

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: *2*

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	
8SEH/Z2PSYe/22		Sport Psychology <i>prof. PaedDr. Karol Görner, PhD.</i> <i>Mgr. Marianna Berinšterová, PhD. (expert from practice)</i>	1	<i>exam</i>	3	7	7	0	0	yes
8SEH/Z2FPSYe/22		Philosophical and legal aspects of sport <i>prof. PaedDr. Karol Görner, PhD.</i> <i>Mgr. Beáta Ružbarská, PhD.</i> <i>JUDr. Ľubomír Čiernik (expert from practice)</i>	1	<i>continuous assessment</i>	3	7	7	0	0	yes
8SEH/Z2SPTe/22		Sport training <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	1	<i>exam</i>	3	7	14	0	0	yes
8SEH/Z2KSVe/22		Communication in sport for all <i>Mgr. Peter Kačúr, PhD. (university ass. prof.)</i>	1	<i>continuous assessment</i>	2	7	7	0	0	yes
8SEH/Z2DSVe/22		Didactics in sport for all <i>Mgr. Peter Bakalár, PhD. (university ass. prof.)</i>	1	<i>exam</i>	3	7	14	0	0	yes
8KSK/Z2TELe/22		Sports medicine <i>MUDr. Bibiana Vadašová, PhD. (university ass. prof.)</i>	1	<i>exam</i>	3	7	7	0	0	yes
8KSK/Z2ABSe/22		Applied sport biomechanics <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	2	<i>exam</i>	3	7	7	0	0	yes
8KSK/Z2FYSe/22		Physiology of sports <i>MUDr. Bibiana Vadašová, PhD. (university ass. prof.)</i>	2	<i>exam</i>	3	7	0	0	0	yes

8KES/Z2KRSe/22		Communal recreation and sport <i>Mgr. Peter Bakalár, PhD. (university ass. prof.)</i>	2	<i>continuous assessment</i>	2	0	14	0	0	yes
8SEH/Z2MPVe/22		Methodology of pedagogical research <i>prof. PaedDr. Karol Görner, PhD.</i>	2	<i>exam</i>	3	7	7	0	0	yes
8SEH/Z2DZTe/22		Didactics of health physical education <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	2	<i>exam</i>	3	7	0	0	0	yes
8KSK/Z2SSZe/22		Health-promoting nutritional strategies <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	3	<i>continuous assessment</i>	2	7	7	0	0	yes
8SEH/Z2ITVe/22		Integrated physical education and sport <i>Ass. prof. PaedDr. Erika Chovanová, PhD.</i> <i>Ass. prof. PaedDr. Iveta Boržiková, PhD.</i>	3	<i>exam</i>	3	7	7	0	0	yes
8SEH/Z2ESSe/22		Ethical and sociological aspects of sport <i>prof. PaedDr. Karol Görner, PhD.</i> <i>Mgr. Terézia Kovalik Slančová, PhD.</i> <i>Mgr. Beáta Ružbarská, PhD.</i>	3	<i>continuous assessment</i>	2	7	0	0	0	yes
8SEH/Z2PP1e/22		Continual praxis in communal sphere 1 <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	3	<i>completion</i>	3	0	26 h.	0	0	yes
8KSK/Z2KINe/22		Kinesiology <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	3	<i>exam</i>	3	7	0	0	0	yes
8KSK/Z2DFPe/22		Assessment of the functional disorders of the musculoskeletal system <i>Ass. prof. Mgr. Rút Lenková, PhD.</i> <i>Mgr. Monika Vašková, PhD.</i>	3	<i>exam</i>	3	7	7	0	0	yes
8KES/Z2DPOe/22		Didactics of fitness <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	4	<i>exam</i>	2	0	7	0	0	yes
8SEH/Z2SSOe/22		Sport specifications in human ontogeny <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	4	<i>exam</i>	2	7	7	0	0	yes
8SEH/Z2RMSe/22		Project management and marketing in sport for all <i>Mgr. Peter Bakalár, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	7	7	0	0	yes
8KSK/Z2HYSe/22		Hygiene in sports <i>MUDr. Bibiána Vadašová, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	7	0	0	0	yes
8SEH/Z2SD1e/22		Diploma thesis seminar 1 <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	3	0	7	0	0	yes
8SEH/Z2PP2e/22		Continual praxis in communal sphere 2 <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	4	<i>completion</i>	3	0	26 h.	0	0	yes
8SEH/Z2SPRe/22		Continual praxis in communal sphere <i>Ass. prof. Mgr. Rút Lenková, PhD.</i>	5	<i>completion</i>	5	0	30 h.	0	0	yes

8SEH/Z2SD2e/22	Diploma thesis seminar 1	Diploma thesis seminar 2 <i>prof. PaedDr. Karol Görner, PhD.</i> <i>Supervisors of Bachelor theses</i>	5	<i>completion</i>	3	0	7	0	0	<i>yes</i>
8KSK/Z2ODPe/22		Defense of the master's thesis <i>prof. PaedDr. Karol Görner, PhD.</i>	5	<i>state exam</i>	14	0	0	0	0	<i>yes</i>
8KSK/Z2SSDe/22		Methodology of sport for all <i>prof. PaedDr. Karol Görner, PhD.</i>	5	<i>state exam</i>	6	0	0	0	0	<i>yes</i>

OBLIGATORY ELECTIVE COURSES EXCEPT FOR THE MODULE FOR COACHES AT THE 2 ND 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	
8KES/Z2GSVe/22		Gymnastics in sport for all <i>Mgr. Tibor Klaček</i>	1	continuous assessment	2	0	7	0	0	no
8KES/Z2FLOe/22		Florbal <i>Mgr. Dalibor Dzugas, PhD.</i>	1	continuous assessment	2	0	7	0	0	no
8KES/Z2TCHe/22		Technical sports <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	1	continuous assessment	2	0	7	0	0	no
8SEH/Z2PA1e/22		Physical activities in fitness 1 <i>Mgr. Beáta Ružbarská, PhD.</i>	1	continuous assessment	2	0	7	0	0	yes
8SEH/Z2AKSe/22		English conversation in sport <i>Mgr. Monika Vašková, PhD.</i>	1	continuous assessment	2	0	7	0	0	no
8SEH/Z2OLHe/22		Olympic movement <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	2	continuous assessment	2	0	7	0	0	no
8KES/Z2PPPe/22		Pre-school children physical training <i>Ass. prof. PaedDr. Iveta Boržíková, PhD.</i>	2	continuous assessment	2	0	7	0	0	no
8KES/Z2REAE/22		Recreation athletics <i>Mgr. Dalibor Dzugas, PhD.</i>	2	continuous assessment	2	0	7	0	0	yes
8SEH/Z2PA2e/22		Physical activities in fitness 2 <i>Mgr. Beáta Ružbarská, PhD.</i>	2	continuous assessment	2	0	7	0	0	yes
8KES/Z2VOLe/22		Volleyball <i>Mgr. Terézia Kovalik Slančová, PhD.</i>	2	continuous assessment	2	0	7	0	0	no
8KES/Z2ROAE/22		Recreational outdoor activities <i>Mgr. Peter Bakalár, PhD. (university ass. prof.)</i>	2	continuous assessment	2	0	30 h. course	0	0	no
8KSK/Z2STZe/22		Current trends in health-oriented physical education <i>Mgr. Monika Vašková, PhD.</i>	3	continuous assessment	2	0	7	0	0	no
8KES/Z2FUSE/22		Futsal <i>Mgr. Tomáš Eliaš, PhD.</i>	3	continuous assessment	2	0	7	0	0	no
8KSK/Z2PPSe/22		Support means in sport <i>Mgr. Beáta Ružbarská, PhD.</i>	3	continuous assessment	2	0	7	0	0	no

8KES/Z2C0Re/22		Core training <i>Mgr. Monika Vašková, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8SEH/Z2SPZe/22		Women's sports training <i>Ass. prof. PaedDr. Tomáš Perič, PhD.</i>	3	<i>continuous assessment</i>	2	0	7	0	0	<i>yes</i>
8KES/Z2SWAe/22		Street workout activities <i>Mgr. Tibor Klaček</i>	4	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8SEH/Z2ZSTe/22		Basics of statistics <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/Z2SSTe/22		Specifics of strength sports training <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	7	0	0	0	<i>no</i>
8KES/Z2ZPPe/22		Fundamentals of racing preparation for power sports competition <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	4	<i>continuous assessment</i>	2	7	0	0	0	<i>no</i>
8KES/Z2AQFe/22		Aquafitness <i>Mgr. Monika Vašková, PhD.</i>	4	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>

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/SAT1me/22		Sport specialization - athletics 1m <i>prof. PaedDr. Jaromír Sedláček, PhD.</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SBA1me/22		Sport specialization - basketball 1m <i>Ing. Radko Dvorščák (expert from practice)</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFIT1me/22		Sport specialization - body-building - fitness 1m <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFU1me/22		Sport specialization - football 1m <i>Mgr. Tomáš Eliaš, PhD.</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SGY1me/22		Sport specialization - gymnastics - sport gymnastics 1m <i>Mgr. Tibor Klaček</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHA1me/22		Sport specialization - handball 1m <i>Mgr. Adam Mazur (expert from practice)</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHO1me/22		Sport Specialization - Ice hockey 1m <i>Ass. prof. PaedDr. Tomáš Perič, PhD.</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SPL1me/22		Sport specialization - swimming sports - swimming 1m <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SVO1me/22		Sport specialization - volleyball 1m <i>Mgr. et Mgr. Terézia Kovalik Slančová, PhD.</i>	1	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>

