Course descriptions

TABLE OF CONTENTS

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-24e/25	Aesthetic aspects of physical activity

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of factors of aesthetic aspects of physical activity in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student will get deeper knowledge in the field of research of aesthetics of movement and physical activity with a focus on the basic principles, principles and roles of aesthetics in the science of sport. He knows the aesthetic aspects of the body and their development in relation to physical activity and selected sports activity, and is able to define aesthetic aspects of evaluation of selected sports performance and apply them creatively in real models.

Class syllabus:
1. Basics, definition of the term, tasks of aesthetics within the sciences of sport.
2. Aesthetic aspects in relation to physical activity, development of aesthetic values.
3. Aesthetic aspects of the body and corporality in terms of sports activity.
4. Aesthetic aspects of sports performance evaluation.
5. Status and perspectives of research in the field of aesthetics of physical activity.

Recommended literature:
1. DA COSTA,L.A & T. OLIVEIRA LACERDA. 2016. On the aesthetic potential of sports and Physical Education, Sport, Ethics & Philosophy, 10: 4, 444 -464, DOI: 10.1080/17511321.2016.1210209.
2. OBORNÝ, J. & SEMAN, F. 2013. Estetika tela, telesnosti a športového pohybu. Zborník príspevkov z vedeckej konferencie s medzinárodnou účasťou. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport v spolupráci s Univerzitou Komenského, Fakultou telesnej výchovy a športu, 2013. 206 s. ISBN 978-80-89075-38-6.
3. POMER, J. (2009). Dance composition: an interrelated arts approach. Champaign: Human Kinetics, 2009.

4. TAINIO, M. 2019. Contemporary physical activities: the aesthetic justification, Sport in Society, 22:5, 846-860, DOI: 10.1080/17430437.2018.1430483.

Languages necessary to complete the course:

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD., doc. PaedDr. Jana Labudová, PhD., doc. Mgr. Matej Chren, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

STATE EXAM DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/d-1a/22	**Course title:** Defence of dissertation thesis
Number of credits: 0	
Educational level: III.	
State exam syllabus:	
Last change:	
Approved by: prof. Mgr. Erika Zemková, PhD.	

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-21e/25	Determinants of physical activity

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of factors of physical activity vs. inactivity in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student knows the theoretical basis of research and the structure of determinants of physical activity, understands the variability of social and biological factors of physical activity, their weight in different stages of ontogenesis and in the way of life of differentiated groups of the population. He knows the methodological approaches to research of subjective and objective factors and correlates determining physical activity. The student is able to synthesize, critically evaluate and creatively apply the analyzed knowledge in the context of their own research problem as a starting point of their own research.

Class syllabus:
- Structure of determinants of physical activity and the importance of their identification.
- Methodological approaches and research methods of factors determining physical activity.
- Social determinants of physical activity.
- Conditions as a factor of physical activity (natural, economic, institutionalized).
- School as an institutionalized determinant of physical activity.
- Family - biological and social factor of physical activity of children and youth.
- Barriers to physical activity and causes of abandonment of sports activity, analysis and evaluation.

Recommended literature:
1. ALEKSOVSKA, K., PUGGINA, A., GIRALDI, L. et al. 2019. Biological determinants of physical activity across the life course: a “Determinants of Diet and Physical Activity” (DEDIPAC) umbrella systematic literature review. Sports Med - Open 5, 2 (2019). https://doi.org/10.1186/s40798-018-0173-9.
2. CONDELLO, G., PUGGINA, A., ALEKSOVSKA, K. et al. 2017. Behavioral determinants of physical activity across the life course: a “DEterminants of DIet and Physical

ACtivity" (DEDIPAC) umbrella systematic literature review. Int J Behav Nutr Phys Act 14, 58 (2017). https://doi.org/10.1186/s12966-017-0510-2.
3. KLEINKE, F., PENNDORF, P., ULBRICHT, S., DÖRR, M., HOFFMANN, W., VAN DEN BERG, N.2020. Levels of and determinants for physical activity and physical inactivity in a group of healthy elderly people in Germany: Baseline results of the MOVING-study. PLoS ONE 15(8): e0237495. https://doi.org/10.1371/journal.pone.0237495.
4. MIKLÁNKOVÁ, L. 2009. Environmentálne stimuly v pohybové aktivitě dětí předškolního věku. Olomouc: Univerzita Palackého v Olomouci, Fakulta tělesné kultury, 2009, 168 s.
5. MEDEKOVÁ, H. 2011. Rodina – sociálny determinant pohybovej aktivity detí. In Šport a zdravie. Nitra: UKF 2011.
6. NEULS, F. – FRÖMEL, K. 2016. Pohybová aktivita a sportovní preference adolescentek. Olomouc, Palacký Univerzita, FTK.
7. OBORNÝ, J. a kol. 2013. Športové pohybové aktivity a životný štýl (vybrané problémy). Monografický zborník vedeckých štúdií. Bratislava : Slovenská vedecká spoločnosť pre telesnú výchovu a šport v spolupráci s Univerzitou Komenského v Bratislave, Fakultou telesnej výchovy a športu, 2013. ISBN 978-80-89075-41-6.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-23e/25	Diagnostics of endurance and strength abilities

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Student performance evaluation: qualification degree
Mid-term evaluation: none
End of term evaluation: seminar work (100 %)

Learning outcomes:
The student has acquired theoretical knowledge in the field of diagnostics of endurance and strength abilities. He/she can apply this knowledge in research and sports practice. He/she is able to develop a test battery that takes into account the age characteristics and specific requirements of individual sports and is able to interpret the test results.

Class syllabus:
1. Specifics of field and laboratory tests of endurance and strength abilities.
2. Assessment of differences in parameters of endurance and strength abilities within and between groups of different age and performance.
3. Assessment of the body's acute response to endurance and strength exercise loads. Assessment of adaptive changes in endurance and strength abilities during sports training and health-oriented exercise programs.

Recommended literature:
Recommended literature:
AUSTRALIAN INSTITUTE OF SPORT. TANNER, R., GORE, C.: Physiological tests for elite athletes. Champaign, IL: Human Kinetics, 2013.
ESTON, R., REILLY, T.: Kinanthropometry and exercise physiology laboratory manual: tests, procedures and data. London, UK: Routledge, 2008.
HOFFMAN, J.: Norms for fitness, performance, and health. Champaign, IL: Human Kinetics, 2006.
KOMADEL, Ľ., HAMAR, D., MARČEK, T. Diagnostika trénovanosti. Bratislava: Šport, 1985.

