CONTENT

1. Ancient Philosophy and Present Times	2
2. Chapters from History of Philosophy of 19th and 20th Centuries (General Introduction)	3
3. Communication and Cooperation	4
4. History of Philosophy 2 (General Introduction)	
5. Idea Humanitas 2 (General Introduction)	6
6. Psychology and Health Psychology (Master's Study)	7
7. Seaside Aerobic Exercise	9
8. Social-Psychological Training of Coping with Critical Life Situations	11
9. Sports Activities I	12
10. Sports Activities II	14
11. Sports Activities III	16
12. Sports Activities IV	18
13. Summer Course-Rafting of TISA River	20
14. Survival Course	22

University: P. J. Ša	afárik Univers	ity in Košice			
Faculty: Faculty of	f Science				
Course ID: KF/ AFS/05	Course na	me: Ancient Phi	losophy and Pre	esent Times	
Course type, scope Course type: Prac Recommended co Per week: 2 Per s Course method: 1	ctice ourse-load (h study period:	ours):			
Number of ECTS	credits: 2				
Recommended ser	nester/trimes	ter of the cours	e: 2.		
Course level: II.					
Prerequisities:					
Conditions for cou	ırse completi	on:			
Learning outcome	es:				
Brief outline of the	e course:				
Recommended lite	erature:				
Course language:					
Notes:					
Course assessmen Total number of as		ts: 31			
A	В	С	D	E	FX
80.65	6.45	6.45	0.0	6.45	0.0
Provides: Doc. Phl	Dr. Peter Nezr	ník, CSc.			
Date of last modifi	ication: 17.09	.2020			
Approved:				-	

University: P. J. Ša	afárik Universi	ty in Košice			
Faculty: Faculty o	f Science				
Course ID: KF/ KDF/05		me: Chapters fro General Introdu	•	nilosophy of 19th	and 20th
Course type, scop Course type: Pra Recommended co Per week: 2 Per s Course method:	ctice ourse-load (ho study period: 1	ours):			
Number of ECTS	credits: 2				
Recommended ser	mester/trimest	ter of the cours	e: 2.		
Course level: II.					
Prerequisities:					
Conditions for co	urse completio	on:			
Learning outcome	es:				
Brief outline of th	e course:				
Recommended lite	erature:				
Course language:					
Notes:					
Course assessmen Total number of as		s: 10			
А	В	С	D	Е	FX
50.0	20.0	10.0	0.0	10.0	10.0
Provides: PhDr. D	ušan Hruška, P	hD.			
Date of last modif	ication: 03.05.	.2015			
Approved:					

University: P. J. Šaf	árik Univers	ity in Košice	
Faculty: Faculty of	Science		
Course ID: KPPaPZ/KK/07	Course na	me: Communication and Cooper	ation
Course type, scope Course type: Pract Recommended co Per week: 2 Per st Course method: p	tice urse-load (h tudy period:	ours):	
Number of ECTS c	credits: 2		
Recommended sem	ester/trimes	ster of the course: 3.	
Course level: II.			
Prerequisities:			
Conditions for cou	rse completi	on:	
Learning outcomes	:		
Brief outline of the	course:		
Recommended lite	rature:		
Course language:			
Notes:			
Course assessment Total number of ass	essed studen	ts: 281	
abs		n	Z
98.22		1.78	0.0
Provides: Mgr. Ond	rej Kalina, P	hD., Mgr. Lucia Barbierik, PhD.	
Date of last modifie	cation: 24.06	5.2021	
Approved:			

University: P. J. Š	afárik Univers	ity in Košice			
Faculty: Faculty of	of Science				
Course ID: KF/ DF2p/03	Course na	me: History of F	Philosophy 2 (Ge	eneral Introductio	on)
Course type, scop Course type: Lee Recommended o Per week: 2 / 1 F Course method:	cture / Practice course-load (h Per study perio	ours):			
Number of ECTS	6 credits: 4				
Recommended se	emester/trimes	ster of the cours	2:		
Course level: I., I	I.				
Prerequisities:					
Conditions for co	urse completi	on:			
Learning outcom	es:				
Brief outline of th	ne course:				
Recommended lit	terature:				
Course language:					
Notes:					
Course assessmer Total number of a		ts: 742			
A	В	С	D	Е	FX
60.78	13.88	12.67	8.63	3.37	0.67
Provides: Doc. Ph Stojka, PhD.	Dr. Peter Nezr	ník, CSc., PhDr. I	Katarína Mayero	ová, PhD., doc. M	lgr. Róbert
Date of last modi	fication: 25.03	5.2020			
Approved:					

