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University: P. J. Šafárik University in Košice Faculty: Faculty of Science Course ID: KF/ Course name: Ancient Philosophy and Present Times AFS/05 Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present **Number of ECTS credits: 2 Recommended semester/trimester of the course: 2.** Course level: II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 31 C A В D Е FX 80.65 6.45 6.45 0.0 6.45 0.0 Provides: Doc. PhDr. Peter Nezník, CSc. Date of last modification: 17.09.2020 Approved:

University: P. J. Šafárik University in Košice Faculty: Faculty of Science Course ID: KF/ Course name: Chapters from History of Philosophy of 19th and 20th KDF/05 Centuries (General Introduction) Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present **Number of ECTS credits: 2 Recommended semester/trimester of the course: 2.** Course level: II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 10 C Α В D Е FX 50.0 20.0 10.0 0.0 10.0 10.0 Provides: doc. PhDr. Pavol Tholt, PhD., mim. prof. Date of last modification: 03.05.2015 Approved:

University: P. J. Ša	fárik University i	n Košice			
Faculty: Faculty of	Science				
Course ID: KPPaPZ/KK/07					
Course type, scope Course type: Prac Recommended co Per week: 2 Per s Course method: 1	etice ourse-load (hours tudy period: 28 present				
Number of ECTS					
Recommended ser	nester/trimester	of the course: 3.			
Course level: II.					
Prerequisities:					
Conditions for cou	rse completion:				
Learning outcome	s:				
Brief outline of the	e course:				
Recommended lite	erature:				
Course language:					
Notes:					
Course assessment Total number of as		81			
abs	abs n z				
98.22 1.78 0.0					
Provides: Mgr. On	drej Kalina, PhD.,	Mgr. Lucia Barbierik, PhI	).		
Date of last modifi	cation: 16.02.202	21			
Approved:					

University: P. J. Šafárik University in Košice Faculty: Faculty of Science Course ID: KF/ **Course name:** History of Philosophy 2 (General Introduction) DF2p/03 Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 2 / 1 Per study period: 28 / 14 Course method: present **Number of ECTS credits: 4** Recommended semester/trimester of the course: Course level: I., II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 739 C A В D Е FX 60.89 13.8 12.58 8.66 3.38 0.68 Provides: Doc. PhDr. Peter Nezník, CSc. Date of last modification: 25.03.2020 Approved:

University: P. J. Šafárik University in Košice Faculty: Faculty of Science Course ID: KF/ Course name: Idea Humanitas 2 (General Introduction) IH2/03 Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present **Number of ECTS credits: 2 Recommended semester/trimester of the course:** 3. Course level: II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 9 В  $\mathbf{C}$ A D Е FX 88.89 11.11 0.0 0.0 0.0 0.0 Provides: Doc. PhDr. Peter Nezník, CSc. Date of last modification: 12.02.2021 Approved:

University: P. J. Šafárik University in Košice

Faculty: Faculty of Science

Course ID: Course name: Psychology and Health Psychology (Master's Study)

KPPaPZ/PPZMg/12

Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 1 / 2 Per study period: 14 / 28

Course method: present

**Number of ECTS credits: 4** 

## **Recommended semester/trimester of the course:**

Course level: II.

## **Prerequisities:**

## **Conditions for course completion:**

- a) Active work during the whole semester (according to the ongoing instructions of the lecturer and instructors); continuous control of study results at seminars during the teaching part of the semester in the range of maximum 5 points. Preparation, presentation and discussion on a selected topic max. 15 points. A maximum of 2 absences are allowed.
- b) Written examination of the topics of lectures in the 9th week of the semester at the time and place of the lecture. The written examination will consist of 10 questions of a factual nature (1 question / 3 points) with a maximum of 30 points.

Conditions for admission to the exam: completion of seminars and obtaining at least 25 points.

c) Exam: written form (50 points / 10 questions of factual-evaluation character of 5 points each) You need to get at least half of the 50 points.

## Rating:

65 and less FX;

66 - 72 E;

73 - 79 D;

80 - 86 C;

87 - 93 B;

94 - 100 A.