MORROW, J. R., JACKSON, A. W., DISCH, J. G., MOOD, D. P.: Measurement and evaluation in human performance. Champaign, IL: Human Kinetics, 2011.
REMAIN, M. P., MANSKE, R. C.: Functional testing in human performance. Champaign, IL: Human Kinetics, 2009.
WINTER, E. M. et al.: Sport and exercise physiology testing guidelines: Volume I - Sport testing: London, UK: Routledge, 2007.
ZEMKOVÁ, E., HAMAR, D.: Sport-specific assessment of anaerobic performance. In: Lehnert, M., Psotta, R., Janura, M., Zemková, E., Malý, T. et al.: Anaerobic performance: Assessment and training (pp. 7-37). Olomouc: Univerzita Palackého v Olomouci, 2012.
ZEMKOVÁ, E., HAMAR, D.: Sport-specific assessment of the effectiveness of neuromuscular training in young athletes. In: Neuromuscular training and adaptations in young athletes (pp. 100-200). Lausanne: Frontiers Media, 2018.
ZEMKOVÁ, E.: Funkčná diagnostika v rehabilitácii a prevencii zranení. Boskovice: Albert, 2019.
HAMAR, D., ZEMKOVÁ, E.: Funkčná diagnostika. Bratislava: UK, 2025.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. Mgr. Erika Zemková, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-22e/25	**Course title:** Diagnostics of speed and coordination skills
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less Student performance evaluation: qualification degree Mid-term evaluation: none End of term evaluation: seminar paper (100 %)	
Learning outcomes: The student has mastered theoretical knowledge in the field of diagnostics of speed and coordination skills. He/she can apply this knowledge in research and sports practice. He/she can develop a test battery taking into account the age characteristics and specific requirements of individual sports and is capable interpret test results.	
Class syllabus: 1. Specifics of field and laboratory tests of speed and coordination skills. 2. Assessment of differences in parameters of speed and coordination skills within and between groups of different ages and performance. 3. Assessing the body's acute response to speed and coordination exercise loads. Assessment of adaptive changes in speed and coordination skills during sports training and health-oriented exercise programs.	
Recommended literature: 1. Australian Institute of Sport. Physiological tests for elite athletes. Champaign, IL: Human Kinetics, 2012. 2. ESTON, R., REILLY, T. Kinanthropometry and exercise physiology laboratory manual: tests, procedures and data. London, UK: Routledge, 2008. 3. REMAIN, M.P., MANSKE, R.C. Functional testing in human performance. Champaign, IL: Human Kinetics, 2009. 4. WINTER, E.M. et al. Sport and exercise physiology testing guidelines: volume I - sport testing: London, UK: Routledge, 2007. 5. ZEMKOVÁ, E. Diagnostika koordinačných schopností. Bratislava: PEEM, 2008.	

6. ZEMKOVÁ, E., HAMAR, D. Toward an understanding of agility performance. Boskovice: Albert, 2015.
7. ZEMKOVÁ, E., HAMAR, D. Sport-specific assessment of the effectiveness of neuromuscular training in young athletes. In: Neuromuscular training and adaptations in young athletes (pp. 100-200). Lausanne: Frontiers Media, 2018.
8. ZEMKOVÁ, E. Postural sway response to exercise. Boskovice: Albert, 2019.
9. ZEMKOVÁ, E. Funkčná diagnostika v rehabilitácii a prevencii zranení. Boskovice: Albert, 2019.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. Mgr. Erika Zemková, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

STATE EXAM DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dPP/25	**Course title:** Elaboration of the dissertation project and execution of the dissertation exam
Number of credits: 10	
Educational level: III.	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less Continuous assessment: required journal publications, presentations at scientific seminars and conferences; consultation. Final evaluation: preliminary defense of the dissertation at the workplace; result of the supervisor.	
Learning outcomes: The student masters the theoretical basis of the research topic and has verified all relevant methods of scientific work related to the processing of theoretical knowledge and relevant empirical material in the field of Sports Sciences and the intentions of their dissertation project. He/she can apply this knowledge in the process of his/her practical work in the relevant professional position. He acquired the ability to independently search for adequate scientific literature within his postdoctoral activities. He can professionally defend all ideas and expected conclusions of his dissertation.	
Class syllabus: 1. Final research work in terms of a set scientific problem and hypotheses of the dissertation. 2. Processing of theoretical knowledge into a relevant system form and evaluation of the whole set of obtained theoretical and empirical data, facts and data. 3. Evaluation of the level of verification of hypotheses. 4. Continuous presentation of partial results of work and research in required journal publications and at scientific seminars and conferences. 5. Defense of the dissertation before the commission for the defense of dissertations in the study program of sports science.	
State exam syllabus:	
Recommended literature: Internal regulation no. 7/2018 Directive of the Rector of Comenius University in Bratislava, Full text of internal regulation no. 12/2013 Directive of the Rector of Comenius University in Bratislava on the basic requirements for final theses, rigorous theses and habilitation theses, control of their originality, storage and access to Comenius University in Bratislava, as amended by Supplement no. 1 and Appendix no. 2. Foreign and domestic scientific monographs, journals, proceedings, electronic databases and other information sources on the issues of the dissertation project.	
Languages necessary to complete the course: Slovak and English	
Last change: 03.11.2025	

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-20e/25	**Course title:** English terminology of sports sciences
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less Student performance evaluation: qualification degree Mid-term evaluation: none End of term evaluation: seminar paper (100 %)	
Learning outcomes: Students will become familiar with basic terminology of sports sciences. They will be able to apply the knowledge acquired in scientific research. They will develop skills needed for professional presentation of their research design and outcomes.	
Class syllabus: English terminology in sports sciences: 1. Scientific and non-scientific articles (type, structure and style of academic writing). 2. Research project (general guidelines and best practices for research proposals). 3. Scientific research presentation (traditional and contemporary approaches).	
Recommended literature: 1. HARTLEY, J. Academic writing and publishing: a practical handbook. London, UK: Routledge, 2008. 2. MAČURA, P. et al. English for Slovak sports experts. Bratislava: Univerzita Komenského v Bratislave, 2013. 3. SAVAGE, A., SHAFIEI, M. Effective academic writing. Oxford, UK: Oxford University Press, 2012. 4. SWORD, H. Stylish academic writing. Cambridge, MA: Harvard University Press, 2012.	
Languages necessary to complete the course: Slovak and English	
Notes:	

Past grade distribution Total number of evaluated students: 0	
ABS	NEABS
0,0	0,0
Lecturers: prof. Mgr. Erika Zemková, PhD.	
Last change: 29.10.2025	
Approved by: prof. Mgr. Erika Zemková, PhD.	

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dPP-3/25	**Course title:** Ethics of Scientific Research
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 5	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less Student performance evaluation: qualification degree Mid-term evaluation: none End of term evaluation: seminar paper (100 %)	
Learning outcomes: Students will become familiar with theory of ethics in scientific research. They will be able to apply the knowledge acquired in conducting research projects and presenting research outcomes.	
Class syllabus: 1. Key historical events and actual human research ethics regulations and guidelines. 2. Ethical principles of scientific research. 3. Ethics in research projects. 4. Ethics in research papers. 5. Research ethics in sport sciences. 6. Ethical considerations in research design.	
Recommended literature: 1. LOUE, S. Textbook of research ethics: theory and practice. New York, USA: Springer, 2002. 2. McNAMEE, M.J. et al. Research ethics in exercise, health and sports sciences. London, UK: Routledge, 2006. 3. RESNIK, D.B. The ethics of research with human subjects: protecting people, advancing science, promoting trust. New York, USA: Springer, 2018. 4. WEST, J. Research ethics in sport and exercise science. In IPHOFEN, R. (Ed.). Handbook of research ethics and scientific integrity (pp. 1091-1107). New York, USA: Springer, 2020.	
Languages necessary to complete the course: Slovak and English	
Notes:	

Past grade distribution Total number of evaluated students: 0	
ABS	NEABS
0,0	0,0
Lecturers: prof. Mgr. Erika Zemková, PhD., prof. PaedDr. Miroslav Holienka, PhD.	
Last change: 03.11.2025	
Approved by: prof. Mgr. Erika Zemková, PhD.	

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-25e/25	Game performance

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Partial evaluation of the course:
- Active participation 80% - passed / failed.
- Seminar work - 100%.

Learning outcomes:
The graduate of the course knows the methodological approaches to the study of the structure of individual game performance and team game performance in sports games. Can diagnose the assumptions of game performance, the conditions under which game performance takes place (external and internal load) and evaluate the results of the player and the team in the match. Masters the methods of data registration, methods of registration, statistical methods and data presentation options.

Class syllabus:
1. Game performance as a target category of sports training and its structure, methodological approaches to the study of the structure of game performance.
2. Methodological approaches in the diagnosis of the player's load in the match.
3. Methodological approaches to the evaluation of the game performance of players and teams in sports games.