University: P. J. Ša	afárik Universit	y in Košice			
Faculty: Faculty of	f Science				
Course ID: KF/ IH2/03	Course nar	ne: Idea Huma	nitas 2 (General 1	Introduction)	
Course type, scope Course type: Prac Recommended co Per week: 2 Per s Course method: 1	ctice ourse-load (ho study period: 2	urs):			
Number of ECTS	credits: 2				
Recommended ser	nester/trimest	er of the cours	e: 3.		
Course level: II.					
Prerequisities:					
Conditions for cou	ırse completio	n:			
Learning outcome	es:				
Brief outline of the	e course:				
Recommended lite	erature:				
Course language:					
Notes:					
Course assessmen Total number of as		s: 10			
A	В	С	D	Е	FX
90.0	10.0	0.0	0.0	0.0	0.0
Provides: Doc. Phi	Dr. Peter Nezní	k, CSc.			1
Date of last modifi	ication: 12.02.	2021			
Approved:					

Faculty: Faculty of Sc	vience
Course ID:	Course name: Psychology and Health Psychology (Master's Study)
KPPaPZ/PPZMg/12	Course name. I sychology and freaturit sychology (Master's Study)
Course type, scope an Course type: Lecture Recommended cour Per week: 1 / 2 Per s Course method: pres	e / Practice rse-load (hours): study period: 14 / 28
Number of ECTS cre	edits: 4
Recommended semes	ster/trimester of the course:
Course level: II.	
Prerequisities:	
Written examination (Conditions for admiss Conditions for the fina Exam: written form (r Conditions for succe assignments and at lea Detailed information subject will be realize	ion and discussion on a selected topic - max. 15 points. (maximum 30 points). sion to the exam: min. 25 points. al assessment: max. 50 points, min. 25 points) essful completion of the course: participation in lessons, fulfillment of ast 66 points from the overall evaluation. in the electronic bulletin board of the course in AIS2. The teaching of the d by a combined method.
salutogenic factors as the knowledge especi	erstand the basic concepts and theories of health psychology, can explai well as the consequences of risk behavior related to health. He is able to appl ally in the field of prevention of burnout syndrome and support of menta a teacher.
health in the work of a	burse:

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

А	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: 07.07.2021

Faculty: Faculty of ScienceCourse ID: ÚTVŠ/ ÚTVŠ/CM/13Course name: Seaside Aerobic ExerciseCourse type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 36s Course method: combined, presentNumber of ECTS credits: 2Recommended semester/trimester of the course: Course level: I., II.Prerequisities:Conditions for course completion: Conditions for course completion: Conditions for course completion: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the or the aim to improve the stay and to create positive experiencesBrief 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	w to spend leisure time in seaside tion with clients will be improved. ultural and art-oriented events, with
ÚTVŠ/CM/13 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. Prerequisities: Conditions for course completion: Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the c the aim to improve the stay and to create positive experiences 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	w to spend leisure time in seaside tion with clients will be improved. ultural and art-oriented events, with
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. Prerequisities: Conditions for course completion: Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the of the aim to improve the stay and to create positive experiences Brief outline of the course: I. Basics of seaside aerobics 2. Morning exercises 3. Pilates and its application in seaside conditions 4. Exercises for the spine 5. Yoga basics	tion with clients will be improved. ultural and art-oriented events, with
Recommended semester/trimester of the course: Course level: I., II. Prerequisities: Conditions for course completion: Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the c the aim to improve the stay and to create positive experiences Brief outline of the course: I. Basics of seaside aerobics 2. Morning exercises 3. Pilates and its application in seaside conditions 4. Exercises for the spine 5. Yoga basics	tion with clients will be improved. ultural and art-oriented events, with
Course level: I., II. Prerequisities: Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the c the aim to improve the stay and to create positive experiences 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	tion with clients will be improved. ultural and art-oriented events, with
Prerequisities: Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communical Students will acquire practical experience in organising the completence of the aim to improve the stay and to create positive experiences 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	tion with clients will be improved. ultural and art-oriented events, with
Conditions for course completion: Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the c the aim to improve the stay and to create positive experiences 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	tion with clients will be improved. ultural and art-oriented events, with
Conditions for course completion: Attendance Learning outcomes: Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the c the aim to improve the stay and to create positive experiences 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	tion with clients will be improved. ultural and art-oriented events, with
Learning outcomes: Students will be provided an overview of possibilities how conditions actively and their skills in work and communica Students will acquire practical experience in organising the of the aim to improve the stay and to create positive experiences 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	tion with clients will be improved. ultural and art-oriented events, with
 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 tim (children, young people, elderly) 8. Application of seaside cultural and art-oriented activities in 	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 41	
abs	n
12.2	

Provides: Mgr. Agata Horbacz, PhD.