The final evaluation reflects the results obtained during the semester and in the exam:

A more detailed explanation of the assignment and the work schedule of students will be the subject of an agreement for the 1st exercise of the semester.

Any modifications to the implementation of the course in connection with the current order of the Rector are listed in the electronic board of the course.

## **Learning outcomes:**

Students will be able to orient themselves in the basic concepts and theories of health psychology, which will be given an interesting and engaging explanation, accompanied by many examples from life. They will gain orientation in current topics, which are the content of health psychology or they are closely related to the issues not only of this discipline, but also of other psychological disciplines such as educational psychology, personality psychology and the like. Within the course, students are allowed to communicate freely with the teacher and discuss the topics with other classmates.

Students can practically apply the knowledge from the subject especially in the field of prevention of burnout syndrome and support of mental health in the work of a teacher.

## **Brief outline of the course:**

- 1 Introduction to health psychology
- 2 Psychoimmunology
- 3 Personality factors and health
- 4 Social support as a protective factor in relation to health
- 5 Subjective well-being
- 6 Stress and stressful situations and ways to manage them
- 7 Burnout syndrome
- 8 Health-promoting behavior, mental hygiene
- 9 Health risk behavior
- 10 School as an important factor of health

## **Recommended literature:**

Křivohlavý, J.: Psychologie zdraví. Portál, Praha 2001.

Křivohlavý, J.: Psychologie nemoci. Grada, Praha, 2002.

Křivohlavý, J.: Psychologie moudrosti a dobrého života. Grada, Praha, 2009.

Kebza, V.: Psychosociální determinanty zdraví. Academia, Praha 2005.

Kahneman, D., Diener, E., Schwarz, N.(Eds), Well-Being. The Foundations of Hedonic

Psychology. New York, Russell Sage Foundation, 2003.

Kaplan, R. M.: Zdravie a správanie človeka. SPN, Bratislava 1996.

Sarafino, E. P.: Health Psychology. Biopsychosocial interactions. John Wiley and sons 1994.

Baštecký, J., Šavlík, J., Šimek, J. 1993. Psychosomatická medicína. Praha: Grada

Tress, W., Krusse, J., Ott, J.: Základní psychosomatická péče. Portál, Praha 2008.

## Course language:

slovak

# **Notes:**

# Course assessment

Total number of assessed students: 226

A	В	С	D	Е	FX
19.47	25.22	25.66	13.27	15.93	0.44

Provides: PhDr. Anna Janovská, PhD., Mgr. Lucia Barbierik, PhD.

Date of last modification: 16.02.2021

	COURSE INFORM	MATION LETTER			
University: P. J. Šafá	rik University in Košice				
Faculty: Faculty of S	cience				
Course ID: ÚTVŠ/ ÚTVŠ/CM/13	Course name: Seaside Aer	robic Exercise			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 36s Course method: combined, present					
Number of ECTS cr	edits: 2				
Recommended seme	ster/trimester of the cours	e:			
Course level: I., II.					
Prerequisities:					
Conditions for course Conditions for course Attendance	-				
conditions actively a Students will acquire the aim to improve the	and their skills in work and e practical experience in org he stay and to create positive	ssibilities how to spend leisure time in seaside d communication with clients will be improved. canising the cultural and art-oriented events, with experiences for visitors.			
Brief outline of the course: Brief outline of the course:  1. Basics of seaside aerobics 2. Morning exercises 3. Pilates and its application in seaside conditions 4. Exercises for the spine 5. Yoga basics 6. Sport as a part of leisure time 7. Application of projects of productive spending of leisure time for different age and social groups (children, young people, elderly) 8. Application of seaside cultural and art-oriented activities in leisure time  Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of asses	ssed students: 41				
	abs	n			

87.8

12.2

Provides: Mgr. Agata Horbacz, PhD.	
Date of last modification: 15.03.2019	
Approved:	

University: P. J. Šafárik University in Košice Faculty: Faculty of Science **Course ID:** Course name: Social-Psychological Training of Coping with Critical Life KPPaPZ/SPVKE/07 Situations Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present **Number of ECTS credits: 2 Recommended semester/trimester of the course: 2.** Course level: II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 126 abs n  $\mathbf{Z}$ 97.62 2.38 0.0 Provides: Mgr. Ondrej Kalina, PhD. Date of last modification: 11.02.2021 Approved:

University: P. J. Šafá	rik University in Košice
Faculty: Faculty of S	cience
Course ID: ÚTVŠ/ TVa/11	Course name: Sports Activities I.
Course type, scope a Course type: Practic Recommended cour Per week: 2 Per stu Course method: cor	ce rse-load (hours): idy period: 28
Number of ECTS cr	edits: 2
Recommended seme	ester/trimester of the course: 1.
Course level: I., I.II.,	II.
Prerequisities:	
Conditions for course Conditions for course Min. 80% of active p	=
	condition and performance within individual sports. Strengthening the nts to the selected sports activity and its continual improvement.
University provides a floorball, yoga, pilate tennis, sports for unfi In the first two seme and particularities of physical condition, of Last but not least, the means of a special pr In addition to these physical education tra	
Recommended litera	nture:
Course language:	

**Notes:** 

Course assessment							
Total numb	er of assesse	d students: 1	4050				
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
88.48	0.07	0.0	0.0	0.0	0.04	7.51	3.9

**Provides:** Mgr. Dana Dračková, PhD., Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., Mgr. Marek Valanský, prof. RNDr. Stanislav Vokál, DrSc., Mgr. Marcel Čurgali, Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD.

**Date of last modification:** 18.03.2019

	COURSE INFORMATION LETTER
University: P. J. Šafá	rik University in Košice
Faculty: Faculty of S	cience
Course ID: ÚTVŠ/ TVb/11	Course name: Sports Activities II.
Course type, scope a Course type: Practic Recommended cour Per week: 2 Per stu Course method: con Number of ECTS cr	rse-load (hours): dy period: 28 mbined, present
	ster/trimester of the course: 2.
Course level: I., I.II.,	
Prerequisities:	
	•
	condition and performance within individual sports. Strengthening the nts to the selected sports activity and its continual improvement.
University provides a floorball, yoga, pilate tennis, sports for unfile. In the first two seme and particularities of physical condition, condition, contact but not least, the means of a special properties of the physical education transport the premises of the factors.	ourse: ubject, the Institute of Physical Education and Sports of Pavol Jozef Šafárik for students the following sports activities: aerobics, basketball, badminton, es, swimming, body-building, indoor football, self-defence and karate, table it persons, streetball, tennis, and volleyball. sters of the first level of education students will master basic characteristics individual sports, motor skills, game activities, they will improve level of their coordination abilities, physical performance, and motor performance fitness. It important role of sports activities is to eliminate swimming illiteracy and by cogram of medical physical education to influence and mitigate unfitness. Supports, the Institute offers for those who are interested winter and summer tainings with an attractive program and organises various competitions, either at culty or University or competitions with national or international participation.
Recommended litera	ture:
Course language:	

**Notes:** 

Course ass	Course assessment						
Total numb	er of assesse	d students: 1	1330				
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
85.75	0.56	0.02	0.0	0.0	0.05	9.87	3.75

**Provides:** Mgr. Dana Dračková, PhD., Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., Mgr. Marek Valanský, prof. RNDr. Stanislav Vokál, DrSc., Mgr. Marcel Čurgali, Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD.

**Date of last modification:** 18.03.2019

University: P. J. Šafárik University in Košice

Faculty: Faculty of Science

**Course ID:** ÚTVŠ/ | **Course name:** Sports Activities III.

TVc/11

Course type, scope and the method:

Course type: Practice

Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined, present

**Number of ECTS credits: 2** 

**Recommended semester/trimester of the course:** 3.

Course level: I., I.II., II.

**Prerequisities:** 

**Conditions for course completion:** 

**Learning outcomes:** 

**Brief outline of the course:** 

**Recommended literature:** 

Course language:

**Notes:** 

Course assessment

Total number of assessed students: 8383

abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
90.11	0.05	0.01	0.0	0.0	0.02	4.04	5.76

**Provides:** Mgr. Marcel Čurgali, Mgr. Dana Dračková, PhD., Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., Mgr. Marek Valanský, prof. RNDr. Stanislav Vokál, DrSc., Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD.