Recommended literature:
1. HUGHES, M., BARLETT, M. The use of performance indicators in performance analysis. J. Sports Science 2002, roč. 20, č. 5, s. 739–754.
2. HUGHES, M., FRANKS I.M. Notational Analysis of Sport. Second Edition. London : Routledge, 2007, 304 s. ISBN 0-415-29005-8.
3. PŘIDAL, V.: Herný výkon v športových hrách. Pojem – štruktúra - diagnostika. Bratislava : ICM Agency 2012, s.101. ISBN 978-80-89257-49-2
4. SCHNABEL, G., HARRE, D., BORDE, A. 1994. Trainingswissenschaft. Leistung, Training, Wettkampf. Berlin : Sportverlag, 1994. ISBN 3-328-00637-0

5. TÁBORSKÝ, F.: Herní výkon (pojem – pozorování – hodnocení). Praha: IDS ÚV ČSTV a Olympia, 1981.

Languages necessary to complete the course:

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. PaedDr. Vladimír Přidal, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-44e/25	Health oriented fitness

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of specifity of health-related fitness in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student will gain deeper knowledge in the field of research of health-related physical fitness in the field of sports. Masters the latest examples of researched issues in the world. It controls the structure of individual components of health-related physical fitness and determining the factors of their development. He is able to design a procedure for examining these factors.
Knows the morphological and functional variables of health-related physical fitness in relation to age, gender and health status. He knows the current methodological problems related to the diagnosis of health-related physical fitness. He can creatively apply the acquired knowledge in real models.

Class syllabus:
1. Zdatnosť, kondícia, pracovná výkonnosť.
2. Zdravotne a výkonovo orientovaná zdatnosť.
3. Zdravotne orientovaná zdatnosť z hľadiska veku, pohlavia a zdravotného stavu.
4. Morfologické premenné – stavba tela, telesné zloženie.
5. Funkčné premenné – aeróbna a svalová zdatnosť, flexibilita.
6. Diagnostika zdravotne orientovanej zdatnosti.
7. Výskum v oblasti zdravotne orientovanej zdatnosti

Recommended literature:
1. ACSM information on: High-intensity interval training. American College of Sports Medicine. https://www.acsm.org/read-research/resource-library. Accessed Feb. 24, 2020.
2. BATACAN RB, ET AL. Effects of high-intensity interval training on cardiometabolic health: A systematic review and meta-analysis of intervention studies. 2017; doi:10.1136/bjsports-2015-095841.

3. BRUMITT, J. (2010). Core assessment and training. Human Kinetics, Champaign, 2010.
4. CAO M, ET AL. Effects of high-intensity interval training versus moderate-intensity continuous training on cardiorespiratory fitness in children and adolescents: A meta-analysis. 2019; doi:10.3390/ijerph16091533.
5. HEYWARD, V. H., Wagner, D.R. (2004). Applied body composition assessment. Human Kinetics, Champaign, 2004.
6. HOWLEY, E. T. – THOMPSON, D. L. (2012). Fitness professional's handbook. Human Kinetics, Champaign, 2012.
7. ITO S. High-intensity interval training for health benefits and care of cardiac diseases: The key to an efficient exercise protocol. 2019; doi:10.4330/wjc.v11.i7.171.
8. MACHADO A.F. et al. High-intensity interval training using whole-body exercises: Training recommendations and methodological overview. 2019; doi:10.1111/cpf.12433.
9. PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS. 2nd ed. U.S. Department of Health and Human Services. https://health.gov/paguidelines/second-edition. Accessed Feb. 24, 2020.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-45e/25	**Course title:** Healthy lifestyle and physical activity as prevention of chronic non-communicable diseases
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less	
Learning outcomes: The student will knows the theoretical foundations of the issue of a healthy lifestyle as the basis for the prevention of all diseases. Healthy nutrition and its use in supporting the treatment and prevention of chronic non-communicable diseases. Has basic knowledge of the pathophysiology of chronic non-communicable diseases. The student can analyze the specific needs of patients based on medical recommendations and is able to independently create and apply a specific training/exercise program for specific groups - patients with obesity, diabetes mellitus, cardiovascular, oncological, neurodegenerative, and respiratory diseases. Student can create exercise programs according to the type and stage of the disease The student will be able able to synthesize, evaluate, extract and creatively use the analyzed knowledge in solving their own research.	
Class syllabus: Healthy nutrition and its use in supporting the treatment and prevention of non-communicable chronic diseases. - Acquiring basic knowledge about the pathophysiology of chronic non-communicable diseases (obesity, diabetes mellitus, cardiovascular, oncological, neurodegenerative, respiratory) - Analysis of specific patient needs based on medical recommendations	
Recommended literature: https://www.lf.upjs.sk/ceea/doc2/01%20Bachleda%20Patofyziologia%20KV%20systemu%20CEEA%202016.pdf HULÍN I. Patofyziológia. Siedme vydanie, Vydavateľstvo: Slovak Academic Press, 2009	

Penesova A, Nehcalová L. Špecifiká mananžmentu pacientov s extrémnou obezitou.
Vydavateľstvo VEDA 2025, Dinesh Nagi (Editor): Exercise and Sport in Diabetes (Practical Diabetes) 2nd Edition,
Wiley Claude Bouchard (Author), Peter T. Katzmarzyk (Author): Physical Activity and Obesity Second Edition. ISBN-13: 978-0736076357

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. MUDr. Adela Penesová, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-27e/25	**Course title:** International aspects of physical and sports education
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less Interim evaluation:1 x test Final evaluation: defence of writing work, 3 –5 pages, focused on description of PE teaching system in selected country and opportunities to use this knowledge in Slovakia and in student work.	
Learning outcomes: Student understands importance of international knowledge and experiences in creation of educational models; student has knowledge about system of PE teaching in different countries; student has knowledge about management, aims and activities of most important international organisations in the field of PE, he/her understands organisation of international events and he/her knows content of different international comparative studies and is familiar with documents published on international level and know them critically analyse.	
Class syllabus: Physical inactivity as a part of global problems of nowadays world; Physical education teaching in abroad; Modern pedagogical conception of physical education teaching; International organisations, institutions associations supported physical deucationand its teachers; International events focused on physical education and school sports; International comparative studies and projects; International documents supported physical education and school sports; Global recommendations for quality physical education;	
Recommended literature: 1. Internet websites of selected international organisations (ICSSPE, FIEP, EUPEA, AIESEP, ISCPES, IFAPA). 2. ANTALA, Branislav et al. Telesná a športová výchova a súčasná škola. Bratislava: Národné športové centrum a FTVŠ UK, 2014. ISBN 978-80-971466-1-0. 3. NAUL, Roland a Claude SCHEUER. Research on Physical Education and School Sport in Europe. Aachen: Meyer & Meyer Verlag, 2020. ISBN 9783840313851.	

4. POPOVIC, Stevo, ANTALA, Branislav, BJELICA, Duško a Jovan GARDASEVIC. Physical Education in Secondary School. Researches – Best Practices – Situation. Niksic: MSA and University of Montenegro, 2018. ISBN 978-9940-722-02-9.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. PaedDr. Branislav Antala, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-26e/25	**Course title:** Mathematical and statistical methods
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A – 100 až 92%, B – 91 až 84%, C – 83 až 76%, D – 75 až 68%, E – 67 to 60%, Fx – 59 % and less Continuous assessment: 0% Final evaluation: 100% in the trial period Seminar work in which the student processes in detail, with the help of a statistical program, the entered data.	
Learning outcomes: The student will gain in-depth knowledge of how to search for relevant impact literature on the researched issues and in the field of statistics. The student will get acquainted with information technologies, which will be used in statistical processing of obtained data or obtaining foreign contacts. The student will deepen their knowledge in assessing the homogeneity of the examined sample and in comparing quantitative and qualitative data in the sports sciences. They will acquire theoretical knowledge about the possibilities of applying analysis of variance. He will learn the basics of correlation analysis, regression functions and multidimensional analysis in projects of physical education and sports. Can use regressive means of statistics for modelling physical education and sports. He can verify hypotheses by relevant procedures.	
Class syllabus: 1. Dependent and independent variables in research projects. 2. Null hypothesis. 3. Use of multidimensional statistics in educational projects (multiple correlations and regression analysis, partial correlation and determination, factor analysis, discriminant analysis, ANOVA, ANCOVA ...). 4. Interpretive possibilities based on the used statistical methods.	
Recommended literature: 1. THOMAS, Jerry, .R., NELSON, Jack, K. a Stephen J. ILVERMAN. Research Methods in Physical Activity. Champaign: Human Kinetics, 2015. ISBN 978-1450470445.	

2. O'DONOGHUE, Peter. Statistics for Sport and Exercise Studies. 1st Edition. Taylor and Francis, 2012. ISBN 978-0415595575.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: Mgr. Dušana Augustovičová, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dPP-1/25	Methodology of Sport

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 5

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Student performance evaluation: qualification degree
Mid-term evaluation: none
End of term evaluation: seminar work (100 %)

Learning outcomes:
The student has acquired the basics of science methodology. He/she can apply this knowledge in research. He/she can formulate a research topic and plan a project. He/she masters scientific solutions to the problems of sports practice.

Class syllabus:
1. Sports sciences. Qualitative and quantitative research. Basic and applied research.
2. Research project. Defining the problem. Hypothesis and research question. Selection techniques and sample size. Data acquisition methods. Methods of evaluation and interpretation of results.
3. Cross-sectional and longitudinal studies. Prospective and retrospective studies. Case studies. Types of experiments and their basic characteristics. Design of true and quasi-experiment. Single-blind, double-blind and triple-blind studies.

Recommended literature:
Atkinson, M.: Key concepts in sport & exercise research methods. London: SAGE Publications Ltd, 2012.
Haag, H. (Ed.).: Research methodology for sport and exercise science: A comprehensive introduction for study and research. Berlin: Logos Verlag, 2010.
Hendl, J.: Kvalitativní výzkum. Základní teorie, metody a aplikace. Praha: Portál, 2018.
O´Donoghue, P.: Research methods for sports performance analysis. New York: Routledge, 2010.
Sparkes, A. C., Smith, B.: Qualitative research methods in sport, exercise and health: From process to product. London: Routledge, 2013.
Tenenbaum, G., Driscoll, M. P.: Methods of research in sport science. Quantitative and qualitative approaches. Oxford: Meyer & Meyer Sport, 2005.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. RNDr. Viktor Bielik, PhD., prof. Mgr. Erika Zemková, PhD., prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-28e/25	Modeling and evaluation of sports equipment

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Continuous assessment: 50% - partial seminar work.
Final evaluation: based on continuous evaluation 50%, 50% - seminar work

Learning outcomes:
Student will gain knowledge about the creation of movement models and evaluation of technology with regard to the categorization of sports according to the share of technique in the structure of sports performance. It controls the optimization of the creation of models of movement chains, which create a specific sports performance with an emphasis on the individualization of somatic and functional parameters of the athlete.

Class syllabus:
1. Sports technique:
- sports performance structure factors (share),
- motion model,
- individual technique.
2. The structure of motion as a picture of technology and its characteristics (kinematic and dynamic substructure).
3. Creation and optimization of motion models (the role of empiricism and science).
4. Methods of creating motion models:
- a description of the structure of the movement,
- identifying prevailing trends,
- a combination of description and identification of trends.
5. Evaluation of individual technique (model, knowledge of mechanical laws, consideration of individual peculiarities, differentiated approach according to the nature of sports activities).
6. Biomechanical analysis of selected movement activities (selection made with regard to the topics of students' dissertations) and the creation of models of their movement structures.

Recommended literature:

1. KONIAR, Miloslav a Michal LEŠKO. Biomechanika. Bratislava: SPN, 1990. ISBN 80-08-00331-6.
2. LEŠKO, Michal. Formovanie telovýchovnej kybernetiky a je prínos pre rozvoj poznania. In: Acta Facult. Educ. Phys. UC Bratislava: SPN 32 (1992) 95-139.
3. Further literature will be determined according to the dissertation from Biomechanics World Wide.
4. http://www.per.ualberta.ca (biomechanics)

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-29e/25	Motor learning

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Student performance evaluation: qualification degree
Mid-term evaluation: none
End of term evaluation: seminar paper (100 %)

Learning outcomes:
Students will become familiar with theory of motor control and learning. They will be able to apply the knowledge acquired in research and practice. They will develop skills needed for specification of individuality in motor learning with respect to age, level of physical fitness and sport specialization.

Class syllabus:
1. Fundamental theory and research in the field of motor control and learning.
2. Mechanisms of motor control. Stages of motor learning. Evaluation of motor skill learning.
3. Applying principles of motor learning in physical education, athletic training and health-oriented exercise programs.

Recommended literature:
1. ABERNETHY, B. et al. Biophysical foundations of human movement. Champaign, IL: Human Kinetics, 2013.
2. BELEJ, M. Motorické učenie. Prešov: Prešovská univerzita, 2001.
3. DAVIDS, K. et al. Dynamics of skill acquisition: a constraints-led approach. Champaign, IL: Human Kinetics, 2008.
4. LATASH, M.L. Neurophysiological basis of movement. Champaign, IL: Human Kinetics, 2008.
5. SCHMIDT, R.A. et al. Motor control and learning: a behavioral emphasis. Champaign, IL: Human Kinetics, 2018.
6. SCHMIDT, R.A., LEE, T.D. Motor learning and performance: from principles to application. Champaign, IL: Human Kinetics, 2019.
7. WULF, G. Attention and motor skill learning. Champaign, IL: Human Kinetics, 2007.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. Mgr. Erika Zemková, PhD., prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 29.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-30e/25	Peculiarities of sports training for children and youth

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of specifity of sports training in children and youth in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student will get deeper knowledge in the field of research of sports training of children and youth with a focus on the educational peculiarities of the training process. He knows the developmental peculiarities and factors influencing the sports training of children and youth. He knows the theory of general and special adaptation syndrome and premature sports specialization. Masters the models and stages of long-term sports training in the selected sport. Can creatively apply the principles of creating long-term sports training in real models.

Class syllabus:
1. Basic principles of sports training of children and youth.
2. Developmental, age and sexual peculiarities.
3. Methodological bases of sports training of children and youth.
4. Edcological peculiarities of sports training of children and youth.
5. Sports performance of children and youth, its development and monitoring.
6. Status and perspectives of research of sports training of children and youth.

Recommended literature:
1. FAIGENBAUM, A. 2015. Physical activity in children and adolescents. Academy College of Sports Medicine Bulletin.
2. FEELEY, T. F., AGEL, J., & LAPRADE F. R. 2016. When is it too early for single sport specialization? American Journal Of sports Medicine, 44, 234-241.
3. LESINSKI, M, HERZ, M., SCHMELCHER, A. &GRANACHER ,U. 2020. Effects of Resistance Training on Physical Fitness in Healthy Children and Adolescents: An Umbrella Review. Sports Med 50, 1901–1928 (2020). https://doi.org/10.1007/s40279-020-01327-3.
4. PERIČ, T. 2008. Sportovní příprava dětí. Praha : Grada Publishing, 2008.

5. SUGIMOTO, D., STRACCIOLINI, A., DAWKINS, L. C., WILLIAM, P. M., & MICHELI, J. L. 2017. Implications for training in youth: Is specialization benefiting kids? Strength and Conditioning Journal, 39(2), 77-81.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-31e/25	Periodization of sports training

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Method of evaluation and completion of the course:
Final evaluation: Seminar work on an essential topic (100%).

Learning outcomes:
The student will gain knowledge about the system of periodization of training and competition load in terms of current biological, kinanthropological and other theories. Can analyze the dynamics of load in small, medium and large cycles in a one-year training cycle. Masters the laws of development, maintenance and loss of sports form. Can creatively apply the acquired knowledge in modeling the training load for a particular type of sport. Can use the means of diagnosing and controlling changes in the status of athletes to modify sports training projects.

Class syllabus:
- Content analysis of the structure of sports performance.
- Structural construction of the factors of the structure of sports performance.
- Starting points for effective loading of the organism in the training process. Quantitative and qualitative aspect.
- Biological basis of adaptation processes in terms of periodization.
- Periodization of the structure of training and competition load in the development of alactic skills.
- Periodization of the structure of training and competition load in the development of lactic skills.
- Periodization of the structure of training and competition load in the development of aerobic skills.
- Periodization of the structure of training and wrestling (competitive) load in the development of "combined" (sports games - intermittent loads) skills.
- Dependence on the development, maintenance and loss of sports form.
- Application of biochemical and physiological indicators in the periodization of training load and in the tuning of sports form.

Recommended literature:

1. DOVALIL, Josef, et al. Výkon a trénink ve sportu. 3. vyd. Praha: Olympia, 2009. ISBN 978-80-7376-130-1.
2. KAMPMILLER, Tomáš, VANDERKA, Marián, LACZO, Eugen a Pavol PERÁČEK. Teória športu a didaktika športového tréningu. Bratislava: ICM Agency, 2012. ISBN 978-80-89257-48-5.
3. WILMORE, Jack, H., COSTILL, David, L. a Larry W. KENNEY. Physiology of sport and exercise. Human Kinetics Publisher, 2007. ISBN 978-0736055833.
4. BOMPA, Tudor, O. 1994. Theory and Methodology of Training. The key to athletic Performance. 3rd Edition. Kednall Hunt Pub Co. 1997. ISBN 978-0787233716.
5. McARDLE, Villiam D. et al. Exercise Physiology: Nutrition, Energy and Human Performance. 7th Edition. Wolters Kluwer/Lippincott Williams &Wilkins. ISBN 978-0781797818.
6. BOMPA, Tudor, O. a Carlo BUZZICHELLI. Periodization: Theory and Methodology of Training. 6th Edition. Human Kinetics, 2018. ISBN 978-1492544807.
7. LACZO, Eugen. Východiská na tvorbu periodizácie obsahovej štruktúry zaťaženia z hľadiska adaptácie organizmu. In: LACZO, Eugen et al. Monitorovanie a regulovanie adaptačného efektu v rozličných obdobiach prípravy vrcholových športovcov a talentovanej mládeže. Vedecký zborník príspevkov z grantovej úlohy VEGA č. 1/0232/14. Bratislava: ICM Agency, 2016. ISBN 978-80-89257-74-4.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD., doc. PaedDr. Pavol Peráček, PhD., doc. Mgr. Miloš Štefanovský, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-32e/25	Problem students in physical and sports education

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: 50 % written seminar paper, 50 % exam.

Learning outcomes:
The student can identify pupils´ problem behaviour in physical and sports education based on peculiarities of pedagogical-psychological diagnostics of the pupils. The student masters the possibilities of detection at the earliest possible moment these pupils and solving the problems of the students so that the teaching process in the educational subject of physical and sport education is not disturbed. He/she understands the basic concepts, determinants, and theoretical background of the subject. The student masters the principles of integration in the educational process. He/she applies common strategies for working with problem pupils, which are adequate for the type of problem male or female pupils to successfully manage the solution of the problem.

Class syllabus:
1. Characteristics of a problem pupil and a problem exercise group.
2. Pedagogical-psychological diagnostics of the pupil.
3. Determinants of problem behaviour of the pupil(s).
4. Types of problem pupils in physical and sports education.
5. Didactic interaction – teacher and problem pupil, didactic interaction – teacher and problem exercise group.
6. Successful strategies in working with problem pupils.

Recommended literature:
1. PERÁČKOVÁ, J., 2001.. Žiak vo výchovno-vzdelávacom procese v telesnej výchove. In: KOLEKTÍV, Didaktika školskej telesnej výchovy. Bratislava: Fakulta telesnej výchovy a športu a Slovenská vedecká spoločnosť pre telesnú výchovu a šport, s. 102-113. ISBN 80-968252-5-9.
2. PERÁČKOVÁ, J., 2000. Problémoví žiaci a problémy žiakov v telesnej výchove. In: Acta Facultatis educationis physicae Universitatis Comenianae. 41, 131-146. Bratislava: Univerzita Komenského.

3. PERÁČKOVÁ, J., 2000. Výchova vôľových vlastností v školskej telesnej výchove. In LABUDOVÁ, J. a kol.: Výchovná práca v telesnej výchove, s. 33-46. Bratislava: Peter Mačura. ISBN 80-88901-44-8.
4. PERÁČKOVÁ, J., 1989. Pedagogicko-psychologické skúmanie žiakov SOU. In: Acta Facultatis educationis physicae Universitatis Comenianae, 27, 129-136. Bratislava: Slovenské pedagogické nakladateľstvo.
5. HRABAL, V., 1989. Pedagogicko-psychologická diagnostika žáka. Praha: SPN, 1989.
6. AUGER, M-TH. a CH. BOUCHARLAT, 2005. Učitel a problémový žák. Praha: Portál.
7. ĎURIČ, L., J. GRÁC, a J. ŠTEFANOVIČ, 1991. Pedagogická psychológia. Bratislava: Jaspis.
8. ČÁP, J. a J. MAREŠ, 2001. Psychologie pro učitele. Praha: Portál.
9. OĽŠAVSKÁ, M., 2015. Učiteľ a problémové situácie v edukácii. Bratislava: Metodicko-Pedagogické centrum. ISBN 978-80-565-1060-5.
10. ÖZBAL, A. F. et al., 2019. Examining the Attitudes and problem Solving Skills of Physical Education and Sports Students. In: Universal Journal of Educational Research. 7(3), 820-823. DOI 10.13189/ujer.2019.070323.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. PaedDr. Janka Peráčková, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-49a/25	**Course title:** Publication in another peer-reviewed foreign journal or proceedings
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 10	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47b/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47c/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47d/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47e/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47f/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47g/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-47h/25	**Course title:** Publication in extenso in category A+ or A, or registered in WoS
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 16	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

<table>
<tr><td colspan="2">Academic year: 2025/2026</td></tr>
<tr><td colspan="2">University: Comenius University Bratislava</td></tr>
<tr><td colspan="2">Faculty:</td></tr>
<tr><td>Course ID:
FTVŠ/dVP-48a/25</td><td>Course title:
Publication in extenso in category A-</td></tr>
<tr><td colspan="2">Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning</td></tr>
<tr><td colspan="2">Number of credits: 8</td></tr>
<tr><td colspan="2">Recommended semester:</td></tr>
<tr><td colspan="2">Educational level: III.</td></tr>
<tr><td colspan="2">Prerequisites:</td></tr>
<tr><td colspan="2">Course requirements:</td></tr>
<tr><td colspan="2">Learning outcomes:</td></tr>
<tr><td colspan="2">Class syllabus:</td></tr>
<tr><td colspan="2">Recommended literature:</td></tr>
<tr><td colspan="2">Languages necessary to complete the course:</td></tr>
<tr><td colspan="2">Notes:</td></tr>
<tr><td colspan="2">Past grade distribution
Total number of evaluated students: 0</td></tr>
<tr><td colspan="2"><table>
<tr><td>ABS</td><td>NEABS</td></tr>
<tr><td>0,0</td><td>0,0</td></tr>
</table></td></tr>
<tr><td colspan="2">Lecturers:</td></tr>
<tr><td colspan="2">Last change:</td></tr>
<tr><td colspan="2">Approved by: prof. Mgr. Erika Zemková, PhD.</td></tr>
</table>

