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COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty: Faculty of Science	
Course ID: ÚTVŠ/ ÚTVŠ/CM/13	Course name: Seaside Aerobic 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 credits: 2	
Recommended semester/trimester of the course:	
Course level: I., II.	
Prerequisites:	
Conditions for course completion: Conditions for course completion: Attendance	
Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how to spend leisure time in seaside conditions actively and their skills in work and communication with clients will be improved. Students will acquire practical experience in organising the cultural and art-oriented events, with the aim to improve the stay and to create positive 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 assessed students: 41	
abs	n
12.2	87.8

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

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty: Faculty of Science	
Course ID: ÚTVŠ/ TVa/11	Course name: Sports Activities I.
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: 1.	
Course level: I., I.II., II.	
Prerequisites:	
Conditions for course completion: Min. 80% of active participation in classes.	
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.	
Brief outline of the course: Brief outline of the course: Within the optional subject, the Institute of Physical Education and Sports of Pavol Jozef Šafárik University provides for students the following sports activities: aerobics, aikido, basketball, badminton, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, body-building, indoor football, S-M systems, step aerobics, table tennis, tennis, volleyball and chess. In the first two semesters of the first level of education students will master basic characteristics and particularities of individual sports, motor skills, game activities, they will improve level of their physical condition, coordination abilities, physical performance, and motor performance fitness. Last but not least, the important role of sports activities is to eliminate swimming illiteracy and by means of a special program of medical physical education to influence and mitigate unfitness. In addition to these sports, the Institute offers for those who are interested winter and summer physical education trainings with an attractive program and organises various competitions, either at the premises of the faculty or University or competitions with national or international participation.	
Recommended literature:	
Course language:	
Notes:	

Course assessment							
Total number of assessed students: 12859							
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
87.01	0.08	0.0	0.0	0.0	0.04	8.1	4.77
Provides: Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Marcel Čurgali, Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD., Bc. Richard Melichar, Mgr. Petra Tomková, PhD.							
Date of last modification: 13.05.2021							
Approved:							

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice							
Faculty: Faculty of Science							
Course ID: ÚTVŠ/ TVb/11		Course name: Sports Activities II.					
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: 2.							
Course level: I., I.II., II.							
Prerequisites:							
Conditions for course completion: active participation in classes - min. 80%.							
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.							
Brief outline of the course: Within the optional subject, the Institute of Physical Education and Sports of Pavol Jozef Šafárik University provides for students the following sports activities: aerobics, aikido, basketball, badminton, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, body-building, indoor football, S-M systems, step aerobics, table tennis, tennis, volleyball and chess. In the first two semesters of the first level of education students will master basic characteristics and particularities of individual sports, motor skills, game activities, they will improve level of their physical condition, coordination abilities, physical performance, and motor performance fitness. Last but not least, the important role of sports activities is to eliminate swimming illiteracy and by means of a special program of medical physical education to influence and mitigate unfitness. In addition to these sports, the Institute offers for those who are interested winter and summer physical education trainings with an attractive program and organises various competitions, either at the premises of the faculty or University or competitions with national or international participation.							
Recommended literature:							
Course language:							
Notes:							
Course assessment Total number of assessed students: 11675							
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
84.52	0.56	0.02	0.0	0.0	0.05	10.63	4.22

Provides: Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Marcel Čurgali, Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD., Bc. Richard Melichar, Mgr. Petra Tomková, PhD.

Date of last modification: 13.05.2021
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Approved:

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice							
Faculty: Faculty of Science							
Course ID: ÚTVŠ/ TVc/11		Course name: Sports Activities III.					
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.							
Prerequisites:							
Conditions for course completion: min. 80% of active participation in classes							
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.							
Brief outline of the course: Within the optional subject, the Institute of Physical Education and Sports of Pavol Jozef Šafárik University provides for students the following sports activities: aerobics, aikido, basketball, badminton, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, body-building, indoor football, S-M systems, step aerobics, table tennis, tennis, volleyball and chess. In the first two semesters of the first level of education students will master basic characteristics and particularities of individual sports, motor skills, game activities, they will improve level of their physical condition, coordination abilities, physical performance, and motor performance fitness. Last but not least, the important role of sports activities is to eliminate swimming illiteracy and by means of a special program of medical physical education to influence and mitigate unfitness. In addition to these sports, the Institute offers for those who are interested winter and summer physical education trainings with an attractive program and organises various competitions, either at the premises of the faculty or University or competitions with national or international participation.							
Recommended literature:							
Course language:							
Notes:							
Course assessment Total number of assessed students: 7873							
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
88.8	0.05	0.01	0.0	0.0	0.03	4.08	7.04

Provides: Mgr. Marcel Čurgali, Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD., Bc. Richard Melichar, Mgr. Petra Tomková, PhD.

