

RECOMMENDED STUDY PLAN

Name of the higher education institution: *University of Prešov*

Type of the study programme: *standard/noncombined*

Name of the study programme: *Sport for Health*

Name of the field of study: *Sport Sciences*

Name of the faculty/university workplace: *Faculty of Sports*

Degree of higher education: *1.*

Form of study: *part-time*

Method of study: *combined*

COMPULSORY COURSES										
Course code	Prerequisites	Course title <i>Lecturer</i>	Recommended semester	Method of evaluation	Number of credits	Extent of direct teaching (semester)				Profile Course
						Lecturers	Seminars	Practical seminars	Laboratory seminars	
8KSK/ZZPEDe/22		Basics of pedagogy <i>Ass. prof. PaedDr. Iveta Boržíková, PhD.</i>	1	exam	4	7	7	0	0	yes
8KSK/ZSOMTe/22		Somatology <i>MUDr. Bibiána Vadašová, PhD. (university ass. prof.)</i> <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	1	exam	4	14	7	0	0	yes
8SEH/ZHISPe/22		History of sport <i>prof. PaedDr. Karol Görner, PhD.</i>	1	exam	4	7	7	0	0	yes
8SEH/ZORSPe/22		Organization and management of sport <i>prof. PaedDr. Karol Görner, PhD.</i>	1	<i>continuous assessment</i>	4	7	7	0	0	yes
8KES/ZSHVBe/22		Basics of Sports Games 1 <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i> <i>Mgr. et Mgr. Terézia Kovalik Slančová, PhD.</i> <i>Mgr. Zuzana Lašáková (expert from practice)</i>	1	<i>continuous assessment</i>	4	7	14	0	0	yes
8KES/ZFITNe/22		Fitness <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	1	<i>continuous assessment</i>	4	7	7	0	0	yes
8KSK/ZVYZSe/22		Education for healthy lifestyle <i>Ass. prof. Mgr. Rút Lenková, PhD.</i> <i>Mgr. Beáta Ružbarská, PhD.</i>	1	exam	4	7	7	0	0	yes

8SEH/ZRETVe/22		Recreational physical education Ass. prof. Mgr. Lenka Hnidková, PhD. Mgr. Peter Bakalár, PhD. (university ass. prof.)	2	exam	4	7	7	0	0	yes
8KSK/ZVVPSe/22		Developmental and general psychology Ass. prof. PaedDr. Karol Görner, PhD. Mgr. Marianna Berinšterová, PhD. (expert from practice)	2	exam	4	14	7	0	0	yes
8KSK/ZBIOMe/22		Biomechanics Mgr. Marek Kokinda, PhD. (university ass. prof.)	2	exam	4	7	7	0	0	yes
8KES/ZVSGYe/22		General and sport gymnastics Ass. prof. PaedDr. Iveta Boržiková, PhD.	2	continuous assessment	4	7	14	0	0	yes
8KES/ZISAPe/22		The basic of individual sports prof. Mgr. Wojciech Jerzy Czarny, PhD. Mgr. Pavol Čech, PhD. (university ass. prof.) Mgr. Ivan Matúš, PhD. (university ass. prof.) Mgr. Dalibor Dzugas, PhD.	2	continuous assessment	4	7	14	0	0	yes
8KES/ZTSPRe/22		Hiking and sports in nature Mgr. Ivan Matúš, PhD. (university ass. prof.)	2	continuous assessment	3	0	60 h. course	0	0	yes
8KSK/ZPRCCe/22		Prevention of lifestyle diseases MUDr. Bibiána Vadašová, PhD. (university ass. prof.) Ass. prof. PaedDr. Iveta Boržiková, PhD.	3	exam	4	7	7	0	0	yes
8KSK/ZPRPOe/22		First aid MUDr. Bibiána Vadašová, PhD. (university ass. prof.)	3	exam	3	7	7	0	0	yes
8KES/ZZRSPe/22		Basics of racket sports Mgr. Peter Kačúr, PhD. (university ass. prof.)	3	continuous assessment	4	7	14	0	0	yes
8KES/ZZJBLLe/22		Alpine and cross country skiing Ass. prof. Mgr. Rút Lenková, PhD.	3	continuous assessment	3	0	42 h. course	0	0	yes
8KSK/ZVYZZe/22		Nutrition for the health MUDr. Bibiána Vadašová, PhD. (university ass. prof.) Mgr. Beáta Ružbarská, PhD.	3	continuous assessment	3	7	7	0	0	yes
8KSK/ZFPPAe/22		Functional disorders of the musculoskeletal system Ass. prof. Mgr. Rút Lenková, PhD.	4	exam	4	7	14	0	0	yes
8KSK/ZANTRe/22		Antropomotorics Ass. prof. PaedDr. Pavel Ružbarský, PhD. (university prof.)	4	exam	4	7	7	0	0	yes
8SEH/ZFISOe/22		Philosophy and sociology of sport Ass. prof. PaedDr. Karol Görner, PhD. Mgr. Beáta Ružbarská, PhD. Mgr. et. Mgr. Terézia Kovalik Slančová, PhD.	4	exam	4	14	7	0	0	yes

8SEH/ZKOTRe/22		Fitness training <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i> <i>Mgr. Miroslav Ligday</i>	4	<i>continuous assessment</i>	3	0	14	0	0	yes
8KES/ZSHFFe/22		Basics of Sports Games 2 <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i> <i>Mgr. Tomáš Eliaš, PhD.</i>	4	<i>continuous assessment</i>	4	7	14	0	0	yes
8SEH/ZIMP1e/22		Instructor - methodical practice 1 <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	4	<i>completion</i>	2	0	26	0	0	yes
8KES/ZPSYCe/22		Psychomotorics <i>Ass. prof. PaedDr. Iveta Boržiková, PhD.</i>	5	<i>exam</i>	4	7	14	0	0	yes
8SEH/ZDISPe/22		Didactics of sport <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i> <i>Mgr. Tomáš Eliaš, PhD.</i>	5	<i>exam</i>	4	7	7	0	0	yes
8KSK/ZDGSPe/22		Diagnostics in sport <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	5	<i>exam</i>	4	7	14	0	0	yes
8SEH/ZNTKTe/22		New trends in fitness training <i>Ass. prof. Mgr. Rút Lenková, PhD.</i> <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	5	<i>exam</i>	4	7	14	0	0	yes
8KES/ZKPRSe/22		Fitness and coordination training in sport <i>Ass. prof. Mgr. Rút Lenková, PhD.</i> <i>Mgr. Dalibor Dzugas, PhD.</i>	5	<i>continuous assessment</i>	3	0	14	0	0	yes
8SEH/ZSBP1e/22		Bachelor Thesis Seminar 1 <i>Mgr. Peter Kačúr, PhD. (university ass. prof.)</i>	5	<i>continuous assessment</i>	3	0	7	0	0	yes
8SEH/ZSBP2e/22	Bachelor Thesis Seminar 1	Bachelor Thesis Seminar 2 <i>prof. PaedDr. Karol Görner, PhD.</i> <i>Supervisors of Bachelor theses</i>	6	<i>completion</i>	3	0	7	0	0	yes
8SEH/ZIMP2e/22		Instructor - methodical practice 2 <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	6	<i>completion</i>	2	0	26	0	0	yes
8KSK/ZOBBPe/22		Defense of bachelor thesis <i>prof. PaedDr. Karol Görner, PhD.</i>	6	<i>state exam</i>	10	0	0	0	0	yes
8KSK/ZSSSZe/22		Sports education and healthy lifestyle <i>prof. PaedDr. Karol Görner, PhD.</i>	6	<i>state exam</i>	6	0	0	0	0	yes

OBLIGATORY ELECTIVE COURSES EXCEPT FOR THE MODULE FOR COACHES AT THE 1 ST QUALIFICATION LEVEL IN THE RELEVANT SPORT SPECIALISATION										
Course code	Prerequisites	Course title <i>Lecturer</i>	Recommended semester	Method of evaluation	Number of credits	Extent of direct teaching (semester)				Profile Course
						Lecturers	Seminars	Practical seminars	Laboratory seminars	
8SEH/ZSTAJe/22		Sports English terminology <i>Mgr. Monika Vašková, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZOZAZe/22		Life and health protection <i>Mgr. Dalibor Dzugas, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZAER1e/22		Aerobic 1 <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	2	<i>continuous assessment</i>	2	7	0	0	0	no
8KES/ZRKS1e/22		Sport for all 1 <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	2	<i>continuous assessment</i>	2	7	0	0	0	yes
8KES/ZPLA1e/22		Swimming 1 <i>prof. Mgr. Wojciech Jerzy Czarny, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZGYMSe/22		Basic of gymnastic sports <i>Ass. prof. PaedDr. Iveta Boržíková, PhD.</i> <i>Mgr. Tibor Klaček</i>	2	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZAER2e/22		Aerobic 2 <i>Mgr. Beata Ružbarská, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZRKS2e/22		Sport for all 2 <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	yes
8KES/ZNSPHe/22		Non-traditional sports games <i>Mgr. Dalibor Dzugas, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZSPDMe/22		Physical training in childhood and youth <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	yes
8KES/ZOUTCe/22		Outdoor activities <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZPLA2e/22		Swimming 2 <i>prof. Mgr. Wojciech Jerzy Czarny, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	no
8KSK/ZRER1e/22		Basics of relaxation and regeneration 1 <i>MUDr. Bibiana Vadašová, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	0	7	0	0	yes
8KES/ZAER3e/22	Aerobic 2	Aerobic 3 <i>Mgr. Beata Ružbarská, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	no

