drinking regime of a swimmer, - knows the development of motor skills in swimming - knows about the current possibilities of diagnosing individual movement abilities on dry land and in the water	
Brief outline of the course:	

Recommended literature:
Language of instruction:
Notes:student time load:
Course assessment The final number of assessed students: 4

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

Instructor: PaedDr. Zuzana Pupišová, PhD., univ. doc.
Last changed: 11.09.2024
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-314	**Course name:** Sport Specialization 4 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-374	**Course name:** Sport Specialization 4 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-324	**Course name:** Sport Specialization 4 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
16.67	0.0	66.67	0.0	16.67	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.	
Last changed: 14.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-334	**Course name:** Sport Specialization 4 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-344	**Course name:** Sport Specialization 4 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-355	**Course name:** Sport Specialization 5 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-205	**Course name:** Sport Specialization 5 – Athletics

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

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:
Presentation of the given topic, participation in the organization and decision-making of athletic competitions, active participation in the training process, practical demonstrations of technique; passing a written and oral exam.
a) continuous assessment:
- presentation of the given topic 0-20 points
- active participation in 2 athletic races as organizer, referee 0 - 10 points
- active participation in the training process 0 - 10 points
- practical demonstrations of the technique of athletic throws and throwing 0 - 20 points
b) final assessment:
- written and oral exam 0 - 40 points and based on continuous evaluation.
Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.

Learning objectives:
Študent
1. pamätá si vedomosti z vrhačských disciplín,
2. použije schopnosti získané v tréningovom procese,
3. je schopný orientovať sa v tréningu, metodike a technike vrhu a hodov, aj s prihliadnutím na vekové kategórie,
4. aplikuje poznatky pri hodnotení aktuálnych výkonov v atletickom hnutí,
5. hodnotí techniku, vie opravovať chyby a pozná metodiku nácviku vrhu a hodov,
6. vytvorí ucelený prehľad na problematiku vrhačských disciplín.

Brief outline of the course:
Throw and throws: shot put, javelin throw, discus throw, hammer throw; preparatory throwing exercises. Technique, training methodology, errors and their elimination. Training in throwing disciplines, taking into account age and performance characteristics. Current questions from the athletic movement.

Recommended literature:
Total student workload: 180 hours, of which:
full-time study: 39 hours
preparation for the presentation: 8 p.m.

active participation in the organization and decision-making of the race: 8 p.m.
active participation in the training process: 30 hours
preparation for mastering throwing and throwing techniques: 8 p.m.
exam preparation: 51 hours

Language of instruction:
slovak

Notes:student time load:
Total student workload: 180 hours, of which:
full-time study: 39 hours
preparation for the presentation: 8 p.m.
active participation in the organization and decision-making of the race: 8 p.m.
active participation in the training process: 30 hours
preparation for mastering throwing and throwing techniques: 8 p.m.
exam preparation: 51 hours

Course assessment
The final number of assessed students: 13

A	B	C	D	E	FX(0)	FX(1)
7.69	15.38	23.08	0.0	30.77	23.08	0.0

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-215	**Course name:** Sport Specialization 5 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
33.33	66.67	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-225	**Course name:** Sport Specialization 5 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-265	**Course name:** Sport Specialization 5 – Conditioning Coach

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

Number of credits: 6

Recommended semester/trimester: 5.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 40

A	B	C	D	E	FX(0)	FX(1)
25.0	40.0	15.0	15.0	0.0	5.0	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. David Brűnn, PhD., Mgr. Jozef Sýkora, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Juraj Kremnický, PhD., univ. doc.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-365	**Course name:** Sport Specialization 5 – Football
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Conditions for completing the course: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations. **a) continuous assessment:** HV rating: 0-70 points Football rules test: 0-30 points	
Learning objectives: Learning outcomes: Student: 1. remembers the basic knowledge of the subject matter as a basis for further study of the specialization. 2. will acquire a lot of theoretical and practical information about the planning, construction and registration of TP 3. Uses knowledge to create outlines of training units 4. applies knowledge from theory in the evaluation of IHV and HVD 5. can implement various diagnostic techniques in practice 6. can create a project of scientific research work in the field of TP in football	
Brief outline of the course: Football and society; Planning of sports preparation, construction of TP with a focus on the macrocycle; Coach personality - coach philosophy, coach-player communication; The physiological basis of loading in football; Characteristics of IHV and HVD; Diagnostics in football (general); SP analysis - 3x TJ (N/Z HK, N/Z HS + outline TJ fixtures); In-match IHV and HVD rating (watching video); Examples of practical diagnostics; Presentation of SP from diagnostics; Presentation of the BcP project (supervisor); PRACTICE - Microgroups 12 o'clock + evaluation of the work of microgroups 2 hours (designated teacher); PROJECT BcP - consultations with the trainer 12 hours	
Recommended literature:	

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

Language of instruction:
slovak

Notes:student time load:
Notes - student time load 180 hours, of which:
full-time study: 39 hours
preparation of outlines selected by TJ: 31 hours
Preparation of presentations: 30 hours Implementation of a microgroup: 10 hours
self-study of recommended literature for the preparation of the BcP project: 70 hours

Course assessment
The final number of assessed students: 7

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

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-275	**Course name:** Sport Specialization 5 – Ice Hockey
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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	33.33	33.33	16.67	0.0	16.67	0.0

Instructor: PaedDr. Mgr. Lukáš Opáth, PhD., doc. PhDr. Peter Šťastný, Ph.D.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-235	**Course name:** Sport Specialization 5 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-245	**Course name:** Sport Specialization 5 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-255	**Course name:** Sport Specialization 5 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-295	**Course name:** Sport Specialization 5 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-305	**Course name:** Sport Specialization 5 – Sports Gymnastics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Juraj Kremnický, PhD., univ. doc., PaedDr. Rastislav Kollár, PhD.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-285	**Course name:** Sport Specialization 5 – Swimming
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions: Registration for the course in the AIS system - Fulfillment of conditions (registered membership in the Slovak Swimming Federation (SPF); al. active competitor with min. participation in regional championships, al. holder of the qualification of a coach of the 2nd level) necessary for registration for the specialization in swimming, fulfillment of the conditions of continuous evaluation - active presentation of seminar papers, active participation in classes, organization of swimming competitions and refereeing, written test and oral exam. **a) continuous assessment:** - active presentation of seminar papers (20 points) - active participation in class: (10 points) - active participation in the organisation of swimming competitions and refereeing: (min 10hrs) (10 points) - written test (20 points) **b) final assessment:** On the basis of a continuous assessment (60 points) and an oral examination (40 points)	
Learning objectives: Student controls: - theoretical knowledge about the organization of swimming competitions, knows the analysis of movement activity, - has knowledge about sports training in swimming, differences in preparation for 25m pool and 50m pool, - knows how to correctly assess the level of training in the pool and in the laboratory, - knows the possibilities of increasing performance by developing movement skills on dry land and in water, - knows the methods of diagnosis and its importance, - knows how to focus the training load in the period of tuning sports performance, - has knowledge of injury prevention, diagnosis and rehabilitation of injured athletes, - knows swimming terminology	
Brief outline of the course:	
Recommended literature:	

Language of instruction:

Notes:student time load:
Notes - student time load 210 hours, of which:
- 39 hrs.
- 40 hrs.
- active participation in organizing and judging competitions: 20 hrs.
- 10 hrs. active participation in classroom sessions: 10 hrs.
- Preparation for written examination: 30 hrs.
- Preparation for the oral examination: 71 hrs.

