

CONTENT

1. Analysis of Hockey Matches.....	3
2. Animation in movement recreation.....	4
3. Anthropomotrics.....	5
4. Bachelor Thesis and its Defence.....	6
5. Basic of First Aid.....	7
6. Basic of Kinesiology.....	8
7. Basic of Track and Field.....	9
8. Basics of English Terminology Physical Activity Programs.....	10
9. Basics of Gymnastics.....	11
10. Basics of Pedagogy.....	12
11. Basics of nutrition.....	13
12. Basics of team sports.....	14
13. Biomechanics.....	15
14. Classic and sports massage.....	16
15. Conditioning gymnastics.....	17
16. Creating a diet program.....	18
17. Creation of movement programs.....	19
18. Dance composition.....	20
19. Didactics of Recreational Sports.....	21
20. Didactics of table tennis and badminton.....	22
21. Dietetics.....	23
22. English Language for Beginners 1.....	24
23. English Language for Beginners 2.....	26
24. English Language of Sport and Recreation I.....	28
25. English Language of Sport and Recreation II.....	30
26. Environmental health in physical recreation.....	32
27. Fitness training of athletes.....	33
28. Fitness-Specialization I.....	34
29. Fitness-Specialization II.....	35
30. Graduation Thesis.....	36
31. Human Anatomy.....	37
32. Information and Communication Technologies.....	38
33. Introduction to Sports and Recreation.....	40
34. Introduction to lifestyle.....	41
35. Lifestyle pillars.....	42
36. Lifestyle programming.....	43
37. Management and marketing in sports and recreation.....	44
38. Methodology of Basketball.....	45
39. Methodology of Floorball.....	46
40. Methodology of Football.....	47
41. Methodology of Swimming I.....	48
42. Methodology of Swimming II.....	49
43. Methodology of Tennis.....	50
44. Methodology of Volleyball.....	51
45. Non-Traditional Sports 1.....	52
46. Non-traditional sports 2.....	53
47. Physical Exercise Terminology.....	54
48. Physical activity for the disabled.....	55

49. Physiology and Exercise Physiology.....	56
50. Pilates.....	57
51. Professional Practice.....	58
52. Psychology and Health Psychology.....	59
53. Psychomotrics 1.....	60
54. Psychomotrics 2.....	61
55. Regeneration in Sport and Recreation.....	62
56. Russian Language for Non-Philological Students 1.....	63
57. Russian Language for Non-Philological Students 2.....	65
58. Seaside Aerobic Exercise.....	67
59. Slovak Language for UPJŠ International Students 1.....	69
60. Slovak Language for UPJŠ International Students 2.....	70
61. Spine stabilization 1.....	71
62. Spine stabilization 2.....	72
63. Sport Psychology and Sociology.....	73
64. Sport and Recreation-colloquial exam.....	74
65. Sports Training-Theory and Didactics.....	75
66. Sports history.....	76
67. Summer Course-Rafting of TISA River.....	77
68. Summer Outdoor Activities.....	79
69. Survival Course.....	80
70. Thesis Workshop.....	82
71. Tourism and recreation.....	83
72. Visitations in Recreational Services.....	84
73. Wall climbing 1.....	85
74. Wall climbing 2.....	86
75. Winter Outdoor Activities.....	87
76. Yoga.....	88