Date of last modification: 15.03.2019

University: P. J. Šafá	rik Univers	ity in Košice	
Faculty: Faculty of S	cience		
Course ID: KPPaPZ/SPVKE/07	Course na Situations	me: Social-Psychological Tra	ining of Coping with Critical Life
Course type, scope a Course type: Practi Recommended cou Per week: 2 Per stu Course method: pro	ce rse-load (h dy period:	ours):	
Number of ECTS cr	edits: 2		
Recommended seme	ster/trimes	ter of the course: 2.	
Course level: II.			
Prerequisities:			
Conditions for cours	se completi	on:	
Learning outcomes:			
Brief outline of the c	ourse:		
Recommended liter	ature:		
Course language:			
Notes:			
Course assessment Total number of asse	ssed studen	ts: 126	
abs		n	Z
97.62		2.38	0.0
Provides: Mgr. Ondr	ej Kalina, P	hD.	
Date of last modifica	tion: 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: con	ce rse-load (hours): dy period: 28 mbined, present
Number of ECTS cr	edits: 2
Recommended seme	ster/trimester of the course: 1.
Course level: I., I.II.,	II.
Prerequisities:	
Conditions for cours Min. 80% of active p	e completion: articipation in classes.
They have a great im	their forms prepare university students for their professional and personal life. pact on physical fitness and performance. Specialization in sports activities strengthen their relationship towards the selected sport in which they also
University provides badminton, body form indoor football, S-M In the first two seme and particularities of i physical condition, c Last but not least, the	

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 ass Total numb	essment per of assesse	d students: 1	2859					
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:								

n v n			n Košice				
Faculty: Fac	culty of Sci	ience					
Course ID: ÚTVŠ/ Course name: Sports Activities II.							
Course typ Recommer Per week:	oe: Practice ided cours 2 Per stud	d the method se-load (hours y period: 28 bined, present	s):				
Number of	ECTS cree	dits: 2					
Recommen	ded semest	ter/trimester	of the cours	e: 2.			
Course leve	l: I., I.II., I	I.					
Prerequisiti	es:						
		completion: classes - min.	80%.				
•		act on physic rengthen their		-	-	-	
Brief outline Within the outline University badminton, indoor footh In the first t and particul	optional su provides f body form, ball, S-M sy two semest arities of in	bject, the Inst or students th bouldering, f ystems, step a ers of the firs dividual sport	itute of Phys he following loorball, yog erobics, tabl t level of ed ts, motor skil	sical Education g sports action a, power yog e tennis, tenni ucation studo ls, game action	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w	s of Pavol Jo pics, aikido, vimming, boo 1 and chess. ster basic cha vill improve lo	ozef Šafárik basketball, ly-building, aracteristics evel of their
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises	provides f body form, ball, S-M sy two semest arities of in ndition, co least, the i special pro- to these sp ucation trains of the facu	bject, the Inst or students the bouldering, f ystems, step a dividual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl it level of ed is, motor skil ilities, physic of sports ac cal physical itute offers	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, dy-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises Recommend	optional su provides f body form, ball, S-M sy two semest arities of in ndition, co least, the i special pro- to these sp ucation trains of the fact ded literat	bject, the Inst or students the bouldering, f ystems, step a dividual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl it level of ed is, motor skil ilities, physic of sports ac cal physical itute offers	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, ly-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises Recomment Course lang	optional su provides f body form, ball, S-M sy two semest arities of in ndition, co least, the i special pro- to these sp ucation trains of the fact ded literat	bject, the Inst or students the bouldering, f ystems, step a dividual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl it level of ed is, motor skil ilities, physic of sports ac cal physical itute offers	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, dy-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises Recomment Course lang Notes:	optional su provides f body form, ball, S-M sy two semest arities of in ndition, co least, the i special pro- to these sp ucation train s of the facu ded literat guage:	bject, the Inst or students the bouldering, f ystems, step a dividual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl it level of ed is, motor skil ilities, physic of sports ac cal physical itute offers	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, ly-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises Recommend Course lang Notes: Course asse	optional su provides f body form, ball, S-M sy two semest arities of in ndition, co- c least, the i special pro- to these sp ication train s of the fact ded literat guage:	bject, the Inst or students the bouldering, f ystems, step a dividual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl t level of ed ts, motor skil ilities, physic of sports ac cal physical itute offers attractive pro-	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, ly-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at
Brief outlin Within the o University badminton, indoor footh In the first t and particul physical con Last but not means of a s In addition physical edu the premises Recommend Course lang Notes: Course asse	optional su provides f body form, ball, S-M sy two semest arities of in ndition, co- c least, the i special pro- to these sp ication train s of the fact ded literat guage:	bject, the Inst or students the bouldering, f ystems, step a ters of the firs individual sport ordination abi mportant role gram of medic ports, the Inst nings with an a alty or Univers	itute of Phys he following loorball, yog erobics, tabl t level of ed ts, motor skil ilities, physic of sports ac cal physical itute offers attractive pro-	sical Education g sports action a, power yog e tennis, tenno ucation study ls, game action cal performativities is to e education to for those who gram and org	on and Sport vities: aerob a, pilates, sw is, volleybal ents will mas vities, they w nce, and mo eliminate swi influence and o are interes ganises variou	s of Pavol Jo pics, aikido, vimming, boo l and chess. ster basic cha vill improve lo tor performa imming illite d mitigate un sted winter a us competitio	ozef Šafárik basketball, ly-building, aracteristics evel of their ince fitness. racy and by ifitness. and summer ons, either at

