

<b>Institution of Higher Education: University of Prešov in Prešov</b>	
<b>Faculty:</b> Faculty of Healthcare	
<b>Subject code:</b> 6KUS/ZIVYK-ER/25	<b>Name of subject:</b> Winter mountain rescue training course
<b>Type, scope and method of educational activities:</b>	
<b>Daily form of study:</b> 50 contact hours (exercise)/semester, non-contact education 10 hours/semester, total demand on student 60 hours, full-time method of education	
<b>Number of credits:</b> 4	
<b>Recommended semester/trimester of study:</b>	
<b>Daily form of study:</b> 1st year winter semester (1st semester)	
<b>Level of study:</b> 1st level	
<b>Prerequisite subjects:</b> none	
<b>Conditions for completing the subject:</b>	
<b>Manner of completing the subject:</b> completed	
<b>Criteria of assessment:</b>	
<ul style="list-style-type: none"> <li>• compulsory participation of student in direct education to the full extent,</li> <li>• individual self-study (10 hours),</li> <li>• completing the final knowledge test with min. 50% success,</li> <li>• completing the final run focussed on practical solving model situations related to the rescue on a ski run.</li> </ul>	
<b>Daily form of study:</b> 50 contact hours (exercise)/semester, non-contact education 10 hours/semester, total demand on student 60 hours, full-time method of education	
<b>Results of education:</b>	
After completing the course, students are able / are able to:	
<b>After getting acquainted with the basic information, the student has an adequate level of understanding and ability at a declarative level for:</b>	
<b>VV1</b> explanation of the basics of safe movement in winter mountain terrain,	
<b>VV2</b> characterization of the position of HZS in the integrated rescue system,	
<b>VV3</b> description of rescue activities in mountain terrain,	
<b>VV4</b> definition of the organization of rescue activities in the field,	
<b>The student has the ability to apply knowledge especially in the field of cognitive and practical:</b>	
<b>VV5</b> to perform practical training of ski techniques,	
<b>VV6</b> to carry out rescue activities in winter mountain terrain and on a slope,	
<b>The student is able to use the knowledge for professional and personal development, especially in the form of:</b>	
<b>VV7</b> has competencies in accordance with the Decree of the Ministry of Health of the Slovak Republic No. 151/2018 Coll., Which determines the scope of practice in certain health professions, as amended. <a href="https://www.unipo.sk/fakulta-zdravotnictva/katedry/kuzs/01/01/">https://www.unipo.sk/fakulta-zdravotnictva/katedry/kuzs/01/01/</a>	
<b>Brief syllabus of the subject:</b>	
<ul style="list-style-type: none"> <li>• Basics of safe movement in winter mountain terrain. Practical training in skiing technique.</li> </ul>	

- Role and tasks of MRS in the integrated rescue system. Navigating the winter terrain, material, technical and transport means used by MRS. Protection and safety at work.
- Snow cover and avalanche danger, the conditions for the formation of avalanches. Rescue services in an avalanche. Avalanche prevention by MRS.
- Rescue operations on ski runs. Principles of treatment and transport injured in winter terrain. Practical training in the use of immobilization and transport devices in winter terrain. Practical emergency drill on ski runs.
- Organization of rescue operations in an avalanche. Search for avalanche victims, the use of avalanche an search dog. Protection and safety working in avalanche terrain.

The student successfully completes the subject upon fulfilling the prescribed assessment criteria.

**Recommended literature:**

KELNÁROVÁ, J., TOUFAROVÁ, H., VÁŇOVÁ, J., ČÍKOVÁ, Z., 2012. *První pomoc I*. Praha: Grada Publishing. 104 s. ISBN 978-80-247-4199-4.

KELNÁROVÁ, J., J. TOUFAROVÁ, Z. ČÍKOVÁ, E. MATĚJKOVÁ, J. VÁŇOVÁ, 2013. *První pomoc II*. Praha: Grada Publishing. 192s. ISBN 978-80-247-4200-7.

KEMMLER, J., 1996. *Lyžovanie - základy výcviku*. Bratislava: Slovo. 132 s. ISBN 8085711133.

SOUMÁR, L., BOLEK, E., 2001. *Běh na lyžích*. Praha: Grada Publishing. 171 s. ISBN 80-247-1371-7.

ZÁLEŠÁK, M. a kol., 1989. *Teória a didaktika lyžovania*. Bratislava: SPN. 261 s. ISBN 80-0800-016-3.

**Language of which knowledge is needed for completing the subject:** Slovak language

**Notes:** compulsory participation of student in direct education to the full extent. An individualized approach is provided for students with special needs based on the recommendation of the faculty coordinator for students with special needs. Instructions on how to prepare the assigned task are published on the faculty's website:

<https://www.unipo.sk/public/media/26637/Pravidla-hodnotenia-zataze-studenta.pdf>

**Assessment of subjects**

Total number of assessed students: 0

A	B	C	D	E	FX

**Taught by:** PhDr.Bc.Ivana Argayová,PhD.

**Date of last change:** 20.2. 2025

**Approved by:** doc. MUDr. Roman Zazula, Ph.D.