Course assessment
The final number of assessed students: 4

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

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

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-315	**Course name:** Sport Specialization 5 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-375	**Course name:** Sport Specialization 5 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 1

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

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-325	**Course name:** Sport Specialization 5 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
50.0	0.0	33.33	16.67	0.0	0.0	0.0

Instructor: Mgr. Jaroslav Popelka, PhD.

Last changed: 14.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-335	**Course name:** Sport Specialization 5 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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	100.0	0.0	0.0	0.0	0.0	0.0

Instructor: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-345	**Course name:** Sport Specialization 5 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-356	**Course name:** Sport Specialization 6 – Alpine Skiing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. PaedDr. Jiří Michal, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-206	**Course name:** Sport Specialization 6 – Athletics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: **a) continuous assessment:** - presentation of the given topic 0-20 points - active participation in 2 athletic races as organizer, referee 0 - 10 points - active participation in the training process 0 - 20 points **b) final assessment:** - written and oral exam 0 - 50 points and based on continuous assessment. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.	
Learning objectives:	
Brief outline of the course: Planning and subsequent analysis of the content of the training load in the sports specialization. The ability to process theoretical starting points for managing the training process. Determine the goals of the training process and the application of research methods in the management of the training process. Based on the analyses, propose recommendations for sports practice, as well as further optimization of the training process.	
Recommended literature: ČILLÍK, I. a kol. 2018 Detská atletika I. Bratislava: Slovenský atletický zväz. 100 s. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9 DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha : Olympia, 2009. 336 s. KAMPMILLER, T a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. 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: 180 hours, of which:
full-time study: 39 hours
preparation for the presentation: 8 p.m.
active participation in the organization and decision-making of the race: 8 p.m.
active participation in the training process: 30 hours
exam preparation: 71 hours

Course assessment
The final number of assessed students: 12

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

Instructor: prof. PaedDr. Ivan Čillík, CSc.

Last changed: 16.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-216	**Course name:** Sport Specialization 6 – Basketball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
33.33	66.67	0.0	0.0	0.0	0.0	0.0

Instructor: Mgr. Andrea Izáková, PhD.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-226	**Course name:** Sport Specialization 6 – Biathlon
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. et Mgr. Jana Daubnerová, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-266	**Course name:** Sport Specialization 6 – Conditioning Coach
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 38

A	B	C	D	E	FX(0)	FX(1)
15.79	31.58	28.95	15.79	5.26	2.63	0.0

Instructor: prof. PaedDr. Martin Pupiš, PhD., Mgr. Jozef Sýkora, PhD., Mgr. David Brűnn, PhD., PaedDr. Zuzana Pupišová, PhD., univ. doc.

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-366	**Course name:** Sport Specialization 6 – Football

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

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Conditions for completing the course: The maximum number of points obtained for the interim and final evaluation is 100 points. It corresponds to the grading scale (A = 100 - 94b, B = 93 - 86b, C = 85 - 79b, D = 78 - 72b, E = 71 - 65b). Credits will be awarded to a student who has earned at least 65% of all points in the course for meeting the specified conditions. Students can correct the interim evaluation on the dates announced by the teacher within the period for the completion of study obligations.

a) continuous assessment:
Methodological output from the TJ part: 0-30 points
Test from T and D FU: 0-40 points
Preliminary BcP: 0-30 points

b) final assessment:
based on an interim evaluation

Learning objectives:
Learning outcomes:
Student:
1. remembers the knowledge from the subject matter as the basis for completing the study of the specialization.
2. acquires the knowledge necessary for the creation of the final thesis of the Bachelor's study
3. Uses knowledge to create outlines of training units
4. applies knowledge of theory and practical experience in methodological output
5. can independently present the content of his/her BcP
6. is able to use the acquired knowledge in diagnosing his/her knowledge in the form of a written test.

Brief outline of the course:
Scientific research work in football; Typical game situations (workshop); Tactical preparation in football; Methodological outputs of students - practical implementation of TJ; Predobhajoba BcP; Exam written test in theory and didactics + presentation of the game of your own team; Homework: consult with the BcP supervisor (min 4 times per semester).

Recommended literature:
Odporúčaná literatúra:

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

Language of instruction:
slovak

Notes:student time load:
Notes - student time load 180 hours, of which:
full-time study: 39 hours
preparation of an outline of the designated TJ (methodological output): 21 hours preparation for the BcP pre-defence: 60 hours
Preparation for the written test: 20 hours
self-study of recommended literature: 40 hours

Course assessment
The final number of assessed students: 7

A	B	C	D	E	FX(0)	FX(1)
0.0	14.29	42.86	14.29	14.29	14.29	0.0

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

Last changed: 09.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-276	**Course name:** Sport Specialization 6 – Ice Hockey

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

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 4

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

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

Last changed: 13.01.2022

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-236	**Course name:** Sport Specialization 6 – Judo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
60.0	40.0	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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-246	**Course name:** Sport Specialization 6 – Karate
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-256	**Course name:** Sport Specialization 6 – Kickbox
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-296	**Course name:** Sport Specialization 6 – Snowboarding
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-306	**Course name:** Sport Specialization 6 – Sports Gymnastics
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Juraj Kremnický, PhD., univ. doc.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-286	**Course name:** Sport Specialization 6 – Swimming

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

Number of credits: 6

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
Registration for the course in the AIS system - Fulfillment of conditions (registered membership in the Slovak Swimming Federation (SPF); al. active competitor with min. participation in regional championships, al. holder of the qualification of a coach of the 2nd degree) necessary for registration for the specialization in swimming, fulfillment of the conditions of continuous evaluation - active presentation of seminar papers and bachelor's thesis, active participation in classes and training process, written test and oral exam.

a) continuous assessment:
- active presentation of seminar papers and bachelor's thesis (20 points);
- active class participation (10 points)
- active participation in the training process (min. 20 hours) (10 points)
- written test (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.