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48b/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48c/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48d/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48e/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48f/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

<table>
<tr><td colspan="2">Academic year: 2025/2026</td></tr>
<tr><td colspan="2">University: Comenius University Bratislava</td></tr>
<tr><td colspan="2">Faculty:</td></tr>
<tr><td>Course ID:
FTVŠ/dVP-48g/25</td><td>Course title:
Publication in extenso in category A-</td></tr>
<tr><td colspan="2">Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning</td></tr>
<tr><td colspan="2">Number of credits: 8</td></tr>
<tr><td colspan="2">Recommended semester:</td></tr>
<tr><td colspan="2">Educational level: III.</td></tr>
<tr><td colspan="2">Prerequisites:</td></tr>
<tr><td colspan="2">Course requirements:</td></tr>
<tr><td colspan="2">Learning outcomes:</td></tr>
<tr><td colspan="2">Class syllabus:</td></tr>
<tr><td colspan="2">Recommended literature:</td></tr>
<tr><td colspan="2">Languages necessary to complete the course:</td></tr>
<tr><td colspan="2">Notes:</td></tr>
<tr><td colspan="2">Past grade distribution
Total number of evaluated students: 0</td></tr>
<tr><td colspan="2"><table>
<tr><td>ABS</td><td>NEABS</td></tr>
<tr><td>0,0</td><td>0,0</td></tr>
</table></td></tr>
<tr><td colspan="2">Lecturers:</td></tr>
<tr><td colspan="2">Last change:</td></tr>
<tr><td colspan="2">Approved by: prof. Mgr. Erika Zemková, PhD.</td></tr>
</table>

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-48h/25	**Course title:** Publication in extenso in category A-
Educational activities: **Type of activities:** **Number of hours:** **per week:** **per level/semester:** **Form of the course:** on-site learning	
Number of credits: 8	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements:	
Learning outcomes:	
Class syllabus:	
Recommended literature:	
Languages necessary to complete the course:	
Notes:	
Past grade distribution Total number of evaluated students: 0	

ABS	NEABS
0,0	0,0

Lecturers:
Last change:
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-42e/25	**Course title:** Reasearch and development of speed abilities
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A, 92 – 100 %; B, 84 – 91 %; C, 76 – 83 %; D, 68 – 75 %; E, 60 – 67 %; Fx, 59 % and lees After completing the education, the student demonstrates the acquired competencies by presenting a scientific problem in the selected area on the basis of current scientific journal, foreign language sources, where he analyzes the methodological approaches to solving the selected issue. - Must receive for presentation min. 51 %.	
Learning outcomes: The student is proficient in the latest examples of research problems being addressed in the field of speed capabilities around the world. The student is able to characterize the reasons for the effectiveness of supramaximal means of speed ability development. The student knows the structure and determinants of speed ability. Is able to design a procedure for investigating these factors. Is proficient in the knowledge of the effectiveness of the development of speed abilities in difficult conditions (paddle, sled, brakes, segment weights). Is familiar with current methodological issues related to research in the field of periodisation of speed ability development. Can formulate methodological problems of research on the development of speed abilities. Knows about the influence of different methods of speed ability development on changes in motor performance. Is able to give examples of research projects carried out in sports games and in individual sports. Develops a process and recommendations for further research and is able to demonstrate practical skills in data collection in a chosen area based on available modern diagnostic tools. Can formulate a scientific problem and use appropriate methodological tools to implement the acquisition of new knowledge and can also interpret it in context, while also being able to propose a procedure for the application of knowledge in sport practice.	
Class syllabus: Examples of research problems addressed in the field of speed capabilities around the world. Characteristics and effectiveness of supramaximal means of speed ability development, their structure and factors. Knowledge of the effectiveness of speed ability development in difficult conditions (parachute, sled, brakes, segment weights). Current knowledge in the field of periodisation of speed ability development. Methodological problems of research on the	

development of speed abilities. Knowledge of the influence of different methods of speed ability development on changes in motor performance. Examples of research projects in sports games and individual sports.

Recommended literature:

1. Baker, J. 2003. Early Specialization in Youth Sport: arequirement for adult expertise? High Ability Studies, Vol. 14, No. 1, pp. 85-94.
2. Bompa, T.O. 1999. Periodization Training for Sports. Champaign : Human Kinetics, 1999.
3. Brown, L.E. 2014. Training for Speed, Agility, and Quickness. Human Kinetics Publishers; 3rd edition 241 pages, ISBN 978-0736002394
4. Cardinale, M., Newton, R., and Nosaka, K. 2011. Strength and conditioning-biological principles and practical applications. John Wiley & Sons, Ltd. ISBN 978-0-470-01919-1. 483 p.
5. Elliott, B. et al., 1999. Training in sport. Chichester, New York, Weinheim:J.Wiley&Sons.
6. Jeffreys, I. 2011. A task based approach to developing reactive agility. Strength and Conditioning Journal. 33(4):52-59. 2011.
7. Jeffreys, I. 2016. Gamespeed. Second edition.
8. Jeffreys, I. 2013 Developing Speed. by NSCA -National Strength & Conditioning Association, Champaign : Human Kinetics, 2013.
9. Komi, P. V. 2011. Neuromuscular aspects of sport performance. International Olympic Committee Medical Commission Publication. Blackwell Publishing Ltd. 321 p.
10. Kraemer, W.J., Fleck, S.J. 2012. Exercise physiology : integrating theory and application. Williams&Wilkins, Philadelphia, ISBN 978-0-7817-8351-4
11. Matveyev, L. 1981. Fundamentals of Sports Training. Moscow: Progress Publishers.
12. Pyke, F.S. 2013 Better Coaching : Advanced Coach's Manual. Australian Sports Commission. Human kinetics, 272 p. ISBN 978-1450423373
13. Reilly, T. 2007. The Science of Training-Soccer. A scientific approach to developing strength, speed and endurance. Taylor & Francis. ISBN 0-415-38447-8
14. Richardson, S.O. 2008. Overtraining athletes. Human Kinetics. ISBN 0-7360-6787-6
15. Wiersma, L. D. 2000. Risks and benefits of youth sport specialization: Perspectives and recommendations. Pediatric Exercise Science, 12, pp. 13–22.
16. Young, W.N., Dawson, B. and Henry, G.J. 2015. Agility and Change-of-Direction Speed are Independent Skills: Implications for Training for Agility in Invasion Sports. International Journal of Sports Science & Coaching. Vol. 10, No. 1, pp. 159-168.
17. Aktuálna periodická zahraničná vedecká literatúra napr. jssm.org; Journal of Strength and Conditioning Research; European Journal of Sport Science; New studies in athletics.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026	
University: Comenius University Bratislava	
Faculty:	
Course ID: FTVŠ/dVP-40e/25	**Course title:** Research and development of coordination skills
Educational activities: **Type of activities:** **Number of hours:** **per week: per level/semester:** **Form of the course:** on-site learning	
Number of credits: 3	
Recommended semester:	
Educational level: III.	
Prerequisites:	
Course requirements: Overall evaluation A – 100 až 92%, B – 91 až 84%, C – 83 až 76%, D – 75 až 68%, E – 67 to 60%, Fx – 59 % and less Student performance evaluation: qualification degree Mid-term evaluation: none End of term evaluation: seminar paper (100 %)	
Learning outcomes: Students will become familiar with theory of coordination skills development. They will be able to apply the knowledge acquired in research and practice. They will develop skills needed for design of exercise programs specific to age and a particular sport as well as for evaluation of their effectiveness.	
Class syllabus: 1. Specificity of coordination skills development in individuals of various ages. 2. Specificity of coordination skills development in sports, which require their great level. 3. Design of sport-specific and health-oriented exercises programs focused on development of coordination skills and evaluation of their effectiveness.	
Recommended literature: 1. BROWN, L. Training for speed, agility, and quickness. Champaign, IL: Human Kinetics, 2014. 2. COOK, G. Athletic body in balance. Champaign, IL: Human Kinetics, 2003. 3. ISSURIN, V.B., LYAKH, V.I. Coordination abilities of athletes. Independently published, 2019. 4. DAWES, J. Developing Agility and Quickness. Champaign, IL: Human Kinetics, 2018. 5. VICKERS, J.N. Perception, cognition, and decision training: the quiet eye in action. Champaign, IL: Human Kinetics, 2007. 6. ZEMKOVÁ, E. Sensorimotor exercises in sports training and rehabilitation. In: Trends in human performance research (pp. 79-117). New York: Nova science publishers, 2010. 7. ZEMKOVÁ, E. Fyziologické základy senzomotoriky. Bratislava: ICM Agency, 2011.	