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

Faculty: F			n Košice				
•	aculty of Sc	ience					
Course ID TVc/11	: ÚTVŠ/	Course name	: Sports Acti	vities III.			
Course ty Recommo Per week	vpe: Practice ended cours : 2 Per stud	d the method se-load (hour y period: 28 bined, presen	s):				
Number o	f ECTS cre	dits: 2					
Recomme	nded semes	ter/trimester	of the cours	e: 3.			
Course lev	rel: I., I.II., I	I.					
Prerequisi	ties:						
		completion: ticipation in c	classes				
They have	vities in all t a great imp	heir forms pre bact on physic rengthen their	al fitness an	d performan	ce. Specializ	ation in spor	rts activities
Within the	-	bject, the Inst		ical Educati	on and Sport	s of Pavol I	
badminton indoor foo In the first and particu physical c Last but no means of a In addition physical eo	body form tball, S-M s two semest alarities of ir ondition, co of least, the special pro to these sp ducation trai	or students t , bouldering, f ystems, step a ters of the firs adividual sport ordination abi important role gram of medic ports, the Inst nings with an a alty or Univers	loorball, yog erobics, table t level of ed s, motor skil ilities, physic of sports ac cal physical itute offers	a, power yog e tennis, tenr ucation stud ls, game acti cal performa tivities is to e education to for those wh gram and org	his, volleybal ents will mas vities, they w ince, and mo eliminate swi influence and to are interes ganises variou	bics, aikido, vimming, boo l and chess. ster basic ch vill improve l tor performa imming illite d mitigate ur sted winter a us competitio	basketball, dy-building, aracteristics level of their ance fitness eracy and by offitness. and summer ons, either at
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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

Faculty: Fa			n Košice				
	aculty of Sci	ence					
Course ID: ÚTVŠ/ TVd/11Course name: Sports Activities IV.							
Course ty Recomme Per week:	pe: Practice nded cours 2 Per stud	d the method e-load (hours y period: 28 bined, present	s):				
Number of	ECTS cred	lits: 2					
Recommen	ded semest	er/trimester	of the cours	se: 4.			
Course lev	el: I., I.II., I	[.					
Prerequisit	ties:						
		completion: ticipation in c	lasses				
They have enables stu improve.	vities in all th a great imp idents to str	neir forms prej act on physic rengthen their	al fitness an	d performan	ce. Specializa	ation in spor	ts activities
Within the University badminton, indoor foot In the first and particu physical co	provides for body form, ball, S-M sy two semest larities of in ondition, coo t least, the i	oject, the Insti- or students the bouldering, fl vstems, step ac- ers of the firs dividual sport ordination abi-	ne following loorball, yog erobics, tabl t level of ed s, motor skil lities, physi	g sports acti ga, power yog e tennis, tenn lucation stude ls, game activical performa	wities: aerob ga, pilates, sw his, volleyball ents will mas vities, they w nce, and mot	vics, aikido, imming, boo and chess. ater basic cha ill improve le tor performa	basketball, ly-building, aracteristics
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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

University: P. J. Šafá	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: pre	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: Ra	•
Learning outcomes: Learning outcomes: Students have knowled	edge of rafts (canoe) and their control on waterway.
5. Canoe lifting and c	burse: ficulty of waterways fting ning using an empty canoe carrying n the water without a shore contact be out of the water
Recommended litera	iture:
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:	

Faculty: Faculty of S	
- acuity of 0	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: course	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	•
Learning outcomes: Learning outcomes: Students will be far	
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 n work and students will learn how to manage and face the situations that of obstacles.
conditions as they wi and demanding situal course develops team require overcoming of Brief outline of the c Brief outline of the c Lectures: 1. Principles of behav 2. Preparation and lea 3. Objective and subj 4. Principles of hygie Exercises: 1. Movement in terra	Il obtain theoretical knowledge and practical skills to solve the extraordinary ations connected with survival and minimization of damage to health. The n work and students will learn how to manage and face the situations that of obstacles. Fourse: ourse: 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
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Course assessment Total number of assessed students: 393	
abs	n
44.53	55.47
Provides: MUDr. Peter Dombrovský, Mgr. Ladis	lav Kručanica, PhD.
Date of last modification: 15.03.2019	
Approved:	