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ HO/23		Course name: Analysis of Hockey Matches			
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: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 0					
A	B	C	D	E	FX
0.0	0.0	0.0	0.0	0.0	0.0
Provides:					
Date of last modification: 31.08.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ AvPR/22		Course name: Animation in movement recreation			
Course type, scope and the method: Course type: Lecture / Practice / Seminar Recommended course-load (hours): Per week: 1 / 1 / 2 Per study period: 14 / 14 / 28 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 17					
A	B	C	D	E	FX
11.76	35.29	29.41	17.65	0.0	5.88
Provides: Mgr. Alena Buková, PhD., univerzitná docentka, Mgr. Petra Tomková, PhD., Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 30.01.2025					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ANT/22		Course name: Anthropomotorics			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 37					
A	B	C	D	E	FX
2.7	13.51	16.22	13.51	48.65	5.41
Provides: Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 17.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ BPO/15		Course name: Bachelor Thesis and its Defence			
Course type, scope and the method: Course type: Recommended course-load (hours): Per week: Per study period: Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course:					
Course level: I.					
Prerequisites: ÚTVŠ/BcP/15					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 171					
A	B	C	D	E	FX
11.7	26.9	25.73	16.37	19.3	0.0
Provides:					
Date of last modification: 31.01.2022					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZPP/14		Course name: Basic of First Aid			
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 6.					
Course level: I.					
Prerequisites: ÚTVŠ/ANČ/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 267					
A	B	C	D	E	FX
8.99	20.6	25.47	27.72	15.36	1.87
Provides: doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZAK/14		Course name: Basic of Kinesiology			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 2 Per study period: 14 / 28 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites: ÚTVŠ/ANČ/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 236					
A	B	C	D	E	FX
10.59	8.05	16.95	22.46	31.78	10.17
Provides: prof. MUDr. Ingrid Hodorová, PhD., Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 17.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ATL/13		Course name: Basic of Track and Field			
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: 3					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 255					
A	B	C	D	E	FX
17.25	27.84	29.8	12.55	5.88	6.67
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 03.10.2022					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZATPP/15		Course name: Basics of English Terminology Physical Activity Programs			
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 6.					
Course level: I.					
Prerequisites: CJP/AJŠR2/11					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 27					
A	B	C	D	E	FX
51.85	18.52	14.81	7.41	7.41	0.0
Provides: doc. PaedDr. Ivan Uher, MPH, PhD.					
Date of last modification: 16.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZGŠ/11		Course name: Basics of Gymnastics			
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: 3					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 301					
A	B	C	D	E	FX
6.31	19.93	31.89	19.93	14.95	6.98
Provides: Mgr. Petra Tomková, PhD.					
Date of last modification: 16.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZP/22		Course name: Basics of Pedagogy			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 2 Per study period: 14 / 28 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 411					
A	B	C	D	E	FX
14.36	14.36	20.19	13.14	17.52	20.44
Provides: Mgr. Zuzana Küchelová, PhD., Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 18.09.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZV/22		Course name: Basics of nutrition			
Course type, scope and the method: Course type: Lecture / Seminar 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: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 358					
A	B	C	D	E	FX
16.48	25.14	23.46	18.99	13.69	2.23
Provides: doc. Ing. Katarína Dubayová, PhD., doc. PaedDr. Ivan Uher, MPH, PhD., doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZKŠ/22		Course name: Basics of team sports			
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: 3					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 45					
A	B	C	D	E	FX
26.67	13.33	13.33	17.78	11.11	17.78
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ BIO/13		Course name: Biomechanics			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 386					
A	B	C	D	E	FX
24.09	26.94	24.87	12.95	10.1	1.04
Provides: Mgr. Dávid Kaško, PhD., Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 31.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ Ma/15		Course name: Classic and sports massage			
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: 3					
Recommended semester/trimester of the course: 6.					
Course level: I.					
Prerequisites: ÚTVŠ/ANČ/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 134					
A	B	C	D	E	FX
6.72	15.67	35.07	27.61	10.45	4.48
Provides: Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 27.01.2022					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ KG/17	Course name: Conditioning gymnastics
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: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 56	
abs	n
83.93	16.07
Provides: Mgr. Petra Tomková, PhD.	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TSP/22		Course name: Creating a diet program			
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: 5.					
Course level: I.					
Prerequisites: ÚTVŠ/ZV/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 29					
A	B	C	D	E	FX
27.59	37.93	24.14	10.34	0.0	0.0
Provides: doc. Ing. Katarína Dubayová, PhD., Mgr. Marcel Čurgali, Mgr. Dávid Kaško, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TPP/22		Course name: Creation of movement programs			
Course type, scope and the method: Course type: Lecture / Practice / Seminar Recommended course-load (hours): Per week: 1 / 2 / 1 Per study period: 14 / 28 / 14 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites: ÚTVŠ/DRŠ/14					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 30					
A	B	C	D	E	FX
16.67	13.33	6.67	26.67	23.33	13.33
Provides: prof. PaedDr. Ján Junger, CSc., Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 20.02.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ PS/15	Course name: Dance composition
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: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 28	
abs	n
64.29	35.71
Provides: Mgr. Petra Tomková, PhD.	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DRŠ/14		Course name: Didactics of Recreational Sports			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 2 Per study period: 14 / 28 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites: ÚTVŠ/ZP/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 309					
A	B	C	D	E	FX
6.15	11.65	15.86	20.71	21.36	24.27
Provides: prof. PaedDr. Ján Junger, CSc., Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ DSTaB/22	Course name: Didactics of table tennis and badminton
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: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 35	
abs	n
57.14	42.86
Provides: Mgr. Patrik Berta, Mgr. Dávid Kaško, PhD.	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DIET/22		Course name: Dietetics			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites: ÚTVŠ/ZV/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 29					
A	B	C	D	E	FX
10.34	10.34	10.34	41.38	24.14	3.45
Provides: doc. Ing. Iveta Cimboláková, PhD., doc. Ing. Katarína Dubayová, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/ AZAC1/15	Course name: English Language for Beginners 1
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: 3	
Recommended semester/trimester of the course: 1.	
Course level: I.	
Prerequisites:	
Conditions for course completion: Active classroom participation (maximum 2 absences tolerated), homework assignments completed by given deadlines. Continuous assessment: 2 tests (week 6/7, 12/13), no retake. Final assessment: average of tests and assignments. Grading scale: A 93-100 %, B 85-92 %, C 77-84 %, D 69-76 %, E 60-68 %, FX 59% and less	
Learning outcomes: The development of students' language skills - reading, writing, listening, speaking, improvement of their linguistic competence - students will learn new vocabulary and pronunciation, phrases and collocations and selected grammar aspects on level A0/A1, with focus on the language of Sports and Recreation study programme.	
Brief outline of the course: Overview of present, past and future tenses - forms and functions There is/are construction Modal verbs can, have to, must - forms and functions Prepositions, preposition combinations Word order in English, selected issues in English pronunciation Human body Selected vocabulary (free time, sports activities, attire, equipment and places)	
Recommended literature: Murphy, R.: English Grammar in Use. CUP, 1994 Redman, S.: English Vocabulary in Use. Pre-intermediate, intermediate. CUP, 2003 Booth, T.: English for Everyone - Beginner level 2, DK, 2016 www.bbclearningenglish.com www.linguahouse.com www.esllibrary.com	
Course language: English, level A0/A1	