Learning objectives:
Student controls:
- theoretical knowledge about the organization of swimming competitions in the world,
- knows the analysis of special movement activities of swimmers,
- has knowledge about sports training in swimming,
- knows how to evaluate the level of training correctly,
- knows the possibilities of warming up before training and competition,
- knows the methods of diagnostics and its importance,
- knows how to focus the training load in the period of tuning the sports performance,
- knows practical skills on injury prevention and diagnosis

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:
Notes - student time load 210 hours, of which:
- 39 hrs.
- 39 hrs., preparation of seminar thesis and bachelor's thesis presentation 20 hrs.
- participation in the training process 20 hrs.
- preparation for written test 40 hrs.
- 91 hours preparation for oral examination.

Course assessment
The final number of assessed students: 4

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

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

Last changed: 11.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-316	**Course name:** Sport Specialization 6 – Taekwondo
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-376	**Course name:** Sport Specialization 6 – Tourism
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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	100.0	0.0	0.0

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-326	**Course name:** Sport Specialization 6 – Volleyball
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 4

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

Instructor: Mgr. Jaroslav Popelka, PhD., PaedDr. Rastislav Kollár, PhD.	
Last changed: 14.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-336	**Course name:** Sport Specialization 6 – Weightlifting
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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: prof. PaedDr. Pavol Bartík, PhD., doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed: 13.01.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-346	**Course name:** Sport Specialization 6 – Wrestling
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
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. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-111	**Course name:** Sports History and Olympianism
Type, extent and method of instruction: **Form of instruction:** Lecture **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. To receive the final assessment, the student is obliged to take the final written exam. **b) final assessment:** final assessment: Written exam: 100 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.	
Learning objectives: Learning outcomes: The student: - knows the basic terminology related to history of sports and physical education; - understands the evolution of sports and physical education; - develops general knowledge of history of sports and Olympianism as well as selected sports disciplines; - can use the available specialised literature, retrieve relevant information from printed and online sources; - understands how history shaped the current reality of sports and physical education; - knows basic social phenomena (civilisation changes, etc.) and understands how they influence the development of sports and physical education (from the historical point of view); - can properly analyse the source texts and draw conclusions.	
Brief outline of the course: Brief outline of the course: Stages and milestones in Slovak and world history of sports and physical education (PE). The establishment and development of the sports movement around the world and in Slovakia. Major figures who shaped sports and PE during different stages of their evolution. Ancient Greek Olympic Games vs. contemporary OG – origin and evolution.	

Recommended literature:

Recommended literature:

1. GAJDOŠ, A. 2007. Osobnosti slovenského športu 1896 – 2006. Martin: Matica slovenská, 2007, 274 s. EAN 9788070909560
2. GREXA, J a kol. 1996. Olympijské hnutie na Slovensku. Od Atén po Atlantu. Bratislava . Slovenský olympijský výbor, 1996. 212 s. ISBN 80-85401-56-8.
3. GREXA, J., 2006. Olympijská výchova. Metodická príručka SOV. Bratislava : SOV 2006, 86 s. ISBN 80-969522-0-X.
3. KÖSSL, J. 1977. Dějiny Československého olympijskeho hnutí. Praha : Olympia, 1977.
4. KRUSEOVÁ, B. – MENDEM, A.1996. Kronika olympijských hier 1986 – 1996. Bratislava : Fortuna Print, 1996.
5. PERÚTKA, J. 1980. Dejiny telesnej výchovy a športu na Slovensku. Bratislava : Šport, 1980. 284s.
6. PERÚTKA, J. et al.1985. Dejiny telesnej kultúry. Bratislava : SPN, 1985. 288s.
7. SEMAN, F. 2012. Míľniky svetového športu. Bratislava : SOV, MŠVVaŠ. ISBN 978-80-89460-09-0
8. SOMMER, J. 2003. Dějiny sportu. Olomouc : Fontána, 2003. 274s. ISBN 978-80-73361-16-7
9. VLADOVIČOVÁ, N. – GÖRNER, K. 1996. Vybrané kapitoly z dejín telesnej kultúry. B. Bystrica : PF UMB, 1996. 92s.

Language of instruction:

Slovak

Notes:student time load:

student time load
90 h.
Combined study (L, S, C): 26 h.
Seminar paper preparation 1: 20 h. Seminar paper preparation 2: 20 h. Studying for the written test: 24 h.

Course assessment

The final number of assessed students: 238

A	B	C	D	E	FX(0)	FX(1)
2.1	15.13	27.31	18.07	26.05	4.62	6.72

Instructor: prof. PaedDr. Martin Pupiš, PhD., PaedDr. Boris Beťák, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-115	**Course name:** Sports Psychology and Pedagogy
Type, extent and method of instruction: **Form of instruction:** Lecture **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 26 **Method of study:** combined	
Number of credits: 3	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions: Course completion conditions: Active attendance is required. To complete the course, the student has to master the theoretical as well as practical topics **a) continuous assessment:** continuous assessment: Seminar paper: 40 p. **b) final assessment:** final assessment: Written exam: 60 p. The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements	
Learning objectives: Learning outcomes: The student: - can transfer their knowledge of sports psychology and pedagogy to other contexts (courses on sports theory and didactics, specialisations, coaching practice, recreational sports, practice, etc.) - and apply them to sport-specific didactics; - applies their knowledge in practice; - can evaluate their knowledge in this field and apply it in PE and sports; - can evaluate other people's knowledge of this field; - creates a seminar paper addressing this topic.	
Brief outline of the course: Brief outline of the course: Mental processes – characteristics and functions in physical education and sports (cognitive, emotive, motivational, volitional). The ontogenesis of motor skills and motor learning. Social-psychological aspects of PE and sports, team dynamics, communication, interaction.	

Athlete, coach, instructor, PE teacher – personality.
The psychological aspects of sports training, regulation of ongoing mental states; individualisation of sports training, adaptation processes. Cooperation among the coach, PE teacher, and psychologist.
Diagnosing psychosomatic, social-psychological, psychophysiological, and personality indicators as part of performance improvement and stabilisation.
Sports pedagogy – general theory. Sports pedagogy – history. Sports pedagogy – methodology. Sports pedagogy in Slovakia and abroad.
School sports pedagogy. Leisure sports pedagogy. Experiential pedagogy.
Leisure pedagogy, Leisure activities for the youth.
Sports and leisure-time physical activity.

Recommended literature:

Recommended literature:

1. BLAHÚTKOVÁ, M. – SLIŽIK, M. 2013. Vybrané kapitoly z psychologie sportu. Brno: FSPS, 2013. 118 s. ISBN 978-80-210-6859-9 online https://www.fsps.muni.cz/impact/knihovna/vybrane-kapitoly-z-psychologie-sportu/
2. GREGOR,T. 2013. Psychológia športu. Bratislava: MAURO Slovakia, 2013. 400s. ISBN 9788096809271
3. GURSKÝ, T. 2005. Psychológia športu. Bratislava: SZTK, 2005.
4. JANSA, P. – DOVALIL, J. et al. 2009. Sportovní příprava. Praha: Q-art, 2009. 295 s. ISBN 9788090328099
5. JANSA, P. 2012. Pedagogika sportu. Praha: Karolinum, 2012, 226 s. ISBN 978-80-246-3986-4.
6. LERNER, J. 1988. Didaktické základy vyučovacích metod. Bratislava: SPN, 1988.
7. MACÁK, I. – HOŠEK, V. 1987. Psychológia telesnej výchovy a športu. Bratislava: SPN, 1987.
8. MACÁK, I. 1997. Psychológia športovej úspešnosti. Bratislava: FTVŠ UK, 1997
9. MOJŽÍŠEK, L. 1988. Vyučovací metody. 3.vyd. Praha: SPN, 1988.
10. PRÚCHA, J. 2005. Moderní pedagogika. 3. vyd. Praha: Portál, 2005, 481 s. ISBN 80-7367-047-X.
11. SLEPIČKA. Et al 2009 Psychologie sportu. UK: Karolinum 2009. 242 s .ISBN 9788024616025
12. SLEPIČKOVÁ, I. 2005. Sport a volný čas. Praha: Karolinum, 2005. 115 s. ISBN 8024610396
13. SVOBODA, B. 2007. Pedagogika sportu, 2. vyd. Praha: Karolinum, 2007, 250 s. ISBN 978-80-246-1358-1
14. ŠVEC, Š. et al. 1998. Metodológia vied o výchove. Bratislava: IRIS, 1998. 300s. ISBN 8088778735
15. TOD, D. – THATCHER, J. – RAHMAN, R. 2012. Psychologie sportu. Praha: Grada. 2012. 200s. ISBN 9788024739236
16. VÁŽANSKÝ, M. 1992. Volný čas a pedagogika zážitku. Brno: MU, 1992, 64 s. ISBN 80-210-0428-2. Dostupné na: http://alis.uniba.sk:8088/lib/item?id=chamo:211813&fromLocationLink=false&theme=Katalog
17. ZUSKOVÁ, K. a kol. 2010. Osobnosť športovca z pohľadu vybraných oblastí psychológie a športu. Prešov: Prešovská univerzita, Fakulta športu, 2010. 231 s. ISBN 978-80-555-0134-5.

Language of instruction:

Slovak

Notes:student time load:
student time load
90 h.
Combined study (L, S, C): 39 h. Preparation for the exam: 35 h.
Seminar paper preparation: 16 h.

Course assessment
The final number of assessed students: 108

A	B	C	D	E	FX(0)	FX(1)
9.26	38.89	28.7	12.04	0.93	4.63	5.56

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD., Mgr. Andrea Izáková, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-107	**Course name:** Sports Sociology
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 5	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 76

A	B	C	D	E	FX(0)	FX(1)
25.0	44.74	19.74	2.63	2.63	3.95	1.32

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD., Mgr. Miroslava Rošková, PhD.	
Last changed: 23.03.2023	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-105	**Course name:** Sports Theory and Didactics

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

Number of credits: 5

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
During the semester, the student creates a presentation addressing the selected topic and keeps records of the training process. After completing the semester, the student takes the final test.
a) continuous assessment:
continuous assessment:
- Presentation addressing the selected topic delivered during a class: 20 p.
- Training records: 20 p.
b) final assessment:
final assessment:
Written exam: 60 p.
The maximum number of points consisting of continuous and final assessment is 100 (=100%). Grading scale: A (100–94%), B (93–87%), C (86–80%), D (79–73%), E (72–65%), Fx (less than 64%). Credits are assigned to the student who collects the minimum of 65 points out of the possible 100 for completing the given requirements.

Learning objectives:
Learning outcomes:
The student:
- has knowledge of sports theory and didactics;
- uses their competences in the training process;
- navigates the issue of performance and top level sports;
- applies the knowledge acquired during this course to a specific sport;
- evaluates the training unit plan, microcycle, and mesocycle;
- can keep track of the training microcycles and mesocycles;
- can apply the knowledge acquired during this course to sports didactics, performance and top level sports; and their own specialisation,
- knowledge gained from the issue of the use of permitted support means in sports training, - able to recognize the negative aspects of the use of prohibited substances (doping) in sports,
- knows how to navigate the fight against doping.

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

Sports today.
Recreation, performance, and professional sports.
Theory and structure of sports performance. Sports competition theory.
Sports talent, candidate selection. Sports training.
Components of sports training.
The stages of long-term sports training.
Training management in: planning, records, diagnostics, evaluation. Training load, impulses, and effect.
Recuperation and regeneration.
Concept and definition: doping, anti-doping, supporting means, nutritional supplements.
History of the fight against doping.
Anti-doping legislation.
Prohibited substances.
Anti-doping Agency of the Slovak Republic.
World Anti-Doping Agency.
Doping control.

Recommended literature:

Recommended literature:

1. ČILLÍK, I. a kol. 2020. Atletika. Banská Bystrica: Slovenský atletický zväz. 247 s. ISBN 978-80-8141-247-9
2. DOVALIL, J. a kol. 2009. Výkon a trénink ve sportu. Praha: Olympia. 336 s. ISBN 978-80-7376-130-1
3. KAMPMILLER, T a kol. 2012. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency. 353 s. ISBN 978-80-89257-48-5
4. MARTENS, R. Úspěšný tréner. Praha : Grada. 2006. 504 s. ISBN 8024710110
5. MCNAMEE, M. J. a Verner MOLLER. 2011. Doping and anti-doping policy in sport: ethical, legal and social perspectives. London: Routledge. Ethics and Sports. ISBN 978-0-415-61923-3.
6. NEKOLA, Jaroslav. Sport a doping. Praha: Olympia, 2018. ISBN 978-80-7376-539-2.
7. SEDLIAK, M. 2018. Doping v športe. ICM Agency. ISBN 978-80-892-5780-5
8. Časopisecká literatúra z domácich, zahraničných zdrojov.
9. https://www.antidoping.sk/
10. https://www.antidoping.sk/publikacna-cinnost/

Language of instruction:

Slovak

Notes:student time load:

student time load
150 hours:
Combined study: 39 h. Preparation for the presentation: 20 h.
Training and competition – records and evaluation: 30 h. Preparation for the exam: 61 h

Course assessment

The final number of assessed students: 113

A	B	C	D	E	FX(0)	FX(1)
3.54	6.19	31.86	32.74	18.58	0.0	7.08

Instructor: prof. PaedDr. Ivan Čillík, CSc., prof. PaedDr. Martin Pupiš, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., Mgr. David Brűnn, PhD.