8KES/ZRKS3e/22		Sport for all 3 <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	yes
8SEH/ZPRSPe/22		Law and sport <i>JUDr. Ľubomír Čiernik (expert from practice)</i>	4	<i>continuous assessment</i>	2	0	7	0	0	yes
8KES/ZVYTRe/22		Hiking <i>Mgr. Peter Kačúr, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	0	30 h. course	0	0	no
8KES/ZTAPSe/22		Dances and movement composition <i>Mgr. Beáta Ružbarská, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZAER4e/22	Aerobic 3	Aerobic 4 <i>Mgr. Beata Ružbarská, PhD.</i>	5	<i>exam</i>	2	0	7	0	0	no
8KES/ZPAPVe/22		Physical activities in the preschool age <i>Ass. prof. PaedDr. Iveta Boržiková, PhD.</i>	5	<i>continuous assessment</i>	2	0	7	0	0	no
8KSK/ZRER2e/22		Basics of relaxation and regeneration 2 <i>Mgr. Monika Vašková, PhD.</i>	5	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZPOWJe/22		Power yoga <i>Mgr. Beáta Ružbarská, PhD.</i>	5	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZANVAe/22		Animation of leisure activities <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	6	<i>continuous assessment</i>	2	0	7	0	0	yes
8KES/ZZUPSe/22		Basic of combat sports <i>Mgr. et Ing. Ján Pivovarník, PhD.</i> <i>Mgr. Miroslav Ligday</i>	6	<i>continuous assessment</i>	2	0	7	0	0	no
8KES/ZINSKe/22		In line skating <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	6	<i>continuous assessment</i>	2	0	7	0	0	no

Compulsory elective courses for the acquisition of professional competence to perform the professional activity of the coach at the 1st qualification level of the relevant sport specialization in accordance with Act No. 440/2015 Coll. on Sport and Amendments and Additions to Certain Acts and Decree No. 110/2016 Coll. of The Ministry of Education, Science, Research and Sport of the Slovak Republic on the professional training for the acquisition of professional competence in sport

OBLIGATORY ELECTIVE COURSES – MODULE FOR COACHES AT THE 1 ST QUALIFICATION LEVEL IN THE RESPECTIVE SPORT SPECIALISATION										
Course code	Prerequisites	Course title <i>Lecturer</i>	Recommended semester	Method of evaluation	Number of credits	Extent of direct teaching (semester)				Profile Course
						Lecturers	Seminars	Practical seminars	Laboratory seminars	
8KES/SAT1be/22		Sport specialization - athletics 1b <i>prof. PaedDr. Jaromír Sedláček, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SBA1be/22		Sport specialization - basketball 1b <i>Ing. Radko Dvorščák (expert from practice)</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFI1be/22		Sport specialization - body-building - fitness 2b <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFU1be/22		Sport specialization - football 1b <i>Mgr. Tomáš Eliaš, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SGY1be/22		Sport specialization - gymnastics - sport gymnastics 1b <i>Mgr. Tibor Klaček</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHA1be/22		Sport specialization - handball 1b <i>Mgr. Adam Mazur (expert from practice)</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHO1be/22		Sport Specialization - Ice hockey 1b <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SPL1be/22		Sport specialization - swimming sports - swimming 1b <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/ZSPDMe/22		Physical training in childhood and youth <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>yes</i>
8KES/SVO1be/22		Sport specialization - volleyball 1b <i>Mgr. et Mgr. Terézia Kovalik Slančová, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>