8. ZEMKOVÁ, E., HAMAR, D. Toward an understanding of agility performance. Boskovice: Albert, 2015.
9. ZEMKOVÁ, E. Postural sway response to exercise. Boskovice: Albert, 2019.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. Mgr. Erika Zemková, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-41e/25	Research and development of mobility skills

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of research and development of mobility skills in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student will get deeper knowledge in the field of research, development and diagnostics of mobility skills with a focus on educational and methodological peculiarities. Knows the factors influencing the development of mobility in various stages (children, adolescents, adults, seniors.) Knows the theory of general and special adaptation syndrome.

Class syllabus:
1. Basic starting points for the development of mobility skills.
2. Methodological peculiarities of the development of mobility skills.
3. Diagnostics of mobility skills.
4. Status and perspectives of mobility research.

Recommended literature:
1. ACSM, ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, Lippincott, Williams & Wilkins, Philidelphia, Pa, USA, 8 edition, 2010.
2. ENOKA, R.M. 2014. Neuromechanics of Human Movement. Human Kinetics, Champaign, IL. ISBN-10:0-7360-6679-9.
3. KONRAD A, STAFILIDIS S, TILP M. 2016. Effects of acute static, ballistic, and PNF stretching exercise on the muscle and tendon tissue properties. Scand J Med Sci Sports. 2017 Oct;27(10):1070-1080. doi: 10.1111/sms.12725. Epub 2016 Jul 1. PMID: 27367916; PMCID: PMC5479471.
4. POLSGROVE, M. J., EGGLESTON, B. M., & LOCKYER, R. J. 2016. Impact of 10-weeks of yoga practice on flexibility and balance of college athletes. International journal of yoga, 9(1), 27–34. https://doi.org/10.4103/0973-6131.171710.

5. STATHOKOSTAS, L., LITTLE, R.M.D., VANDERVOORT, A. A. PATERSON, , D.H. 2012. Flexibility Training and Functional Ability in Older Adults: A Systematic Review, Journal of Aging Research, vol. 2012, Article ID 306818, 30 pages, 2012. https://doi.org/10.1155/2012/306818.
6. VERNETTA, M., PELÁEZ-BARRIOS, E.M., & LÓPEZ-BEDOYA, J. 2020. Systematic review of flexibility tests in gymnastics. Journal of Human Sport and Exercise, in press. doi:https://doi.org/10.14198/jhse.2022.171.07.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-43e/25	Research and development of strength abilities

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
After completing the education, the student demonstrates the acquired competencies by presenting a scientific problem in the selected area on the basis of current scientific journal, foreign language sources, where he analyzes the methodological approaches to solving the selected issue.
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less

Learning outcomes:
The student masters the latest examples of research problems solved in the field of speed abilities in the world. Can characterize the causes of the effectiveness of supramaximal means of developing running speed. It controls the structure and factors determining speed abilities. He is able to design a procedure for examining these factors. Masters the knowledge of the effectiveness of the development of speed abilities in difficult conditions (fall, sledge, brakes, segment weights). He knows the current methodological problems related to research in the field of periodization of the development of speed abilities. Can formulate methodological problems of research into the development of speed abilities. Masters the knowledge of the influence of individual methods of development of speed abilities on changes in motor performance. He is able to give examples of solved research projects in sports games and in individual sports. He will develop a procedure and recommendations for further research and is able to practically demonstrate skills in data acquisition in the selected area on the basis of available modern diagnostic tools.
He can formulate a scientific problem and, with appropriate methodological tools, implement the acquisition of new knowledge and can also interpret it in context, while he can also suggest a procedure for the use of knowledge in sports practice

Class syllabus:
Examples of research problems solved in the field of strength abilities in the world. Characteristics and effectiveness of the latest means of developing force and speed-force capabilities, their structure and factors. Knowledge of the effectiveness of the development of strength abilitiess. Current knowledge in the field of periodization of the development of strength abilitiess. Methodological problems of research into the development of strength abilitiess. Knowledge about the influence of

individual methods of strength development on changes in motor performance. Examples of solved research projects in sports games and in individual sports.

Recommended literature:

1. Baker, J. 2003. Early Specialization in Youth Sport: arequirement for adult expertise? High Ability Studies, Vol. 14, No. 1, pp. 85-94.
2. Bompa, T.O. 1999. Periodization Training for Sports. Champaign : Human Kinetics, 1999.
3. Cardinale, M., Newton, R., and Nosaka, K. 2011. Strength and conditioning-biological principles and practical applications. John Wiley & Sons, ISBN 978-0-470-01919-1. 483 p.
4. Elliott, B. et al., 1999. Training in sport. Chichester, New York, Weinheim:J.Wiley&Sons.
5. Gladden, L.B. 2004. Lactate metabolism: a new paradigm for the third millennium. J Physiol 558, pp. 5–30.
6. Komi, P. V. 2005. Strength and power in sport. Oxford : Blackwell Scientific, ISBN 0-632-05911-7.
7. Komi, P. V. 2011. Neuromuscular aspects of sport performance. International Olympic Committee Medical Commission Publication. Blackwell Publishing Ltd. 321 p.
8. Kraemer, W.J., Fleck, S.J. 2012. Exercise physiology : integrating theory and application. Williams&Wilkins, Philadelphia, ISBN 978-0-7817-8351-4.
9. Matveyev, L. 1981. Fundamentals of Sports Training. Moscow: Progress Publishers.
10. McArdle, W.D., Katch, F.I, Katch, V. 2001. Exercise physiology. 5th Edition, Williams&Wilkins, Baltimore, USA, ISBN 0-7917-2544-5.
11. Pyke, F.S. 2013 Better Coaching : Advanced Coach's Manual. Australian Sports Commission. Human kinetics, 272 p. ISBN 978-1450423373.
12. Reilly, T. 2007. The Science of Training-Soccer. A scientific approach to developing strength, speed and endurance. Taylor & Francis. ISBN 0-415-38447-8.
13. Richardson, S.O. 2008. Overtraining athletes. Human Kinetics. ISBN 0-7360-6787-6.
14. Selye, H., 1974, Stress without Distress. London: Corgi Books.
15. Tschiene, P. 1994. Wettkampfpluralität und Adaptation. Leichtungsport, 5, 1994, pp. 9-12.
16. Vanderka, M. 2016. Silový tréning pre výkon. Slovenská vedecká spoločnosť pre TV a šport, Bratislava 2016, 2. vydanie, Vedecká monografia. 361p. ISBN 978-80-89075-54-6.
17. Verkhoshansky, J., Stiff, M. 2009. Supertraining - Special Strength Training for Sporting Excellence. 7th edition. 592 p., ISBN 0-76-459-65-00.
18. Wiersma, L. D. 2000. Risks and benefits of youth sport specialization: Perspectives and recommendations. Pediatric Exercise Science, 12, pp. 13–22.
19. Wilmore, J., Costill D. 2004. Physiology of sport and exercise. Champaign, IL:Human Kinetics.
20. Zatsiorsky, V., Kraemer, W. 2006. Science and Practice of Strength Training - 2nd Edition, Human Kinetics Publishers, ISBN 0736056289.
21. Current periodical foreign scientific literature e.g.. jssm.org; Journal of Strength and Conditioning Research; European Journal of Sport Science; New studies in athletics.

