








## COURSE DESCRIPTION

<b>University:</b> <i>University of Presov</i>	
<b>Faculty/university workplace:</b> <i>Faculty of Sports</i>	
<b>Code:</b> <i>8KES/ZOUTC/22</i>	<b>Course title:</b> <i>Outdoor activities</i>
<b>Type, scope and method of educational activity:</b> Type of educational activity: <i>Lecture, Seminar</i> Scope of educational activity: <i>0,1 hour per week, 13 per semester</i> Method of educational activity: <i>Attendance</i>	
<b>Number of credits:</b> <i>2</i>	
<b>Recommended semester:</b>	
<i>2nd year ST</i>	<i>Sport for Health (SPZDB)</i>
<b>Study grade:</b> <i>Bachelor</i>	
<b>Prerequisites:</b>	
<b>Conditions for passing the course:</b>	
<b>Form of assessment:</b>	
<b>Continuous evaluation:</b> <i>3 seminar papers</i>	
<b>Final evaluation:</b> <i>Method of evaluation: Continuous assessment</i>	
<i>During the teaching part of the semester, the student will complete the following interim checks:</i>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> preparation of 60 min. exercise session (Nordic walking).</li> <li><input type="checkbox"/> preparation of 60 min. exercise session (rope obstacles).</li> <li><input type="checkbox"/> preparation of map (Orienteering race).</li> <li><input type="checkbox"/> test.</li> </ul>	
<i>The final grade of the course is calculated as the average of the results of the interim checks.</i>	
<i>In compliance with the Study Regulations of the University of Prešov:</i>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> student's attendance at face-to-face classes is compulsory (unexcused absence from such classes is assessed as a failure to meet the requirements for successful completion of the course)</li> <li><input type="checkbox"/> during the exam period, the student is entitled to one regular and two extra dates for taking the exam,</li> <li><input type="checkbox"/> the final grade of the course is determined by a grading scale consisting of six grades with success criteria for each grade as follows: A (excellent): 100.00 - 90.00 %; B (very good): 89.99 - 80.00 %; C (good): 79.99 - 70.00 %; D (satisfactory): 69.99 - 60.00 %; E (sufficient): 59.99 - 50.00 %; and FX (inadequate): 49.99 % or less.</li> </ul>	
<i>The student will receive credits for the course with a grade of A - E.</i>	
<b>Learning outcomes:</b>	
<i>If successfully completed the course, the student will acquire the following:</i>	
<b>Knowledge:</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> the student is able to define the importance of the implementation of Nordic walking and its use for all age groups,</li> <li><input type="checkbox"/> the student knows the use of low and high rope activities and their place in the spectrum of outdoor activities,</li> <li><input type="checkbox"/> the student knows the basic rules of orienteering.</li> </ul>	
<b>Skills:</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> the student is able to show the correct technique of Nordic walking,</li> <li><input type="checkbox"/> the student is able to independently and safely pass low and high rope obstacles,</li> <li><input type="checkbox"/> the student is able to complete a simple race in orienteering.</li> </ul>	
<b>Competencies:</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> the student is able to preparation a suitable NW exercise session with respect to the age specifics of the trainees,</li> <li><input type="checkbox"/> the student masters the basics of protection on high rope obstacles,</li> <li><input type="checkbox"/> the student is able to prepare the route of simple races in orienteering.</li> </ul>	
<b>Course content:</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Nordic Walking, characteristics. History and health benefits.</li> <li><input type="checkbox"/> Walking technique - 10 steps.</li> <li><input type="checkbox"/> NW-step improvement exercises, Common mistakes made by Nordic walkers.</li> </ul>	






-  Preparation of NW programs for various performance and age groups of clients.
-  Rope activities as an activity, their use and history of origin.
-  Safety rules in rope centers.
-  Experiential education in rope center programs.
-  preparation programs using rope activities.
-  Orienteering - history, characteristics, division.
-  Working with the map - signs, pictograms.

**Recommended literature :**

OKOLIČÁNYOVÁ, L. 2018 *Moderný Nordic Walking*. Vydavateľstvo: Slovart. ISBN 9788055631806  
 MOMMERTO VÁ, P., 2009. *Nordic walking pro zdraví*, Vydavateľstvo Plot, ISBN: 9788086523989.  
 HANUŠ, R. a P. CHYTILOVÁ, 2009. *Zážitkové pedagogické učení*. Vyd. 1. Praha: Grada. ISBN 9788024728162.  
 NEUMAN, J. a P. DOUBALÍK, 1999. *Překážkové dráhy, lezecké stěny a výchova prožitkem*. Vyd. 1. Praha: Portál. ISBN 8071782920.  
 HNÍZDIL, J., KIRCHNER, J. 2005. *Orientační sporty - běh, běh na lyžích, radiový běh, horská kola, potápění*, Grada 2005.

**Notes:**

*Student's workload distribution: total workload = 60 hrs.*

-  contact teaching and learning: 10 hrs.
-  self-study for the test: 22 hrs.
-  preparation of exercise session (Nordic walking): 8 hrs.
-  preparation of exercise session (rope obstacles): 8 hrs.
-  preparation of map (Orienteering race): 12 hrs.

*Completion of the course for a student with specific needs is modified in accordance with the recommendation of the faculty coordinator for students with specific needs.*

**Course evaluation:**

Total number of students evaluated: 161

A	B	C	D	E	FX
42%	16%	16%	8%	6%	12%

**Lecturers:**

*prof. PaedDr. Karol Görner, PhD., guarantor*  
*Mgr. Frederika Pajonková, PhD., co-guarantor, examiner, seminary supervisor*  
*Mgr. Beáta Ružbarská, PhD., co-guarantor, examiner, seminary supervisor*  
*Mgr. Kristína Němá, PhD., co-guarantor, examiner, seminary supervisor*

**Date of last change:** 01.09.2025

**Approved by:** *prof. PaedDr. Karol Görner, PhD.*