8KES/SAT2be/22	Sport specialization - athletics 1b	Sport specialization - athletics 2b <i>prof. PaedDr. Jaromír Sedláček, PhD.</i>	4	exam	2	0	7	0	0	no
8KES/SBA2be/22	Sport specialization - basketball 1b	Sport specialization - basketball 2b <i>Ing. Radko Dvorščák (expert from practice)</i>	4	exam	2	0	7	0	0	no
8KES/SFI2be/22	Sport specialization - body-building - fitness 1b	Sport specialization - body-building - fitness 2b <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	4	exam	2	0	7	0	0	no
8KES/SFU2be/22	Sport specialization - football 1b	Sport specialization - football 2b <i>Mgr. Tomáš Eliaš, PhD.</i>	4	exam	2	0	7	0	0	no
8KES/SGY2be/22	Sport specialization - gymnastics - sport gymnastics 1b	Sport specialization - gymnastics - sport gymnastics 2b <i>Mgr. Tibor Klaček</i>	4	exam	2	0	7	0	0	no
8KES/SHA2be/22	Sport specialization - handball 1b	Sport specialization - handball 2b <i>Mgr. Adam Mazur (expert from practice)</i>	4	exam	2	0	7	0	0	no
8KES/SHO2be/22	Sport Specialization - Ice hockey 1b	Sport Specialization - Ice hockey 2b <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	4	exam	2	0	7	0	0	no
8KES/SPL2be/22	Sport specialization - swimming sports - swimming 1b	Sport specialization - swimming sports - swimming 2b <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	4	exam	2	0	7	0	0	no
8KES/SVO2be/22	Sport specialization - volleyball 1b	Sport specialization - volleyball 2b <i>Mgr. et Mgr. Terézia Kovalík Slančová, PhD.</i>	4	exam	2	0	7	0	0	no
8KSK/ZRER1e/22		Basics of relaxation and regeneration 1 <i>MUDr. Bibiana Vadašová, PhD. (university ass. prof.)</i>	4	continuous assessment	2	0	7	0	0	yes

8KES/OPR1be/22	Relevant sport specialization 1b	Practical training 1b <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	4	completion	1	0	20	0	0	no
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VOLUNTARY COURSES										
Course code	Prerequisites	Course title <i>Lecturer</i>	Recommended semester	Method of evaluation	Number of credits	Extent of direct teaching (semester)				Profile Course
						Lecturers	Seminars	Practical seminars	Laboratory seminars	
8KSK/ZSRE1e/22		Sports representation PU 1 <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	2	completion	1	0	0	0	0	no
8KSK/VFU1be/22		Football 1b (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	2	completion	1	0	0	7	0	no
8KSK/VVO1be/22		Volleyball 1b (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	2	completion	1	0	0	7	0	no
8KSK/VFU2be/22		Football 2b (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	3	completion	1	0	0	7	0	no
8KSK/VVO2be/22		Volleyball 2b (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	3	completion	1	0	0	7	0	no
8KSK/ZSRE2e/22		Sports representation PU 2 <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	4	completion	1	0	0	0	0	no
8KSK/VFU3be/22		Football 3b (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	4	completion	1	0	0	7	0	no
8KSK/VVO3be/22		Volleyball 3b (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	4	completion	1	0	0	7	0	no
8KSK/VFU4be/22		Football 4b (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	5	completion	1	0	0	7	0	no

8KSK/VVO4be/22		Volleyball 4b (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	5	<i>completion</i>	1	0	0	7	0	<i>no</i>
8KSK/ZSRE3e/22		Sports representation PU 3 <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	6	<i>completion</i>	1	0	0	0	0	<i>no</i>
8KSK/ZSVECe/22		Student scientific activity <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	6	<i>completion</i>	2	0	0	0	0	<i>no</i>
8KSK/VFU5be/22		Football 5b (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	6	<i>completion</i>	1	0	0	7	0	<i>no</i>
8KSK/VVO5be/22		Volleyball 5b (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	6	<i>completion</i>	1	0	0	7	0	<i>no</i>

The student obtains 132 credits for his/her studies for the compulsory courses, which represents 73.3 % of the total number of 180 credits required for the proper completion of studies.

The recommended study programme offers the possibility to enrol in obligatory elective courses for 55 credits when completing 1 sport specialisation, of which 50 credits are for compulsory elective courses out of the module for coaches at the 1st qualification level. In order to graduate properly, a student needs to obtain a minimum of 39 credits for the obligatory elective courses.