Date of last modification: 13.05.2021
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Approved:

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice							
Faculty: Faculty of Science							
Course ID: ÚTVŠ/ TVd/11		Course name: Sports Activities IV.					
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.							
Prerequisites:							
Conditions for course completion: min. 80% of active participation in classes							
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.							
Brief outline of the course: Within the optional subject, the Institute of Physical Education and Sports of Pavol Jozef Šafárik University provides for students the following sports activities: aerobics, aikido, basketball, badminton, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, body-building, indoor football, S-M systems, step aerobics, table tennis, tennis, volleyball and chess. In the first two semesters of the first level of education students will master basic characteristics and particularities of individual sports, motor skills, game activities, they will improve level of their physical condition, coordination abilities, physical performance, and motor performance fitness. Last but not least, the important role of sports activities is to eliminate swimming illiteracy and by means of a special program of medical physical education to influence and mitigate unfitness. In addition to these sports, the Institute offers for those who are interested winter and summer physical education trainings with an attractive program and organises various competitions, either at the premises of the faculty or University or competitions with national or international participation.							
Recommended literature:							
Course language:							
Notes:							
Course assessment Total number of assessed students: 5125							
abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
83.14	0.31	0.04	0.0	0.0	0.0	7.75	8.76

Provides: Mgr. Marcel Čurgali, Mgr. Agata Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Zuzana Küchelová, PhD., doc. PaedDr. Ivan Uher, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD., Bc. Richard Melichar, Mgr. Petra Tomková, PhD.

Date of last modification: 13.05.2021

Approved:

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty: Faculty of Science	
Course ID: ÚTVŠ/ LKSp/13	Course name: Summer Course-Rafting of TISA River
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 36s Course method: present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course:	
Course level: I., II.	
Prerequisites:	
Conditions for course completion: Conditions for course completion: Attendance Final assessment: Raft control on the waterway (attended/not attended)	
Learning outcomes: Learning outcomes: Students have knowledge of rafts (canoe) and their control on waterway.	
Brief outline of the course: Brief outline of the course: 1. Assessment of difficulty of waterways 2. Safety rules for rafting 3. Setting up a crew 4. Practical skills training using an empty canoe 5. Canoe lifting and carrying 6. Putting the canoe in the water without a shore contact 7. Getting in the canoe 8. Exiting the canoe 9. Taking the canoe out of the water 10. Steering a) The pry stroke (on fast waterways) b) The draw stroke 11. Capsizing 12. Commands	
Recommended literature:	
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:	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty: Faculty of Science	
Course ID: ÚTVŠ/ KP/12	Course name: Survival Course
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 credits: 2	
Recommended semester/trimester of the course:	
Course level: I., II.	
Prerequisites:	
Conditions for course completion: Conditions for course completion: Attendance Final assessment: continuous fulfilment of all tasks within the course	
Learning outcomes: Learning outcomes: Students will be familiarized with principles of safe stay and movement in extreme natural conditions as they will obtain theoretical knowledge and practical skills to solve the extraordinary and demanding situations connected with survival and minimization of damage to health. The course develops team work and students will learn how to manage and face the situations that require overcoming of obstacles.	
Brief outline of the course: Brief outline of the course: Lectures: 1. Principles of behaviour and safety for movement and stay in unknown mountains 2. Preparation and leadership of tour 3. Objective and subjective danger in mountains 4. Principles of hygiene and prevention of damage to health in extreme conditions Exercises: 1. Movement in terrain, orientation and navigation in terrain (compasses, GPS) 2. Preparation of improvised overnight stay 3. Water treatment and food preparation.	
Recommended literature:	
Course language:	
Notes:	

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