Notes:					
Course assessment					
Total number of assessed students: 182					
A	B	C	D	E	FX
17.58	15.93	24.73	11.54	15.93	14.29
Provides: Mgr. Lenka Klimčáková					
Date of last modification: 09.09.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/ AZAC2/15	Course name: English Language for Beginners 2
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: 3	
Recommended semester/trimester of the course: 2.	
Course level: I.	
Prerequisites:	
Conditions for course completion: Active classroom participation (maximum 2 absences tolerated), homework assignments completed by given deadlines. Continuous assessment: 2 tests (week 6/7, 12/13), no retake. Final assessment: average of tests and assignments. Grading scale: A 93-100 %, B 85-92 %, C 77-84 %, D 69-76 %, E 60-68 %, FX 59% and less	
Learning outcomes: The development of students' language skills - reading, writing, listening, speaking, improvement of their linguistic competence - students will learn new vocabulary and pronunciation, phrases and collocations and selected grammar aspects on level A1, with focus on the language of Sports and Recreation study programme	
Brief outline of the course: Overview of English tenses (Present, past, future) Modal verbs Prepositions Word order Adjectives and adverbs Human body, parts of the body Illnesses, injuries Sports terminology	
Recommended literature: Murphy, R.: English Grammar in Use. CUP, 1994 Misztal, M: Tests in English. Thematic vocabulary, Fragment, 1998 Redman, S.: English Vocabulary in Use. Pre-intermediate, intermediate. CUP, 2003 www.bbclearningenglish.com www.linguahouse.com www.esllibrary.com	
Course language:	

English, level A1 (CEFR)					
Notes:					
Course assessment					
Total number of assessed students: 141					
A	B	C	D	E	FX
14.18	24.82	21.28	16.31	14.18	9.22
Provides: Mgr. Viktória Mária Slovenská, Mgr. Katarína Szabová, PhD.					
Date of last modification: 06.02.2025					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/AJŠR1/11	Course name: English Language of Sport and Recreation I
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: 3	
Recommended semester/trimester of the course: 1., 3.	
Course level: I.	
Prerequisites:	
Conditions for course completion: Active classroom participation (maximum 2 absences tolerated), homework assignments completed by given deadlines. Continuous assessment: 2 tests (week 6/7, 12/13), no retake. Powerpoint presentation of a topic related to the study field. Final assessment: average of tests and assignments. Grading scale: Stupnica hodnotení: A 93-100 %, B 85-92 %, C 77-84 %, D 69-76 %, E 60-68 %, FX 59% and less.	
Learning outcomes: The development of students' language skills - reading, writing, listening, speaking, improvement of their linguistic competence - students will learn new vocabulary and pronunciation, phrases and collocations and selected grammar aspects on level A1/A2, with focus on the language of Sports and Recreation study programme.	
Brief outline of the course: Sports, sport activities and benefits. Athletes and sports grounds. The Olympic games, history. Travelling and adventurous activities. The human body, parts of the body	
Recommended literature: Evans V., Dooley J., Graham A.,: Sports, Express Publishing, 2012 Vince, Michael: Macmillan English Grammar in Context. Macmillan: 2008 www.perfect-english-grammar.com www.linguahouse.com www.esllibrary.com/discover www.bbc.learningenglish.com www.insideout.net	
Course language: English, level A1	

Notes:					
Course assessment					
Total number of assessed students: 513					
A	B	C	D	E	FX
14.04	21.25	22.81	18.32	15.4	8.19
Provides: Mgr. Viktória Mária Slovenská					
Date of last modification: 09.09.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/AJŠR2/11	Course name: English Language of Sport and Recreation II
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: 3	
Recommended semester/trimester of the course: 2., 4.	
Course level: I.	
Prerequisites: CJP/AJŠR1/11	
Conditions for course completion: Active classroom participation (maximum 2 absences tolerated), homework assignments completed by given deadlines. Continuous assessment: 2 tests (wek 6/7, 12/13), no retake. Powerpoint presentation of a topic related to the study field. Final assessment: average of tests, delivered oral presentation. Grading scale: Stupnica hodnotenia: A 93-100 %, B 85-92 %, C 77-84 %, D 69-76 %, E 60-68 %, FX 59% and less.	
Learning outcomes: The development of students' language skills - reading, writing, listening, speaking, improvement of their linguistic competence - students will learn new vocabulary and pronunciation, phrases and collocations and selected grammar aspects on level A2, with focus on the language of Sports and Recreation study programme.	
Brief outline of the course: Benefits of sports and well-being Extreme and unusual sports. Sport safety, injuries and ailments. World records Travel and holiday Selected aspects of English grammar and pronunciation - practice of grammar tenses, negation and questions, comparative and superlative forms of adjectives and adverbs, prepositional phrases, phrasal verbs. Selected functional grammar - classifying and defining.	
Recommended literature: Evans V., Dooley J., Graham A.,: Sports, Express Publishing, 2012 Murphy, R.: English Grammar in Use. Cambridge University Press, 1994 Vince, Michael: Macmillan English Grammar in Context. Macmillan: 2008 esllibrary.com linguahouse.com www.insideout.net	