Date of last modification: 03.05.2015

University: P. J. Šafárik University in Košice

Faculty: Faculty of Science

**Course ID:** ÚTVŠ/ | **Course name:** Sports Activities IV.

TVd/11

Course type, scope and the method:

**Course type:** Practice

Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined, present

**Number of ECTS credits: 2** 

Recommended semester/trimester of the course: 4.

Course level: I., I.II., II.

**Prerequisities:** 

**Conditions for course completion:** 

**Learning outcomes:** 

**Brief outline of the course:** 

**Recommended literature:** 

Course language:

**Notes:** 

Course assessment

Total number of assessed students: 5101

abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
85.2	0.29	0.04	0.0	0.0	0.0	6.76	7.7

**Provides:** Mgr. Marcel Čurgali, Mgr. Dana Dračková, PhD., Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., Mgr. Marek Valanský, prof. RNDr. Stanislav Vokál, DrSc., Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD.

Date of last modification: 03.05.2015

Approved:

Page: 17

University: P. J. Šafár	rik University in Košice
Faculty: Faculty of S	cience
Course ID: ÚTVŠ/ LKSp/13	Course name: Summer Course-Rafting of TISA River
Course type, scope a Course type: Practic Recommended cour Per week: Per stud Course method: cor	ce rse-load (hours): y period: 36s
Number of ECTS cr	edits: 2
Recommended seme	ster/trimester of the course:
Course level: I., II.	
Prerequisities:	
Conditions for course Conditions for course Attendance Final assessment: Rat	<del>-</del>
Learning outcomes: Learning outcomes: Students have knowled	edge of rafts (canoe) and their control on waterway.
5. Canoe lifting and c	ourse: ficulty of waterways fing  ning using an empty canoe carrying n the water without a shore contact be  ut of the water
Recommended litera	ture:
Course language:	
Notes:	

Course assessment		
Total number of assessed students: 153		
abs	n	
45.75	54.25	
Provides: Mgr. Dávid Kaško, PhD.		
Date of last modification: 18.03.2019		
Approved:		

University: P. J. Šafá	rik University in Košice
Faculty: Faculty of S	cience
Course ID: ÚTVŠ/ KP/12	Course name: Survival Course
Course type, scope a Course type: Practic Recommended cour Per week: Per stud Course method: cor	ce rse-load (hours): ly period: 36s
Number of ECTS cr	edits: 2
Recommended seme	ster/trimester of the course:
Course level: I., II.	
Prerequisities:	
Conditions for course Conditions for course Attendance Final assessment: con	•
conditions as they wi and demanding situa	miliarized with principles of safe stay and movement in extreme natural ill obtain theoretical knowledge and practical skills to solve the extraordinary ations connected with survival and minimization of damage to health. The movement will learn how to manage and face the situations that of obstacles.
<ul><li>2. Preparation and lea</li><li>3. Objective and subj</li><li>4. Principles of hygie</li><li>Exercises:</li><li>1. Movement in terra</li></ul>	viour and safety for movement and stay in unknown mountains adership of tour fective danger in mountains ene and prevention of damage to health in extreme conditions in, orientation and navigation in terrain (compasses, GPS) provised overnight stay
Recommended litera	nture:
Course language:	

**Notes:** 

Course assessment			
Total number of assessed students: 393			
abs	n		
44.53	55.47		
Provides: MUDr. Peter Dombrovský, Mgr. Marek Valanský			
Date of last modification: 15.03.2019			
Approved:			

University: P. J. Šafárik University in Košice Faculty: Faculty of Science **Course ID:** Course name: The Art of Aiding by Verbal Exchange KPPaPZ/UPR/03 Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present **Number of ECTS credits: 2** Recommended semester/trimester of the course: 4. Course level: II. **Prerequisities: Conditions for course completion: Learning outcomes: Brief outline of the course: Recommended literature:** Course language: **Notes:** Course assessment Total number of assessed students: 49  $\mathbf{C}$ Α В D Е FX 85.71 4.08 2.04 2.04 2.04 4.08 Provides: Mgr. Ondrej Kalina, PhD. Date of last modification: 18.03.2019 Approved: