



PREŠOVSKÁ UNIVERZITA v PREŠOVE

FAKULTA ŠPORTU

UL. 17. NOVEMBRA 15, 080 01 PREŠOV SLOVENSKÁ REPUBLIKA

DESCRIPTION OF THE FIELD OF HABILITATION AND INAUGURATION PROCEEDINGS

Name of the field of habilitation and inauguration proceedings	Sport Sciences
Field of study to which the field of habilitation and inauguration proceedings is assigned	Sport Sciences
Third-cycle degree programmes in the field of study to which the field of habilitation and inauguration proceedings is assigned	Sports Educology
Second-cycle degree programmes in the field of study to which the field of habilitation and inauguration proceedings is assigned	Sport for Health

Definition of the scope of the field of habilitation and inauguration proceedings and justification of its substantive proximity to the field or fields of study to which it is to be assigned

The proposed field of habilitation and inauguration proceedings (hereinafter referred to as 'HIP'), Sport Sciences, builds on the tradition of higher education across all three cycles of study in the relatively distinct scientific disciplines of sport kinanthropology, sports educology and sports humanities. Understanding the research domain of these disciplines, advancing them further and developing theory require a multidisciplinary approach that integrates every aspect of sport practice. In global terms, sport sciences constitute an interdisciplinary scientific field devoted to the systematic study of human movement, exercise and performance, integrating knowledge from the medical, biological, physical, psychological and social sciences.

In defining the scope of the field, we draw on the concept of sport set out in the European Sports Charter, according to which: 'Sport means all forms of physical activity which, through casual or organised participation, are aimed at maintaining or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels.'

The HIP field is substantively aligned with the key thematic areas at the core of the field of study Sport Sciences, to which it is assigned. Its scientific research and practical implementation focus on the following:

a) Social-science aspects of the field of study: fundamental philosophical and historical knowledge of sport; the epistemology and methodology of knowledge; the historical and social contexts of education in sport; human social development and socialisation; and organisational knowledge relating to the management of the sports movement and sport.



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b) Pedagogical and psychological aspects of the field of study: psychological and biological knowledge of human development; the biological, motor and physical principles of human movement; the pedagogical and psychological foundations of education and training in sport; the theory and practice of education, training and sports preparation; and structural, developmental, systemic, diagnostic and didactic knowledge of movement in terms of its influence on the development of the human personality.

c) Subject-specific aspects of the field of study: human biological and motor development; talent identification; periodisation of training load; the didactics of sport and the training process; and the foundations of research methodology in sport.

In accordance with this definition of scope, the principal research areas of sport sciences are:

- Exercise physiology – focuses on acute responses and adaptations to physical activity in different populations.
- Biomedical foundations of sport and physical activity – encompass research into the physiological, biochemical, genetic, immune and hormonal processes associated with movement, training, performance and recovery.
- Biomechanics – applies the principles of mechanics to understanding and optimising human movement.
- Motor control and motor learning – examine the neuromuscular control of movement and how motor skills are acquired, retained and modified.
- Sport psychology – examines and describes the cognitive, emotional and behavioural factors that influence participation in physical activity and sports performance.
- Sports nutrition – studies the role of nutrition in sports performance, recovery and adaptation to training loads.
- Injury prevention, rehabilitation, and the correction of posture and movement patterns – focus on identifying risk factors for injuries arising in and through sport, or potentially from physical inactivity; developing preventive strategies; and optimising protocols for returning to training or competition.
- Sociocultural and ethical aspects of sport – address the broader social, political and ethical dimensions of sport.

The scientific discipline underpinning the proposed field of habilitation and inauguration proceedings encompasses both theoretical and applied research, with implications for elite sports performance, public health, rehabilitation and physical education.

The faculty's teachers and researchers conduct research in sport sciences through national and international projects and grants (<https://www.unipo.sk/fakulta-sportu/veda-a-vyskum/projekty/>). They publish research findings reflecting current scientific knowledge in the global Web of Science and Scopus databases. In line with the mission of the University and the Faculty, the proposed field of habilitation and inauguration proceedings therefore systematically advances knowledge and empirical experience linked to the degree programmes Sport for Health (full-time and part-time modes of study, second cycle of higher education) and Sports Educology (full-time and part-time modes of study, third cycle of higher education). By decision of the Slovak Accreditation Agency for Higher Education, the Faculty has been granted the right to provide these programmes without



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any time limitation.

Persons responsible for the development and quality assurance of the field of habilitation and inauguration proceedings

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