Course language: English, level A2 (CEFR)					
Notes:					
Course assessment Total number of assessed students: 408					
A	B	C	D	E	FX
18.38	25.74	19.36	12.99	18.14	5.39
Provides: Mgr. Viktória Mária Slovenská, Mgr. Katarína Szabová, PhD.					
Date of last modification: 06.02.2025					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ EZvPR/22		Course name: Environmental health in physical recreation			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 46					
A	B	C	D	E	FX
2.17	28.26	21.74	21.74	21.74	4.35
Provides: doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ KPŠ/22		Course name: Fitness training of athletes			
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: 3					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites: ÚTVŠ/TaDŠT/14					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 37					
A	B	C	D	E	FX
18.92	27.03	35.14	8.11	8.11	2.7
Provides: Mgr. Marcel Čurgali					
Date of last modification: 14.03.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ FitŠp I./14		Course name: Fitness-Specialization I.			
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: 3					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 180					
A	B	C	D	E	FX
32.78	11.67	10.0	5.56	21.11	18.89
Provides: Mgr. Dávid Kaško, PhD.					
Date of last modification: 16.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ Fšp/12		Course name: Fitness-Specialization II.			
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: 3					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites: ÚTVŠ/FitŠp I./14					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 112					
A	B	C	D	E	FX
74.11	12.5	6.25	2.68	1.79	2.68
Provides: Mgr. Dávid Kaško, PhD.					
Date of last modification: 17.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ BcP/15	Course name: Graduation Thesis
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present	
Number of ECTS credits: 5	
Recommended semester/trimester of the course: 6.	
Course level: I.	
Prerequisites: ÚTVŠ/SZP/12	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 197	
abs	n
87.82	12.18
Provides:	
Date of last modification: 27.01.2022	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ANČ/22		Course name: Human Anatomy			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 823					
A	B	C	D	E	FX
3.28	11.18	20.29	18.47	21.99	24.79
Provides: prof. MUDr. Ingrid Hodorová, PhD., doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 08.10.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚINF/ IKTP/15	Course name: Information and Communication Technologies
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: 1.	
Course level: I.	
Prerequisites:	
Conditions for course completion: Problems solved during the semester. A final project using presentation programs, spreadsheet programs, text processors, internet resources and search tools. The ECDL certificate (all 7 modulus) is accepted as the exam with the ranking "A-výborne".	
Learning outcomes: To achieve and extend fundamental information and communication knowledge to the level which is acceptable in the EU region.	
Brief outline of the course: 1.Information sheet of the subject. ÚINF / IKTP, content of the exercise, teaching resources, evaluation of the subject, examples of projects, e-mail (message structure, attachments, addresses, signature, filters), 2.WWW (advanced information search, bookmarks - naming, organizing, exporting, importing, feeds - iGoogle) 3.Word (font, search and replace, inserting links, symbols and images, tabs, line breaks, paragraphs, pages, multi-column rate, tables) 4.Word (paragraph styles, sections, header and footer, content and index creation) 5.Word (revision, mass correspondence, creation of forms, printing the document to the printer and to PDF) 6.Word (overview of typographic rules, project creation1 - design of structure and content) 7. Excel (workbook, sheet, table, cells (cell format), formulas (aggregation functions), data filtering, graphs) 8.PowerPoint (inserting slides with different layouts, tables, graphs, multimedia objects, changing designs, creating a presentation by importing a text file), submission of PROJEKT1 (text in the style of the final thesis) by e-mail to lubomirsnajder@gmail.com (Subject: IKTP - projekt1) 9.PowerPoint (slide master, slide numbering, presentation navigation - links, buttons, image compression, line color change) 10.PowerPoint (custom animations, presentation timing, annotations, printing the presentation and its outline, running the presentation) 11 PowerPoint (project creation2 - structure and content design)	