Last changed: 05.09.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-401	**Course name:** Sports specialization 1 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-411	**Course name:** Sports specialization 1 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-402	**Course name:** Sports specialization 2 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-412	**Course name:** Sports specialization 2 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-403	**Course name:** Sports specialization 3 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-413	**Course name:** Sports specialization 3 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-404	**Course name:** Sports specialization 4 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-414	**Course name:** Sports specialization 4 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-405	**Course name:** Sports specialization 5 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-415	**Course name:** Sports specialization 5 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-406	**Course name:** Sports specialization 6 - Chinese Wushu
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-416	**Course name:** Sports specialization 6 - Table Tennis
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: Mgr. Juraj Kremnický, PhD., univ. doc.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-110	**Course name:** State Examination – Bachelor Thesis and Defence
Type, extent and method of instruction: **Form of instruction:** **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** **Method of study:** combined	
Number of credits: 10	
Recommended semester/trimester: 5., 6..	
Level: I.	
Prerequisites:	
Course completion conditions:	
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)
19.64	21.43	23.21	19.64	14.29	0.0	1.79

Instructor:	
Last changed: 21.02.2022	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-250	**Course name:** Student scientific activity 1

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

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Theoretical section
- Preparation and implementation of scientific work.
- Timetable of thesis development.
- The peculiarities of scientific work in sport.
- Work with sources, list of bibliographic references - Individual parts of the scientific work.
- Methods of data acquisition.
- Methods of evaluation.
- Interpretation of results, formulation of conclusions, etc.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Shortcomings in conducting research and writing scientific papers.

Movement tracks
- Preparation of the theme of a movement composition.
- selection of a musical theme
- choreography
- technical mastery of individual movement elements and their variations
- application of spatial changes
- use of appropriate expressive elements and means

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. HALMOVÁ, N.- PALOVIČOVÁ, J.-ŠIMONEKOVÁ, H.-TRUNEČKOVÁ, E. 2002. Rytmická gymnastika a tance II. časť. Nitra: PF UKF, 2002,156 s. ISBN: 80- 8050- 560- 8.
10.NOVOTNÁ, N.- VLADOVIČOVÁ, N. – PALOVIČOVÁ, J. 2013. Kreatívne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. ISBN 978-80-557-0579-8 3.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.

12. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-09]. Dostupné na internete:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 1

abs	n
100.0	0.0

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

Last changed: 13.01.2025

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-251	**Course name:** Student scientific activity 2

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

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Theoretical section
- Preparation and implementation of scientific work.
- Timetable of thesis development.
- The peculiarities of scientific work in sport.
- Work with sources, list of bibliographic references - Individual parts of the scientific work.
- Methods of data acquisition.
- Methods of evaluation.
- Interpretation of results, formulation of conclusions, etc.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Shortcomings in conducting research and writing scientific papers.

Movement tracks
- Preparation of the theme of a movement composition.
- selection of a musical theme
- choreography
- technical mastery of individual movement elements and their variations
- application of spatial changes
- use of appropriate expressive elements and means

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. HALMOVÁ, N.- PALOVIČOVÁ, J.-ŠIMONEKOVÁ, H.-TRUNEČKOVÁ, E. 2002. Rytmická gymnastika a tance II. časť. Nitra: PF UKF, 2002,156 s. ISBN: 80- 8050- 560- 8.
10.NOVOTNÁ, N.- VLADOVIČOVÁ, N. – PALOVIČOVÁ, J. 2013. Kreatívne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. ISBN 978-80-557-0579-8 3.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.

12. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-09]. Dostupné na internete:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-252	**Course name:** Student scientific activity 3

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

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
A condition of the course assessment is the active participation of the student in the SSCC. During the semester, the student continuously works on his/her research project or on the creation of a movement composition. The outcome of the course is the submission and handing in of the project of the scientific thesis or the idea sheet of the movement composition and the active performance at the all-faculty SVUK on the specified date in the summer semester. The student must master the specified requirements for the final course grade.

b) final assessment:
- on the basis of active participation in the faculty-wide SACS (graduated).

Learning objectives:
Student:
Theoretical section
- remembers and masters the knowledge of the issues of preparation and implementation of scientific work, - can apply the knowledge in specific scientific work.
- is able to orientate himself/herself in the problems of different types of professional and scientific work,
- is able to understand the interrelationships of knowledge from individual disciplines of higher education,
- is able to apply the knowledge acquired in the subjects to specific procedures in his/her own scientific work.
- can correctly use methods, interpret results and formulate conclusions, - can create a specific scientific work in sport, which can be the basis for his/her final thesis.
- can analyse a solved problem into logically and systematically separated and interconnected structural parts of a scientific thesis.
- is able to continue his/her education in the subject and can be independent and autonomous.
Movement tracks
- Can perform an overall harmonisation of movement and music
- knows how to apply appropriate content means in relation to the subject and the maturity of the practitioners, technical demonstration
- can interpret the musical subject in rhythmic, tempo and dynamic structure, uniformity of performance, interplay in plan and space.

- can use variety, gradations, logical sequence of exercises, development and variations of supporting movement motifs,
- knows how to incorporate appropriate elements with the application of compositional articulation, application of contrast and variety of variations of movement motifs
- can create and perform a complete movement composition with an original theme.

Brief outline of the course:

Theoretical section
- Preparation and implementation of scientific work.
- Timetable of thesis development.
- The peculiarities of scientific work in sport.
- Work with sources, list of bibliographic references - Individual parts of the scientific work.
- Methods of data acquisition.
- Methods of evaluation.
- Interpretation of results, formulation of conclusions, etc.
- Ethical issues related to scientific work.
- Communication skills in presentation.
- Shortcomings in conducting research and writing scientific papers.

Movement tracks
- Preparation of the theme of a movement composition.
- selection of a musical theme
- choreography
- technical mastery of individual movement elements and their variations
- application of spatial changes
- use of appropriate expressive elements and means

Recommended literature:

1. Časopisecká odborná a vedecká literatúra z domácich, zahraničných printových aj online literárnych zdrojov, ktoré vychádzajú zo záverečných prác.
2. HENDL, J. 2009. Přehled statistických metod : analýza a metaanalýza dat. Praha : Portál, 2009. 736 s. ISBN 978-80-7367-482-3.
3. KIMLIČKA, Š. 2002. Ako citovať a vytvárať zoznamy bibliografických odkazov podľa noriem ISO 690 pre „klasické“ a elektronické zdroje. Bratislava : STIMUL, 2002. 82 s. ISBN 80-88982-57-X.
4. KOMPÁN, J. a kol. 2010. Vedy o športe. Pedagogická fakulta, Univerzita J. E. Purkyně v Ústí nad Labem: PrintActive s.r.o. Ústí nad Labem, 2010. 166 s. ISBN 9788074142741
5. MEŠKO, D. – KATUŠČÁK, D. a kol. 2004. Akademická príručka. Martin : Osveta. 2004. 317 s.
6. PIVOVARNIČEK, P. 2021 Štatistické vyhodnocovacie metódy vo vedách o športe pomocou softvéru SPSS. Bratislava: VEDA, 2021. 225 s. ISBN 978-80-200-3295-9
7. SMERNICA č.12/2011 o záverečných, rigoróznych a habilitačných prácach na UMB v Banskej Bystrici a jej dodatky
8. ŠVAŘÍČEK, R. – ŠEĎOVÁ, K. 2007. Kvalitativní výskum v pedagogických vědách. Praha : Portál, 2007. 384 s. ISBN 9788026206446 9. ŠVEC, Š. a kol. 1998. Metodológia vied o výchove. Bratislava : IRIS,1998. 300s. ISBN 8088778735
9. HALMOVÁ, N.- PALOVIČOVÁ, J.-ŠIMONEKOVÁ, H.-TRUNEČKOVÁ, E. 2002. Rytmická gymnastika a tance II. časť. Nitra: PF UKF, 2002,156 s. ISBN: 80- 8050- 560- 8.
10.NOVOTNÁ, N.- VLADOVIČOVÁ, N. – PALOVIČOVÁ, J. 2013. Kreatívne, estetické a psychomotorické činnosti. Banská Bystrica: FHV UMB, 2013 96s. ISBN 978-80-557-0579-8 3.
11.HALMOVÁ, N. 2000. Rytmická gymnastika a aerobik. Nitra: PF UKF, 2000, 66 s.

12. Kolektív autorov. 2014. Telesná a športová výchova – kolektívne športové činnosti, gymnastické a tanečné pohybové činnosti. Bratislava: NŠC a FTVŠ UK Bratislava, 246s. ISBN: 978-80-971466-3-4 [cit. 2021-09-09]. Dostupné na internete:
13. http://videoportal.fhpv.unipo.sk/2015/2015_projekt_fasportu/rl_aer/rl_aer.htm

Language of instruction:
slovak

Notes:student time load:
90 hours, of which: preparation of the final thesis project and contact consultations with the thesis supervisor: 80 hours, active output at the faculty-wide SVUK 10 hours.

Course assessment
The final number of assessed students: 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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-102	**Course name:** Summer Seasonal Activities

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

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
The student acquires the following knowledge and skills: practical specialised and technical skills related to outdoor activities and camping; organisation of a hiking-orienteering run; outdoor games and experiential teaching; practical mastering, planning, preparation, organisation, and implementation of specific hiking routes; successful completion of an orienteering run.

a) continuous assessment:
continuous assessment:
- seminar paper: 20 p.
- practical mastering specialised and technical skills related to outdoor activities and camping, organisation of hiking and orienteering run, outdoor games, and experiential teaching; 20 p.
- practical mastering, planning, preparation, organisation, and implementation of specific hiking routes; 40 p.
- Successful completion of an orienteering run: 20 p.

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

Learning objectives:
Learning outcomes:
The student
- navigates the subject matter and has the necessary knowledge of summer seasonal activities including the course of life and health protection,
- can apply their knowledge and hiking skills in practice
- can plan and organise a short-term hiking activity in practice,
- uses their knowledge and skills from training in practice.

- can design, facilitate, and organise simple competitive and other summer physical activities.

Brief outline of the course:

Brief outline of the course:
The history of hiking and outdoor activities.
Basic practical specialised and technical skills related to outdoor activities and camping; zabezpečenie túr hviezdicového charakteru.
Cultural and other excursions allowing to link the knowledge from different academic subjects at schools.
Acquisition of practical knowledge and outdoor sport related skills focused mainly on orienteering.
Practical outdoor games and exercises – experiential learning and teaching; outdoor animation; navigation; mountain dangers; hiking equipment; planning and organisation of outdoor activities and camping; health benefits of hiking; navigation using a map; ICT and new trends in outdoor activities.
Environmental protection vs. hiking and camping, basic environmental education.
The course of life and health protection – outdoor activities and camping in school education, characteristics of the activities and skills addressed within individual thematic units.
The system of educating sport experts and outdoor activities.
Getting acquainted with the valid legislation addressing outdoor sports and educational activities.

Recommended literature:

Recommended literature:
1. ADAMČÁK, Š. a kol. 2016. Globálny polohový systém a jeho využitie pri realizácii pohybových aktivít u žiakov základných škôl. Banská Bystrica: FF UMB, 2016, 116 s. ISBN 978-80-557-1185-0.
2. BABIAR, M. - BACZEK, J. B. - KOMPÁN, J. 2013. Outdoorové animácie v cestovnom ruchu. Bratislava: STAGEMAN Group. Ltd., 2013. 115 s.
3. GÖRNER, K. - PYŠNÝ, L. - KOMPÁN, J. 2007. Pešia turistika a pobyt v prírode z pohľadu ich všestranného využitia. Ustí nad Labem: UZS UJEP, 2007. 109 s. ISBN 9788070448724
4. JUNGER, J. et al. 2002. Turistika a športy v prírode, Prešov: FHaPV PU, 2002. 266 s. ISBN 80-8068-097-3
5. KOMPÁN, J., a kol. 2017. Outdoorové aktivity, športy a špecifiká pobytu v prírode. Banská Bystrica: Univerzita Mateja Bela. 2017. ISBN: 978-80-557-1342-7
6. KLUB SLOVENSKÝCH TURISTOV. 2019 Turisticko-orientačný beh (Metodická príručka) KST, 2019 96 s.
7. NEUMAN, J. et al. 2000. Turistika a sporty v přírodě. Praha: Portál, 2000. ISBN 8071783919
8. Zákony a vyhlášky - aktuálna legislatíva pre aktivity, športy realizované v prírode

Language of instruction:

slovak

Notes:student time load:

student time load
90 h.
Combined study (L, S, C): 39 h. Skill improvement: 31 h.
seminar paper preparation: 20 h.

Course assessment

The final number of assessed students: 222

A	B	C	D	E	FX(0)	FX(1)
26.58	23.42	19.82	9.91	10.36	9.46	0.45

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., prof. PaedDr. Ivan Čillík, CSc., Mgr. et Mgr. Jana Daubnerová, PhD., prof. PaedDr. Martin Pupiš, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Jaroslav Kompán, PhD.
Last changed: 23.03.2023
Approved by: prof. PaedDr. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-108	**Course name:** Swimming

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

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
Course completion conditions:
Active attendance is required.
The student demonstrates the correct techniques of the selected swimming styles, starts, and turns as well as swimming performance (tetrathlon).
a) continuous assessment:
continuous assessment:
- Swimming styles, starts, and turns – assessment: 45 p.
- Performance-focused swimming tetrathlon: 45 p.
- swimming underwater: 10 p
b) final assessment:
- on the basis of an interim evaluation
Students can correct their interim assessment at the dates announced by the teacher within the period for completion of the study obligations.
The maximum number of points obtained for the mid-term and final assessment is 100 points, which is 100%. This corresponds to the grading scale (A = 100-94%, B = 93-87%, C = 86-80%, D = 79-73%, E = 72-65%, Fx = 64% or less). Credit will be awarded to a student who has earned at least 65% of the total points in the course for meeting the specified requirements.

