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COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ÚTVŠ/BAPA/26		Course name: Behavioral aspects of physical activity and lifestyle			
Course type, scope and the method: Course type: Lecture / Practice / Seminar Recommended course-load (hours): Per week: 2 / 0 / 2 Per study period: 28 / 0 / 28 Course method: combined					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: prof. Mgr. Josef Mitáš, Ph.D., Mgr. Július Evelley, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ KŠS/26		Course name: Colloquial state exam			
Course type, scope and the method: Course type: Recommended course-load (hours): Per week: Per study period: Course method: combined					
Number of ECTS credits: 10					
Recommended semester/trimester of the course:					
Course level: II.					
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: 28.11.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ KPI/26		Course name: Conditioning swimming			
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: Mgr. Ladislav Kručanica, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TaVAE/26		Course name: Creation and teaching of aerobics classes			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 30s Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: Mgr. Alena Buková, PhD., univerzitná docentka, Mgr. Petra Melicharová, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DŠaŽŠ/26		Course name: Diagnostics in sports and lifestyle			
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: combined					
Number of ECTS credits: 6					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: Mgr. Ferdinand Salonna, PhD., Mgr. Patrik Berta, Mgr. Marcel Čurgali, PhD., Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ DPS1/26	Course name: Diploma seminar 1
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined	
Number of ECTS credits: 3	
Recommended semester/trimester of the course: 3.	
Course level: II.	
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	
abs	n
0.0	0.0
Provides:	
Date of last modification: 11.12.2025	
Approved: prof. Mgr. Josef Mitáš, Ph.D.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ DPS 2/26	Course name: Diploma seminar 2
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined	
Number of ECTS credits: 3	
Recommended semester/trimester of the course: 4.	
Course level: II.	
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	
abs	n
0.0	0.0
Provides:	
Date of last modification: 11.12.2025	
Approved: prof. Mgr. Josef Mitáš, Ph.D.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ AjŠV/26		Course name: English for Sports Sciences			
Course type, scope and the method: Course type: Seminar Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined					
Number of ECTS credits: 2					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: 16.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ EDPS/26		Course name: Environmental determinants of physical activity behavior			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: prof. Mgr. Josef Mitáš, Ph.D.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ FKP/26		Course name: Functional and conditioning exercises in practice			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: Mgr. Alena Buková, PhD., univerzitná docentka, Mgr. Petra Melicharová, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PZaPA/26		Course name: Health promotion and physical activity support			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: doc. PaedDr. Ivan Uher, MPH, PhD., prof. MUDr. PhDr. Peter Kalanin, PhD. et PhD., prof. Mgr. Josef Mitáš, Ph.D., prof. MVDr. Tatiana Kimáková, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ HPŽŠ/26		Course name: Holistic approach to lifestyle			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 4.					
Course level: II.					
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: doc. PaedDr. Ivan Uher, MPH, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ BIaMK/26		Course name: Image building and marketing communication in sports			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: doc. Ing. Viktória Ali Taha, PhD., doc. Ing. Iveta Cimboláková, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PLŠ/26		Course name: Law and legislation in sport			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: doc. JUDr. Jaroslav Čollák, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ VaR/26		Course name: Leadership and managing people in sport			
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: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: doc. Ing. Viktória Ali Taha, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ROŠP/26		Course name: Management and organization of sporting events			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: Mgr. Agata Dorota Horbacz, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ME/26		Course name: Managerial economics			
Course type, scope and the method: Course type: Lecture Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: doc. Ing. Viktória Ali Taha, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ DPO/26		Course name: Master's thesis defense			
Course type, scope and the method: Course type: Recommended course-load (hours): Per week: Per study period: Course method: combined					
Number of ECTS credits: 10					
Recommended semester/trimester of the course:					
Course level: II.					
Prerequisites: ÚTVŠ/DPS1/26 and ÚTVŠ/DPS 2/26					
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: 01.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ MVŠ/26		Course name: Methodology of sports sciences			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: prof. PaedDr. Ján Junger, CSc., prof. Mgr. Josef Mitáš, Ph.D.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ VSD/26		Course name: Nutrition, supplementation, and doping in 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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: doc. Ing. Iveta Cimboláková, PhD., prof. MUDr. PhDr. Peter Kalanin, PhD. et PhD., prof. MVDr. Tatiana Kimáková, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ PPZŠ/26		Course name: Pedagogical and Psychological Foundations of Sports			
Course type, scope and the method: Course type: Lecture / Seminar Recommended course-load (hours): Per week: 1 / 1 Per study period: 14 / 14 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: Mgr. Zuzana Küchelová, PhD.					
Date of last modification: 16.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ OT/26		Course name: Personal trainer			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 30s Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: Mgr. Marcel Čurgali, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ OP1/26		Course name: Professional internship I: Sports clubs			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 40s Course method: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: Mgr. Ladislav Kručanica, PhD., Mgr. Richard Melichar					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ OP2/26		Course name: Professional internship II: Municipal and commercial sport			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 40s Course method: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 4.					
Course level: II.					
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: Mgr. Ladislav Kručanica, PhD., Mgr. Richard Melichar					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ RvŠ/26	Course name: Representation in sport
Course type, scope and the method: Course type: Recommended course-load (hours): Per week: Per study period: Course method: combined	
Number of ECTS credits: 4	
Recommended semester/trimester of the course: 1., 2..	
Course level: II.	
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	
abs	n
0.0	0.0
Provides:	
Date of last modification: 11.12.2025	
Approved: prof. Mgr. Josef Mitáš, Ph.D.	

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TŠL/26		Course name: Sport climbing coach			
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined					
Number of ECTS credits: 3					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: Mgr. Patrik Berta					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ TVa/11	Course name: Sports Activities I.
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined, present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 1.	
Course level: I., II., P	
Prerequisites:	
Conditions for course completion: Min. 80% of active participation in classes.	
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.	
Brief outline of the course: Brief outline of the course: The Institute of physical education and sport at the Pavol Jozef Šafárik University offers 20 sports activities aerobics; aikido, basketball, badminton, body-balance, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, fitness, indoor football, SM system, step aerobics, table tennis, chess, volleyball, tabata, cycling. Additionally, the Institute of physical education and sport at the Pavol Jozef Šafárik University offers winter courses (ski course, survival) and summer courses (aerobics by the sea, rafting on the Tisza River) with an attractive programme, sports competitions with national and international participation.	
Recommended literature: BENČE, M. et al. 2005. Plávanie. Banská Bystrica: FHV UMB. 198s. ISBN 80-8083-140-8. [online] Dostupné na: https://www.ff.umb.sk/app/cmsFile.php?disposition=a&ID=571 BUZKOVÁ, K. 2006. Fitness jóga, harmonické cvičení těla I duše. Praha: Grada. ISBN 8024715252. JARKOVSKÁ, H, JARKOVSKÁ, M. 2005. Posilování s vlastním tělem 417 krát jinak. Praha: Grada. ISBN 9788024757308. KAČÁNI, L. 2002. Futbal:Tréning hrou. Bratislava: Peter Mačura – PEEM. 278s. ISBN 8089197027. KRESTA, J. 2009. Futsal.Praha: Grada Publishing, a.s. 112s. ISBN 9788024725345. LAWRENCE, G. 2019. Power jóga nejen pro sportovce. Brno: CPress. ISBN 9788026427902. ŠNER, Wolfgang. 2004. Posilování ve fitness. České Budějovice: Kopp. ISBN 8072322141.	

STACKEOVÁ, D. 2014. Fitness programy z pohledu kinantropologie. Praha: Galén. ISBN 9788074921155.
VOMÁČKO, S. BOŠTÍKOVÁ, S. 2003. Lezení na umělých stěnách. Praha: Grada. 129s. ISBN 8024721743.

Course language:
Slovak language

Notes:

Course assessment

Total number of assessed students: 16384

abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
85.48	0.06	0.0	0.0	0.0	0.04	9.25	5.17

Provides: Mgr. Patrik Berta, Mgr. Agata Dorota Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Ladislav Kručanica, PhD., Mgr. Richard Melichar, Mgr. Petra Melicharová, PhD., Mgr. Marcel Čurgali, PhD., Mgr. Alena Buková, PhD., univerzitná docentka, doc. PaedDr. Ivan Uher, MPH, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Zuzana Küchelová, PhD., Mgr. Ferdinand Salonna, PhD., Mgr. Július Evelley, PhD.

Date of last modification: 07.02.2024

Approved: prof. Mgr. Josef Mitáš, Ph.D.