12. Presentation PROJEKT2 (PowerPoint presentation)					
13. Presentation PROJEKT2 (PowerPoint presentation)					
Recommended literature: 1. Franců, M: Jak zvládnout testy ECDL. Praha : Computer Press, 2007. 160 s. ISBN 978-80-251-1485-8. 2. Jančařík, A. et al.: S počítačem do Evropy – ECDL. 2. vydanie. Praha : Computer Press, 2007. 152 s. ISBN 80-251-1844-3. 3. Kolektív autorov: Sylabus ECDL verzia 5.0. [on-line] [citované 9.2.2010]. Dostupné na internete: < http://www.ecdl.sk/buxus/docs//interne_informacie/Sylabus_V5.0/20090630ECDL-SylabusV50_SK-V01_FIN.pdf >.					
Course language: Slovak or English					
Notes:					
Course assessment Total number of assessed students: 1035					
A	B	C	D	E	FX
65.6	17.78	6.86	3.57	1.64	4.54
Provides: doc. RNDr. Ľubomír Antoni, PhD.					
Date of last modification: 23.11.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ÚŠR/22		Course name: Introduction to Sports and Recreation			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 75					
A	B	C	D	E	FX
2.67	0.0	1.33	13.33	38.67	44.0
Provides: prof. PaedDr. Ján Junger, CSc.					
Date of last modification: 08.10.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ÚŽŠ/22		Course name: Introduction to lifestyle			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 42					
A	B	C	D	E	FX
23.81	11.9	33.33	7.14	19.05	4.76
Provides: doc. PaedDr. Ivan Uher, MPH, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PŽŠ/22		Course name: Lifestyle pillars			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites: ÚTVŠ/ÚŽŠ/22					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 4					
A	B	C	D	E	FX
25.0	25.0	50.0	0.0	0.0	0.0
Provides: Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TPŽŠ/22		Course name: Lifestyle programming			
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: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 32					
A	B	C	D	E	FX
46.88	28.13	9.38	15.63	0.0	0.0
Provides: doc. PaedDr. Ivan Uher, MPH, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ MaM/22		Course name: Management and marketing in sports and recreation			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 2 / 1 Per study period: 28 / 14 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 6.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 40					
A	B	C	D	E	FX
7.5	35.0	25.0	20.0	5.0	7.5
Provides: doc. Ing. Iveta Cimboláková, PhD., Mgr. Richard Melichar					
Date of last modification: 17.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DBa/13		Course name: Methodology of Basketball			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 282					
A	B	C	D	E	FX
19.15	14.54	19.5	19.5	19.86	7.45
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DFL/13		Course name: Methodology of Floorball			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 205					
A	B	C	D	E	FX
41.46	28.78	20.98	5.37	2.44	0.98
Provides: Mgr. Richard Melichar					
Date of last modification: 17.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DSFu/13		Course name: Methodology of Football			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 260					
A	B	C	D	E	FX
44.62	25.0	13.46	6.15	5.38	5.38
Provides: Mgr. Patrik Berta					
Date of last modification: 17.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PL1/11		Course name: Methodology of Swimming I.			
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: 3					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 465					
A	B	C	D	E	FX
30.32	11.61	15.48	9.68	19.35	13.55
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PL2/12		Course name: Methodology of Swimming II.			
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: 3					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites: ÚTVŠ/PL1/11					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 173					
A	B	C	D	E	FX
35.84	16.76	16.76	13.29	10.98	6.36
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ DT/13	Course name: Methodology of Tennis
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 2.	
Course level: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 200	
abs	n
83.0	17.0
Provides: Mgr. Richard Melichar	
Date of last modification: 22.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DVo/13		Course name: Methodology of Volleyball			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 260					
A	B	C	D	E	FX
10.38	13.46	35.77	21.92	18.08	0.38
Provides: Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 17.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ NŠ1/15		Course name: Non-Traditional Sports 1			
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: 3					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 161					
A	B	C	D	E	FX
67.7	13.66	11.8	1.86	0.0	4.97
Provides: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ NŠ2/22	Course name: Non-traditional sports 2
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: 6.	
Course level: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 26	
abs	n
80.77	19.23
Provides: Mgr. Richard Melichar	
Date of last modification: 06.10.2022	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TTC/14		Course name: Physical Exercise Terminology			
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 436					
A	B	C	D	E	FX
7.11	17.2	26.83	18.35	13.99	16.51
Provides: Mgr. Petra Tomková, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PAZO/22		Course name: Physical activity for the disabled			
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 13					
A	B	C	D	E	FX
23.08	15.38	38.46	23.08	0.0	0.0
Provides: Mgr. Alena Buková, PhD., univerzitná docentka, Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ FTC/14		Course name: Physiology and Exercise Physiology			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 2 / 1 Per study period: 28 / 14 Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 249					
A	B	C	D	E	FX
6.83	24.9	28.51	18.88	18.47	2.41
Provides: doc. PaedDr. Ivan Uher, MPH, PhD., prof. MUDr. Ingrid Hodorová, PhD., doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ Pil/15	Course name: Pilates
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 1.	
Course level: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 132	
abs	n
75.76	24.24
Provides: Mgr. Agata Dorota Horbacz, PhD.	
Date of last modification: 27.05.2020	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ODBP/12		Course name: Professional Practice			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 6.					
Course level: I.					
Prerequisites: ÚTVŠ/HOSP/14					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 275					
A	B	C	D	E	FX
60.73	18.91	16.36	2.91	0.0	1.09
Provides: Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 31.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PPZ/23		Course name: Psychology and Health Psychology			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 1.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 551					
A	B	C	D	E	FX
3.63	11.8	23.59	23.96	29.22	7.8
Provides: Mgr. Iveta Rajničová Nagyová, PhD., FABMR, Mgr. Pavol Mikula, PhD., Mgr. Vladimíra Timková, PhD.					
Date of last modification: 24.03.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PM1/17		Course name: Psychomotrics 1			
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: 3					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 107					
A	B	C	D	E	FX
73.83	15.89	3.74	0.0	0.0	6.54
Provides: Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 03.02.2025					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PM2/17		Course name: Psychomotrics 2			
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: 3					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 58					
A	B	C	D	E	FX
68.97	8.62	17.24	1.72	0.0	3.45
Provides: Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 03.02.2025					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ RŠaR/12		Course name: Regeneration in Sport and Recreation			
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 323					
A	B	C	D	E	FX
6.5	15.79	30.65	26.32	17.65	3.1
Provides: Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/RJ1/15	Course name: Russian Language for Non-Philological Students 1
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: I.	
Prerequisites:	
Conditions for course completion: Active seminar participation (2 absences tolerated), selfstudy, home assignments, tests, dictations, home reading, mini-presentations. Final assessment = the average of results obtained. Grading scale: A 100–92%, B 91–85%, C 84–78%, D 77–71%, E 70–65%, FX 64% and less.	
Learning outcomes:	
Brief outline of the course: Russian alphabet, orthography, pronunciation. Russian sentence, nouns, verb conjugation, modal and irregular verbs. Pronouns, numerals, adjectives and adverbs. Language interference. Vocabulary development (getting to know, who is who, hobbies and interests, family, friends, people – character traits, countries and nationalities, home town, my university, biography, famous people, etc.) Home reading - A. P. Chekhov	
Recommended literature: Nekolová, V., Camutaliová, I., Vasilieva-Lešková, A.: Ruština nejen pro samouky. Praha, Leda, 2007 Myronova, H., Gálová, D.: Ruština pro podnikatelskou sféru. Brno: Masarykova univerzita v Brně, Ekonomicko-správní fakulta, 2003. ISBN 80-210-3258-8. Available at: www.kj.fme.vutbr.cz/studopory/RU/phrases/BusinessRussian.pdf Fozikoš, A., Reiterová, T.: Reálie rusky mluvících zemí. Plzeň: Fraus, 1998. Oganessianová D., Tregubová, J.: Cvičebnice ruské gramatiky. Praha: Polyglot, 2004. + other materials provided by the lecturer	
Course language: Slovak language	
Notes:	