Learning objectives:
Learning outcomes:
The student:
- knows the swimming terminology, can describe basic turns and starts in different swimming styles;
- can use swimming aids correctly (goggles, floating aids);
- can perform basic swimming movements pertaining to the selected swimming styles correctly;
- can swim correctly in terms of technique including starts and turns;
- proceeds correctly in individual learning and improvement of swimming skills and styles;
- can evaluate technical errors in swimming techniques upon observation.

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

Swimming skills (floating, gliding, breathing, navigation, underwater swimming, diving). Breaststroke – training legs, arms, breathing, synchronisation, starts, turns.
Crawl – training legs, arms, breathing, synchronisation, starts, turns. Backstroke – training legs, arms, breathing, synchronisation, starts, turns.

Recommended literature:

Recommended literature:

1. BENCE,M. - MERICA, M. - HLAVATÝ, R. 2005. Plávanie. Banská Bystrica: FHV UMB, 2005. 197 s. ISBN 80-8083-140-8.
2. ČECHOVSKÁ, I. a kol. 2014. Aktualizované poznatky z didaktiky plavání II. Variabilita plaveckých dovedností a techniky plaveckých spůsobů. Sborník příspěvku z odborného semináře pořádaného dne 18.září 2014 v Praze. Praha: 2014, FTVS UK. 129 s. ISBN 978-80-87647-18-9.
3. ČECHOVSKÁ, I. – MILER, T. 2008. Plavání. 2. přeprac. vyd. Praha: Grada, 2008. 127 s. ISBN 9788024721545
4. LUKÁŠEK, M. 2014. Plavání I. Brno: Masarykova univerzita, ISBN 978-80-210-7324.
5. MACEJKOVÁ,Y. – BENČURIKOVÁ, Ľ. 2014. Plávanie. Bratislava: STIMUL, 2014. 103 s. ISBN 978-80-8127- 100-7
6. MANDZÁK, P. a kol. 2011. Nácvik plaveckých spôsobov v praxi. Banská Bystrica: FHV UMB, 2011, 115s. ISBN 978-80-557-0310-7.
7. MICHAL, J. 2002. Teória a didaktika plávania. Banská Bystrica: PF UMB, 2002. 98 s. ISBN 80-8055-679-2.
8. Pravidlá plávania. Slovenská plavecká federácia. 2019. Dostupné online: https://ssgelba.sk/wp-content/uploads/2016/09/pravidla_plavania.pdf

Language of instruction:

Slovak

Notes:student time load:

student time load
90 h.
Combined study (L, S, C): 39 h.
Preparation of the presentation on common swimming styles: 11 h.
Individual preparation (swimming styles and techniques): 20 h. Preparation for a practical test (swimming tetrathlon): 20 h.

Course assessment

The final number of assessed students: 189

A	B	C	D	E	FX(0)	FX(1)
13.76	17.46	20.63	15.87	28.04	1.06	3.17

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

Last changed: 10.09.2024

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-253	**Course name:** Volunteering in sports 1

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

Number of credits: 3

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-254	**Course name:** Volunteering in sports 2

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

Number of credits: 3

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 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. Martin Pupiš, PhD.

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-utr-255	**Course name:** Volunteering in sports 3

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

Number of credits: 3

Recommended semester/trimester: 6.

Level: I.

Prerequisites:

Course completion conditions:
1. Active volunteering for a total of 40 hours for:
(a) an international or domestic sporting event organised by a national sports federation or other sports organisation,
(b) a faculty or national round of the SVA; or
c) co-organising sporting events for students and staff of UMB
2. Preparation of a final report on the volunteering activity, which is also a certificate of completion.
The student's final report will be certified by the organisation for which the volunteering activity was carried out. The confirmation shall include the name of the organisation, the student's name, surname and date of birth, the name of the sporting event, the date and the total time in hours of the volunteering activity. The student shall briefly describe the content of the volunteering activity and the skills acquired during the volunteering.

b) final assessment:
Final grade based on completion of course requirements and student completion of a final report - (Pass).
The student may also acquire a total of 40 hours through a combination of volunteering at several events in which he/she has actively participated.

Learning objectives:
Student:
- is able to use terminology correctly in the chosen sport,
- is able to correctly name and describe the content of the chosen sport,
- knows the rules in the chosen sport,
- is flexible and able to fulfil the tasks of the organising committee

Brief outline of the course:
Volunteering at an international sporting event.

Recommended literature:

Language of instruction:
Slovak/Czech/English

Notes:student time load:

Total time commitment of the student: 90 hours, of which:
40 hours of volunteering
Preparation for volunteering: 35 hours
Preparation of the final report: 15 hours

Course assessment
The final number of assessed students: 0

abs	n
0.0	0.0

Instructor: PaedDr. Boris Beťák, PhD., Mgr. et Mgr. Jana Daubnerová, PhD., PaedDr. Rastislav Kollár, PhD.

Last changed: 14.03.2025

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

Course Description

University: Matej Bel University in Banská Bystrica

Faculty: Faculty of Sports, Science and Health

Code: 1e-utr-010 | **Course name:** Water Sports and Bicycle Touring

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

Number of credits: 4

Recommended semester/trimester: 4.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 141

A	B	C	D	E	FX(0)	FX(1)
63.83	23.4	6.38	0.0	0.0	3.55	2.84

Instructor: doc. PaedDr. Štefan Adamčák, PhD., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., PaedDr. Jaroslav Kompán, PhD.

Last changed: 23.03.2023

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-ozvstv-109	**Course name:** Winter Seasonal Activities

Type, extent and method of instruction:
Form of instruction: Seminar
Course type: A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses)
Recommended number of periods: 65
Method of study: combined

Number of credits: 3

Recommended semester/trimester: 3.

Level: I.

Prerequisites:

Course completion conditions:
The condition of subject evaluation is mandatory, active 100% participation of the student in classes.
The student will acquire practical skills in cross-country and downhill skiing, snowboarding and skating. Students can correct the interim assessment on the dates listed by the teacher within the period for completing the study obligations.
a) continuous assessment:
Practical presentation of:
Alpine skiing - 30 points (min.20 points),
Cross country skiing - 25 points (min.16 points),
Snowboarding - 25 points (min. 16 points),
Skating - 20b (min. 13 points),
b) 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:
The student:
- knows how to apply his/her knowledge in the selection of suitable ski equipment,
- has mastered the basic rules of safety of staying and moving on the slopes and on the ice surface,
- knows and is able to use correctly the technical terminology used in winter sports (skiing, snowboarding and skating,
- knows the practical skills of cross-country and downhill skiing, snowboarding and skating,
- can analyze terrain conditions and adapt their riding to them,
- understands the impact and importance of the natural environment and the implementation of winter sports for human health and physical development.