8KES/SAT2me/22	Sport specialization - athletics 1m	Sport specialization - athletics 2m <i>prof. PaedDr. Jaromír Sedláček, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SBA2me/22	Sport specialization - basketball 1m	Sport specialization - basketball 2m <i>Ing. Radko Dvorščák (expert from practice)</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFI2me/22	Sport specialization - body-building - fitness 1m	Sport specialization - body-building - fitness 2m <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SFU2me/22	Sport specialization - football 1m	Sport specialization - football 2m <i>Mgr. Tomáš Eliaš, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SGY2me/22	Sport specialization - gymnastics - sport gymnastics 1m	Sport specialization - gymnastics - sport gymnastics 2m <i>Mgr. Tibor Klaček</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHA2me/22	Sport specialization - handball 1m	Sport specialization - handball 2m <i>Mgr. Adam Mazur (expert from practice)</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SHO2me/22	Sport Specialization - Ice hockey 1m	Sport Specialization - Ice hockey 2m <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SPL2me/22	Sport specialization - swimming sports - swimming 1m	Sport specialization - swimming sports - swimming 2m <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>
8KES/SVO2me/22	Sport specialization - volleyball 1m	Sport specialization - volleyball 2m <i>Mgr. et Mgr. Terézia Kovalik Slančová, PhD.</i>	2	<i>continuous assessment</i>	2	0	7	0	0	<i>no</i>

8KES/SAT3me/22	Sport specialization - athletics 2m	Sport specialization - athletics 3m <i>prof. PaedDr. Jaromír Sedláček, PhD.</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SBA3me/22	Sport specialization - basketball 2m	Sport specialization - basketball 3m <i>Ing. Radko Dvorščák (expert from practice)</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SFI3me/22	Sport specialization - body-building - fitness 2m	Sport specialization - body-building - fitness 3m <i>Mgr. Marek Kokinda, PhD. (university ass. prof.)</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SFU3me/22	Sport specialization - football 2m	Sport specialization - football 3m <i>Mgr. Tomáš Eliaš, PhD.</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SGY3me/22	Sport specialization - gymnastics - sport gymnastics 2m	Sport specialization - gymnastics - sport gymnastics 3m <i>Mgr. Tibor Klaček</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SHA3me/22	Sport specialization - handball 2m	Sport specialization - handball 3m <i>Mgr. Adam Mazur (expert from practice)</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SHO3me/22	Sport Specialization - Ice hockey 2m	Sport Specialization - Ice hockey 3m <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SPL3me/22	Sport specialization - swimming sports - swimming 2m	Sport specialization - swimming sports - swimming 3m <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>
8KES/SVO3me/22	Sport specialization - volleyball 2m	Sport specialization - volleyball 3m <i>Mgr. et Mgr. Terézia Kovalik Slančová, PhD.</i>	3	<i>exam</i>	2	0	7	0	0	<i>no</i>

8KES/OPR1me/22	Relevant sport specialization 2m	Practical training 1m <i>Mgr. Pavol Čech, PhD. (university ass. prof.)</i>	3	completion	1	0	20 h.	0	0	no
8SEH/Z2SPPZe/22		Women's sports training <i>Ass. prof. PaedDr. Tomáš Perič, Ph.D.</i>	3	continuous assessment	2	0	7	0	0	yes

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/Z2SR1e/22		Sports representation PU 1 <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	2	completion	1	0	0	0	0	no
8KSK/VFU1me/22		Football 1m (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	2	completion	1	0	0	7	0	no
8KSK/VVO1me/22		Volleyball 1m (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/VFU2me/22		Football 2m (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	3	completion	1	0	0	7	0	no
8KSK/VVO2me/22		Volleyball 2m (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/Z2SR2e/22		Sports representation PU 2 <i>Mgr. Ivan Matúš, PhD. (university ass. prof.)</i>	4	completion	1	0	0	0	0	no
8KSK/Z2SVCe/22		Student scientific activity <i>doc. PaedDr. Karol Görner, PhD.</i>	4	completion	2	0	0	0	0	no

8KSK/VFU3me/22		Football 3m (for active participation in the university football mini-league) <i>Mgr. Tomáš Eliaš, PhD.</i>	4	<i>completion</i>	1	0	0	7	0	<i>no</i>
8KSK/VVO3me/22		Volleyball 3m (for active participation in the university volleyball league) <i>Ass. prof. Mgr. Lenka Hnidková, PhD.</i>	4	<i>completion</i>	1	0	0	7	0	<i>no</i>

The student obtains 89 credits for his/her studies for the compulsory courses, which represents 74.2 % of the total number of 120 credits required for the proper completion of studies.

The recommended study programme offers the possibility to enrol in obligatory elective courses for 49 credits when completing 1 sport specialisation, of which 42 credits are for compulsory elective courses out of the module for coaches at the 2nd qualification level. In order to graduate properly, a student needs to obtain a minimum of 25 credits for the obligatory elective courses.