Course assessment					
Total number of assessed students: 493					
A	B	C	D	E	FX
45.03	16.23	13.59	8.92	6.09	10.14
Provides: Mgr. Ivana Kupková, PhD.					
Date of last modification: 12.09.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: CJP/RJ2/15	Course name: Russian Language for Non-Philological Students 2
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: I.	
Prerequisites: CJP/RJ1/15	
Conditions for course completion: Active seminar participation (2 absences tolerated), home assignments, tests, home reading, mini-presentations, selfstudy. Final assessment = the average of results obtained. Grading scale: A 93-100%, B 86-92%, C 79-85%, D 72-78%, E 65-71%, FX 64% and less.	
Learning outcomes: Students will acquire a good knowledge of the Russian language (pronunciation, grammar, vocabulary, language interference, etc.), basic language skills (listening, speaking, reading, writing) and communicative language competence (linguistic, sociolinguistic, pragmatic) according to the course syllabus with special reference to topics related to their study programme. The level of proficiency: A1/A2 (Common European Framework of Reference for Languages).	
Brief outline of the course: Vocabulary development (hobbies, foreign languages, job and duties, travel, plans, in a foreign city, abroad, leisure time, friends, EU, UNO, etc.). Grammar (nouns, verbs, adjectives and adverbs, verbs in present, past and future tense, modal and irregular verbs). Language interference, written communication. Home reading - L.N.Tolstoy, B. Pasternak, Radio UNO - news	
Recommended literature: Nekolová, V., Camutaliová, I., Vasilieva-Lešková, A.: Ruština nejen pro samouky. Praha: Leda 2007 Baláž, G., Čabala, M., Svetlík, J.: Gramatika ruštiny. Bratislava: SPN 1995 Balcar M.: Ruská gramatika v kostce. Praha, Leda 1999 Fozikoš, A., Reiterová, T.: Reálie rusky mluvících zemí. Plzeň: Fraus 1998 Oganessianová D., Tregubová, J.: Cvičebnice ruské gramatiky. Praha: Polyglot 2004 + materials provided by the lecturer https://gramota.ru/ https://ru.wikisource.org/wiki/	
Course language: Russian language A1	

Notes:					
Course assessment					
Total number of assessed students: 0					
A	B	C	D	E	FX
0.0	0.0	0.0	0.0	0.0	0.0
Provides: Mgr. Ivana Kupková, PhD.					
Date of last modification: 06.02.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ CM/13	Course name: Seaside Aerobic Exercise
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: I., II.	
Prerequisites:	
Conditions for course completion: Completion: passed Condition for successful course completion: - active participation in line with the study rule of procedure and course guidelines - effective performance of all tasks- aerobics, water exercise, yoga, Pilates and others	
Learning outcomes: Content standard: The student demonstrates relevant knowledge and skills in the field, which content is defined in the course syllabus and recommended literature. Performance standard: Upon completion of the course students are able to meet the performance standard and: - perform basic aerobics steps and basics of health exercises, - conduct verbal and non-verbal communication with clients during exercise, - organise and manage the process of physical recreation in leisure time	
Brief outline of the course: Brief outline of the course: 1. Basic aerobics – low impact aerobics, high impact aerobics, basic steps and cuing 2. Basics of aqua fitness 3. Basics of Pilates 4. Health exercises 5. Bodyweight exercises 6. Swimming 7. Relaxing yoga exercises 8. Power yoga 9. Yoga relaxation 10. Final assessment Students can engage in different sport activities offered by the sea resort – swimming, rafting, volleyball, football, table tennis, tennis and other water sports in particular.	
Recommended literature: 1. BUZKOVÁ, K. 2006. Fitness jóga. Praha: Grada. 167 s.	