Brief outline of the course:
Student:
Theoretical basics of downhill and cross-country skiing, snowboarding, and skating.

Selection of skiing, snowboarding and skating equipment. Maintenance and waxing of skis and snowboards.
Games in the snow. Principles of safety on the slopes and on the ice. Principles safety of staying and moving on the slopes - white code.
Practice of basic and advanced downhill skiing techniques (balance on skis, downhill, curves - in two-sided inversion, from two-sided inversion, from inversion top and bottom ski, downhill curves, riding in rough terrain, basics of carving).
Practice of basic snowboard training techniques (sliding down the chute, sliding diagonally slope, slant slope riding, sliding a half-arch to the slope (fan, girlangs), snowboard curves (frontside and backside), snowboard control, smooth and safe riding on downhill, riding on the lift).
Practice of technique in classic and skate style cross-country skiing (alternating two-step running, running with a push-off, single and single-step, double-sided skating single- and double-step with alternating arm work).
Practice of basic skating technique (walking on skates, forward skating, skating backwards, stopping, short arcs, forward skating, skate control, smooth and safe skating on ice).

Recommended literature:

1. MICHAL, J. 2001. Teória a didaktika lyžovania. Banská Bystrica: PDF UMB v Banskej Bystrici, 2001. 94 s. ISBN 80-8055-591-5.
2. MICHAL, J. 2013. Snowboarding. Zvolen: Technická univerzita vo Zvolene, 2013. 80 s. ISBN 978-80-228-2597-9.
3. MICHAL, J. – NEMEC, M. – ADAMČÁK, Š. – STRAŇAVSKÁ, S. 2019. Pohybové hry 2 – hry v zimnej prírode. Žilina: IPV Inštitút priemyselnej výchovy, 2019. 116 s. ISBN 978-80-89902-15-0
4. PAUGSCHOVÁ, B. a kol. 2004. Lyžovanie : Učebné texty pre študentov telesnej výchovy. Banská Bystrica: FHV UMB, 2004. 237 s. ISBN 80-8055-880-9.
5. STARŠÍ, J. - FILC, P.- KRIŽKOVÁ,E. 1994. Teória a didaktika korčuľovania a základov hokeja. Bratislava: FTVŠ UK.
6. Video-skola-bezeckeho-lyzovani [online]. Dostupné na: https://bezky.net/skupiny/2-skola-bezeckeho-lyzovani.
7. Video technika bežecké lyžovanie UMB [online]. Dostupné na: https://lms.umb.sk/pluginfile.php/332902/mod_resource/content/2/Techniky%20a%20sp%C3%B4soby%20behu%20na%20ly%C5%BEiach.mp4
8. Základy bezpečnosti - Biely kodex [online]. Dostupné na: (https://www.jasna.sk/informacie/ostatne/biely-kodex)
8. Zjazdové lyžovanie - obrat prednožením, [online]. Dostupné na: https://www.ff.umb.sk/jmichal/film-metodicky-vystup-zjazdove-lyzovanie-obrat-prednozenim.html
9. Zjazdové lyžovanie -Základný lyžiarsky výcvik -metodický rad, [online]. Dostupné na:https://www.ff.umb.sk/jmichal/film-zjazdove-lyzovanie-zakladny-lyziarsky-vycvikmetodickyrad-4503.html

Language of instruction:
slovak

Notes:student time load:
student time load: 90 hrs., of which:
combined study (s): 65 hrs.
skills development: 10 hrs.
preparation for practical skills assessment: 15 hrs.

Course assessment The final number of assessed students: 183						
A	B	C	D	E	FX(0)	FX(1)
4.37	13.66	26.23	26.78	20.22	0.0	8.74
Instructor: doc. PaedDr. Jiří Michal, PhD., doc. PaedDr. Štefan Adamčák, PhD., Mgr. Juraj Kremnický, PhD., univ. doc., doc. PaedDr. Miroslav Nemec, PhD., PaedDr. Rastislav Kollár, PhD., PaedDr. Mgr. Lukáš Opáth, PhD., PaedDr. Boris Beťák, PhD., Mgr. David Brűnn, PhD.						
Last changed: 11.09.2025						
Approved by: prof. PaedDr. Martin Pupiš, PhD.						

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-381	**Course name:** Športová špecializácia 1 - Sport Climbing

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

Number of credits: 7

Recommended semester/trimester: 1.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 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: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-391	**Course name:** Športová špecializácia 1 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 1.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 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:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-382	**Course name:** Športová špecializácia 2 - Sport Climbing

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

Number of credits: 7

Recommended semester/trimester: 2.

Level: I.

Prerequisites:

Course completion conditions:

Learning objectives:

Brief outline of the course:

Recommended literature:

Language of instruction:

Notes:student time load:

Course assessment
The final number of assessed students: 3

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

Instructor: PaedDr. Jaroslav Kompán, PhD.

Last changed:

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

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-392	**Course name:** Športová špecializácia 2 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 2.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 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:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-383	**Course name:** Športová špecializácia 3 - Sport Climbing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-393	**Course name:** Športová špecializácia 3 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 7	
Recommended semester/trimester: 3.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-384	**Course name:** Športová špecializácia 4 - Sport Climbing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-394	**Course name:** Športová špecializácia 4 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 13 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 4.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment
The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-385	**Course name:** Športová špecializácia 5 - Sport Climbing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-395	**Course name:** Športová špecializácia 5 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 5.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-386	**Course name:** Športová špecializácia 6 - Sport Climbing
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: PaedDr. Jaroslav Kompán, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	

Course Description

University: Matej Bel University in Banská Bystrica	
Faculty: Faculty of Sports, Science and Health	
Code: 1e-tre-396	**Course name:** Športová špecializácia 6 - Trainer For People With Intellectual Disabilities
Type, extent and method of instruction: **Form of instruction:** Lecture / Seminar **Course type:** A (A - Compulsory courses, B - Compulsory elective courses, C - Elective courses) **Recommended number of periods:** 13 / 26 **Method of study:** combined	
Number of credits: 6	
Recommended semester/trimester: 6.	
Level: I.	
Prerequisites:	
Course completion conditions:	
Learning objectives:	
Brief outline of the course:	
Recommended literature:	
Language of instruction:	
Notes:student time load:	

Course assessment

The final number of assessed students: 0

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

Instructor: doc. Mgr. PhDr. Miroslav Sližik, PhD.	
Last changed:	
Approved by: prof. PaedDr. Martin Pupiš, PhD.	