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ TVb/11	Course name: Sports Activities II.
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: 2 Per study period: 28 Course method: combined, present	
Number of ECTS credits: 2	
Recommended semester/trimester of the course: 2.	
Course level: I., II., P	
Prerequisites:	
Conditions for course completion: active participation in classes - min. 80%.	
Learning outcomes: Sports activities in all their forms prepare university students for their professional and personal life. They have a great impact on physical fitness and performance. Specialization in sports activities enables students to strengthen their relationship towards the selected sport in which they also improve.	
Brief outline of the course: Brief outline of the course: The Institute of physical education and sport at the Pavol Jozef Šafárik University offers 20 sports activities aerobics; aikido, basketball, badminton, body-balance, body form, bouldering, floorball, yoga, power yoga, pilates, swimming, fitness, indoor football, SM system, step aerobics, table tennis, chess, volleyball, tabata, cycling. Additionally, the Institute of physical education and sport at the Pavol Jozef Šafárik University offers winter courses (ski course, survival) and summer courses (aerobics by the sea, rafting on the Tisza River) with an attractive programme, sports competitions with national and international participation.	
Recommended literature: BENČE, M. et al. 2005. Plávanie. Banská Bystrica: FHV UMB. 198s. ISBN 80-8083-140-8. [online] Dostupné na: https://www.ff.umb.sk/app/cmsFile.php?disposition=a&ID=571 BUZKOVÁ, K. 2006. Fitness jóga, harmonické cvičení těla I duše. Praha: Grada. ISBN 8024715252. JARKOVSKÁ, H, JARKOVSKÁ, M. 2005. Posilování s vlastním tělem 417 krát jinak. Praha: Grada. ISBN 9788024757308. KAČÁNI, L. 2002. Futbal:Tréning hrou. Bratislava: Peter Mačura – PEEM. 278s. ISBN 8089197027. KRESTA, J. 2009. Futsal.Praha: Grada Publishing, a.s. 112s. ISBN 9788024725345. LAWRENCE, G. 2019. Power jóga nejen pro sportovce. Brno: CPress. ISBN 9788026427902. ŠNER, Wolfgang. 2004. Posilování ve fitness. České Budějovice: Kopp. ISBN 8072322141.	

STACKEOVÁ, D. 2014. Fitness programy z pohledu kinantropologie. Praha: Galén. ISBN 9788074921155.
VOMÁČKO, S. BOŠTÍKOVÁ, S. 2003. Lezení na umělých stěnách. Praha: Grada. 129s. ISBN 8024721743.

Course language:

Slovak language

Notes:

Course assessment

Total number of assessed students: 14337

abs	abs-A	abs-B	abs-C	abs-D	abs-E	n	neabs
83.67	0.47	0.01	0.0	0.0	0.04	11.47	4.32

Provides: Mgr. Agata Dorota Horbacz, PhD., Mgr. Dávid Kaško, PhD., Mgr. Marcel Čurgali, PhD., Mgr. Patrik Berta, Mgr. Ladislav Kručanica, PhD., Mgr. Richard Melichar, Mgr. Petra Melicharová, PhD., Mgr. Alena Buková, PhD., univerzitná docentka, doc. PaedDr. Ivan Uher, MPH, PhD., prof. RNDr. Stanislav Vokál, DrSc., Mgr. Zuzana Küchelová, PhD., Mgr. Ferdinand Salonna, PhD., Mgr. Július Evelley, PhD.

Date of last modification: 07.02.2024

Approved: prof. Mgr. Josef Mitáš, Ph.D.

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ŠaRvŠMKS/26		Course name: Sports and recreation in the state, non-governmental, and municipal spheres			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 3.					
Course level: II.					
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: doc. Ing. Viktória Ali Taha, PhD., prof. PaedDr. Ján Junger, CSc., Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 16.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ ŠT/26		Course name: Sports training			
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: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: Mgr. Marcel Čurgali, PhD., Mgr. Richard Melichar					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ SMaPŠ/26		Course name: Strategic management and entrepreneurship in sport			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 1.					
Course level: II.					
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: doc. Ing. Viktória Ali Taha, PhD., doc. Ing. Iveta Cimboláková, PhD., Mgr. Alena Buková, PhD., univerzitná docentka					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TeZ/26		Course name: Technologies in health and physical activity			
Course type, scope and the method: Course type: Lecture / Practice Recommended course-load (hours): Per week: 2 / 1 Per study period: 28 / 14 Course method: combined					
Number of ECTS credits: 4					
Recommended semester/trimester of the course: 4.					
Course level: II.					
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: prof. Mgr. Josef Mitáš, Ph.D., Mgr. Ferdinand Salonna, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice					
Faculty:					
Course ID: ÚTVŠ/ TS/26		Course name: Training strategies in lifestyle management			
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: combined					
Number of ECTS credits: 5					
Recommended semester/trimester of the course: 2.					
Course level: II.					
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: doc. PaedDr. Ivan Uher, MPH, PhD., Mgr. Július Evelley, PhD.					
Date of last modification: 11.12.2025					
Approved: prof. Mgr. Josef Mitáš, Ph.D.					

COURSE INFORMATION LETTER

University: P. J. Šafárik University in Košice	
Faculty:	
Course ID: ÚTVŠ/ DŠ/26	Course name: Volunteering in sport
Course type, scope and the method: Course type: Practice Recommended course-load (hours): Per week: Per study period: 20s Course method: combined	
Number of ECTS credits: 3	
Recommended semester/trimester of the course: 1.	
Course level: II.	
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	
abs	n
0.0	0.0
Provides: Mgr. Ladislav Kručanica, PhD.	
Date of last modification: 16.12.2025	
Approved: prof. Mgr. Josef Mitáš, Ph.D.	