2. ČECHOVSKÁ, I., MILEROVÁ, H., NOVOTNÁ, V. Aqua-fitness. Praha: Grada. 136 s.
3. EVANS, M., HUDSON, J., TUCKER, P. 2001. Umění harmonie: meditace, jóga, tai-či, strečink. 192 s.
4. JARKOVSKÁ, H., JARKOVSKÁ, M. 2005. Posilování s vlastním tělem 417 krát jinak. Praha: Grada. 209 s.
5. KOVAŘÍKOVÁ, K. 2017. Aerobik a fitness. Karolium, 130 s.

Course language:

Slovak language

Notes:

Course assessment

Total number of assessed students: 62

abs	n
9.68	90.32

Provides: Mgr. Agata Dorota Horbacz, PhD.

Date of last modification: 29.03.2022

Approved: prof. PaedDr. Ján Junger, CSc.

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice											
Faculty:											
Course ID: CJP/ SZSUPJS1/20				Course name: Slovak Language for UPJŠ International Students 1							
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 4 Per study period: 56 Course method: present											
Number of ECTS credits: 2											
Recommended semester/trimester of the course: 1.											
Course level: I., N											
Prerequisites:											
Conditions for course completion:											
Learning outcomes:											
Brief outline of the course:											
Recommended literature:											
Course language:											
Notes:											
Course assessment Total number of assessed students: 500											
1	2	3	4	A	B	C	D	E	FX	N	P
0.0	0.0	0.0	0.0	22.0	23.4	20.6	17.4	8.8	4.2	0.0	3.6
Provides: Oksana Humenna, CSc., doc. PhDr. Marianna Sedláková, PhD., PhDr. Mária Gondová, Mgr. Andrea Miškufová, Mgr. Daniela Gogová, PhDr. Jozef Bilský, PhD., Mgr. Barbora Margitová											
Date of last modification: 29.09.2022											
Approved: prof. PaedDr. Ján Junger, CSc.											

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice																	
Faculty:																	
Course ID: CJP/SZSUPJS2/20				Course name: Slovak Language for UPJŠ International Students 2													
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 4 Per study period: 56 Course method: present																	
Number of ECTS credits: 2																	
Recommended semester/trimester of the course: 2.																	
Course level: I., N																	
Prerequisites:																	
Conditions for course completion:																	
Learning outcomes:																	
Brief outline of the course:																	
Recommended literature:																	
Course language:																	
Notes:																	
Course assessment Total number of assessed students: 181																	
1	2	3	4	A	B	C	D	E	FX	N	Ne	Ns	P	PV	Pr	Us	
0.0	0.0	0.0	0.0	38.12	28.73	13.81	8.84	0.55	1.1	0.0	0.0	0.0	8.84	0.0	0.0	0.0	
Provides: PhDr. Mária Gondová, Oksana Humenna, CSc., PhDr. Beáta Jurečková, PhD.																	
Date of last modification: 05.02.2025																	
Approved: prof. PaedDr. Ján Junger, CSc.																	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ SPS1/22	Course name: Spine stabilization 1
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: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 32	
abs	n
84.38	15.63
Provides: Mgr. Agata Dorota Horbacz, PhD.	
Date of last modification: 02.10.2022	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ SPS2/22	Course name: Spine stabilization 2
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: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 11	
abs	n
90.91	9.09
Provides: Mgr. Agata Dorota Horbacz, PhD.	
Date of last modification: 20.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PSS/12		Course name: Sport Psychology and Sociology			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites: ÚTVŠ/PPZ/23					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 349					
A	B	C	D	E	FX
13.75	17.77	19.77	17.19	15.76	15.76
Provides: doc. PaedDr. Klaudia Zusková, PhD., Mgr. Július Evelley					
Date of last modification: 14.03.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ŠaR/15		Course name: Sport and Recreation-colloquial exam			
Course type, scope and the method: Course type: Recommended course-load (hours): Per week: Per study period: Course method: present					
Number of ECTS credits: 5					
Recommended semester/trimester of the course:					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 171					
A	B	C	D	E	FX
9.36	16.37	26.32	25.15	22.81	0.0
Provides:					
Date of last modification: 31.01.2022					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TaDŠT/14		Course name: Sports Training-Theory and Didactics			
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 2 / 2 Per study period: 28 / 28 Course method: present					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 4.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 308					
A	B	C	D	E	FX
5.84	11.36	20.45	22.08	21.75	18.51
Provides: Mgr. Marcel Čurgali, Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 12.03.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ HŠ/22		Course name: Sports history			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 322					
A	B	C	D	E	FX
6.21	11.18	16.46	18.63	30.43	17.08
Provides: prof. PaedDr. Ján Junger, CSc.					
Date of last modification: 08.10.2024					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
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: 2 Per study period: 28 Course method: present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 4.	
Course level: I., II.	
Prerequisites:	
Conditions for course completion: Completion: passed Condition for successful course completion: - active participation in line with the study rule of procedure and course guidelines - effective performance of all tasks: carrying a canoe, entering and exiting a canoe, righting a canoe, paddling	
Learning outcomes: Content standard: The student demonstrates relevant knowledge and skills in the field, which content is defined in the course syllabus and recommended literature. Performance standard: Upon completion of the course students are able to meet the performance standard and: - implement the acquired knowledge in different situations and practice, - implement basic skills to manipulate a canoe on a waterway, - determine the right spot for camping, - prepare a suitable material and equipment for camping.	
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: 1. JUNGER, J. et al. Turistika a športy v prírode. Prešov: FHPV PU v Prešove. 2002. ISBN 8080680973. Internetové zdroje: 1. STEJSKAL, T. Vodná turistika. Prešov: PU v Prešove. 1999. Dostupné na: https://ulozto.sk/tamhle/UkyxQ2lYF8qh/name/Nahrane-7-5-2021-v-14-46-39#!ZGDjBGR2AQtkAzVkAzLkLJWuLwWxZ2ukBRLjnGqSomICMmOyZN==	
Course language: Slovak language	
Notes:	
Course assessment Total number of assessed students: 232	
abs	n
36.64	63.36
Provides: Mgr. Dávid Kaško, PhD.	
Date of last modification: 29.03.2022	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ LOA/14		Course name: Summer Outdoor Activities			
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: 3					
Recommended semester/trimester of the course: 2.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 248					
A	B	C	D	E	FX
42.34	26.61	18.55	10.48	2.02	0.0
Provides: Mgr. Dávid Kaško, PhD., Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 16.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ KP/12	Course name: Survival Course
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: I., II.	
Prerequisites:	
Conditions for course completion: Completion: passed Condition for successful course completion: - active participation in line with the study rule of procedure and course guidelines, - effective performance of all the tasks defined in the course syllabus	
Learning outcomes: Content standard: The student demonstrates relevant knowledge and skills in the field, which content is defined in the course syllabus and recommended literature. Performance standard: Upon completion of the course students are able to meet the performance standard and should: - acquire knowledge about safe stay and movement in natural environment, - obtain theoretical knowledge and practical skills to solve extraordinary and demanding situations connected with survival and minimization of damage to health, - be able to resist and face situations related to overcoming barriers and obstacles in natural environment, - be able implement the acquired knowledge as an instructor during summer sport camps for children and youth within recreational sport.	
Brief outline of the course: Brief outline of the course: 1. Principles of conduct and safety in the movement in unfamiliar natural environment 2. Preparation and guidance of a hike tour 3. Objective and subjective danger in the mountains 4. Principles of hygiene and prevention of damage to health in extreme conditions 5. Fire building 6. Movement in the unfamiliar terrain, orientation and navigation 7. Shelters 8. Food preparation and water filtering 9. Rappelling, Tyrolian traverse 10. Transport of an injured person, first aid	

Recommended literature:	
1. JUNGER, J. et al. Turistika a športy v prírode. Prešov: Fakulta humanitných a prírodných vied PU v Prešove. 2002. 267s. ISBN 80-8068-097-3.	
2. PAVLÍČEK, J. Člověk v drsné přírodě. 3. vyd. Praha: Práh. 2002. ISBN 8072520598.	
3. WISEMAN, J. SAS: příručka jak přežít. Praha: Svojtka & Co. 2004. 566s. ISBN 8072372807.	
Course language: Slovak language	
Notes:	
Course assessment Total number of assessed students: 461	
abs	n
46.2	53.8
Provides: Mgr. Ladislav Kručanica, PhD.	
Date of last modification: 16.05.2023	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ SZP/12		Course name: Thesis Workshop			
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 282					
A	B	C	D	E	FX
6.03	16.67	28.37	24.47	20.57	3.9
Provides: prof. PaedDr. Ján Junger, CSc., Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ CRaR/22		Course name: Tourism and recreation			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 18					
A	B	C	D	E	FX
22.22	16.67	33.33	22.22	5.56	0.0
Provides: Mgr. Dávid Kaško, PhD.					
Date of last modification: 22.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ HOSP/14		Course name: Visitations in Recreational Services			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 5.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 231					
A	B	C	D	E	FX
65.37	18.18	10.82	2.6	2.16	0.87
Provides: Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 31.05.2023					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ ŠL1/15	Course name: Wall climbing 1
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: 1.	
Course level: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 143	
abs	n
72.73	27.27
Provides: Mgr. Patrik Berta	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ ŠL2/15	Course name: Wall climbing 2
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: I.	
Prerequisites: ÚTVŠ/ŠL1/15	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 83	
abs	n
77.11	22.89
Provides: Mgr. Patrik Berta	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ZOA/14		Course name: Winter Outdoor Activities			
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: 3					
Recommended semester/trimester of the course: 3.					
Course level: I.					
Prerequisites:					
Conditions for course completion:					
Learning outcomes:					
Brief outline of the course:					
Recommended literature:					
Course language:					
Notes:					
Course assessment Total number of assessed students: 288					
A	B	C	D	E	FX
15.97	36.81	31.25	11.46	3.82	0.69
Provides: Mgr. Richard Melichar, Mgr. Petra Tomková, PhD.					
Date of last modification: 16.09.2021					
Approved: prof. PaedDr. Ján Junger, CSc.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ JOG/12	Course name: Yoga
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 1 Per study period: 14 Course method: present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 6.	
Course level: I.	
Prerequisites:	
Conditions for course completion:	
Learning outcomes:	
Brief outline of the course:	
Recommended literature:	
Course language:	
Notes:	
Course assessment Total number of assessed students: 248	
abs	n
76.21	23.79
Provides: Mgr. Agata Dorota Horbacz, PhD.	
Date of last modification: 17.09.2021	
Approved: prof. PaedDr. Ján Junger, CSc.	