Languages necessary to complete the course:

Slovak and English

Notes:

Past grade distribution

Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.
Last change: 03.11.2025
Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-39e/25	Research and effectiveness of the development of endurance skills

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Continuous assessment: 50% - partial seminar work.
Final evaluation: based on continuous assessment 50%, 50% - seminar work.

Learning outcomes:
The student knows the historical background of methods of development of endurance skills. The student masters the latest examples of research problems solved in the field of endurance skills in the world. He masters the structure and factors determining endurance skills. He is able to design a procedure for examining these factors. He can characterize the effectiveness of continuous and the effectiveness of interval methods of aerobic endurance development. He masters current knowledge about the effectiveness of the development of anaerobic endurance skills in individual sports and sports games. He can formulate methodological problems of research into the development of endurance skills. He masters examples of solved research projects in sports games and in individual sports.

Class syllabus:
Historical background of methods of development of endurance skills. Examples of research problems solved in the field. Characteristics and effectiveness of continuous methods of aerobic endurance development. Characteristics and effectiveness of interval methods for the development of endurance skills. Current knowledge about the effectiveness of the development of aerobic endurance skills in individual sports and sports games. Current knowledge about the effectiveness of the development of anaerobic endurance skills in individual sports and sports games. Methodological problems of research on the development of endurance skills. Examples of solved research projects in sports games and in individual sports.

Recommended literature:
1. KAMPMILLER, T., VANDERKA, M., LACZO, E. a P. PERÁČEK. Teória športu a didaktika športového tréningu. 1. vyd. Bratislava: ICM Agency, 2012. ISBN 978-80-89257-48-5.

2. Current periodical foreign scientific literature e.g. jssm.org; Journal of Strength and Conditioning Research; European Journal of Sport Science; New studies in athletics.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dPP-2/25	Scientific writing

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 5

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Writing the introduction and a sample abstract for a scientific article.

Learning outcomes:
The student is familiar with the formal and content structure of a scientific article. They understand the principles of formulating the title, abstract, introduction, objectives, and hypotheses, as well as the correct description of materials and methods, presentation of results, discussion, and conclusions. They can distinguish between the purpose and function of the introduction and the discussion. The student has a command of scientific style, proper citation practices, and is aware of the requirements of various scientific journals. They also understand the differences between scientific and popular science texts and are familiar with the ethical principles of scientific publishing.

Class syllabus:
Introduction to Scientific Writing
– Purpose of a scientific article, IMRAD structure (Introduction, Methods, Results, and Discussion)
Formulating the Title and Abstract
– Characteristics of an effective title and abstract
Introduction, Objectives, and Hypotheses
– How to introduce the topic, define the research question, and formulate hypotheses
Materials and Methods
– Transparent and reproducible description of the research procedure
Presentation of Results
– Verbal description, logical organization, without interpretation
Discussion and Conclusion
– Interpretation of results, comparison with existing literature, limitations, and suggestions for future research
Principles of Scientific Style
– Objectivity, clarity, consistency in terminology

Citation and Publication Ethics
– Citation styles, working with sources, plagiarism
Journal Selection and the Publication Process
– Criteria for selecting journals, types of journals, peer-review process
Scientific vs. Popular Science Writing
– Differences in language, style, and target audience

Recommended literature:

1. Angelika H. Hofmann. Scientific Writing and Communication: Papers, Proposals, and Presentations. Oxford University Press, 2010. ISBN 0195390059. 682 strán.
2. Huecker MR, Shreffler J. How To Write And Publish A Scientific Manuscript. 2022 Oct 31. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan–. PMID: 33232064.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. RNDr. Viktor Bielik, PhD., doc. Mgr. Milan Sedliak, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-33e/25	Sports chronobiology

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
1. Elaboration of the final subject work with the prescribed minimum number of references (50%).
2. Individual presentation on a given topic (50%).

Learning outcomes:
The student is able to design a chronobiological experiment with respect to sports sciences; he/she knows special chronobiological methodologies of data collection and statistical procedures in their analysis.
The student possesses the knowledge the course of diurnal changes of individual types of physical performance and understands their mechanisms.
The student masters the specifics of adaptation to different types of training and known / assumed mechanisms of adaptation.

Class syllabus:
- Introduction to chronobiology - history, characteristics of biological rhythms.
- Circadian rhythms - mechanisms of molecular clocks and their external manifestations with emphasis on the neuromuscular system, hormonal system and metabolism.
- Daily changes in physical performance and their mechanisms.
- Adaptive changes to time-specific training - strength, endurance, combined.
- Special chronobiological test protocols with respect to physical activity.

Recommended literature:
1. JANČOKOVÁ, Ľ. et al. Chronobiológia od teórie k športovej praxi. Banská Bystrica: Belianum, 2013. ISBN 978-80-557-0634-4.
2. SEDLIAK, M.. Steroidné hormóny pri telesnom zaťažení. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2017. ISBN 978-80-89075-60-7.

Languages necessary to complete the course:
Slovak and English

Notes:	
Past grade distribution Total number of evaluated students: 0	
ABS	NEABS
0,0	0,0
Lecturers: doc. Mgr. Milan Sedliak, PhD.	
Last change: 30.10.2025	
Approved by: prof. Mgr. Erika Zemková, PhD.	

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-34e/25	Sports training

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Ongoing evaluation:
Elaboration of programs:
- sports training from selected sports 25%
- literature annotations (at least 5 foreign sources of research character) - 25%
Final evaluation: exam (50%)

Learning outcomes:
The student masters the content of basic and related concepts. He knows adaptation theories, means, forms and methods of training load, their connections and diagnostics. He has an overview of the latest theories and knowledge from sports training, which he can creatively apply in sports training projects. Can use scientific procedures to determine and control the general and special objectives of sports training projects. Can apply new methodological approaches in researching the problems of sports training.
He is acquainted with the latest knowledge in the field of sports training through specific research projects and literature.

Class syllabus:
- Load and adaptation in sports training from the perspective of current research projects.
- Development of fitness and coordination skills and the way of their diagnosis in sports training on the examples of research work.
- Acquisition and improvement of sports skills (sports equipment) and the method of their diagnosis on the examples of research work.
- Inter- and intra-individual research projects, experimental and ex post facto monitoring applied in sports training.
- Current topics: spring locomotor systems and their development in sports training, neogenesis of muscle cells under the influence of load, modern approaches in the development of motor skills and abilities.

Recommended literature:

1. KAMPMILLER, Tomáš, et al. Teória športu a didaktika športového tréningu. 1. vyd. Bratislava: ICM Agency, 2012. ISBN 978-80-89257-48-5.
2. MORAVEC, Roman, et. al. Teória a didaktika výkonnostného a vrcholového športu. 1. vyd. Bratislava: Univerzita Komenského a Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2007. ISBN 978-80-89075-31-7.
3. DOVALIL, Josef, et al. Výkon a trénink ve sportu. 3. vyd. Praha: Olympia, 2009. ISBN 978-80-7376-130-1.
4. ELLIOTT, Bruce (ed.). et al. Training. In Sport. Applying Sport Science. 1st Edition. Chichester: Wiley, 1999. ISBN 978-0471978701.
5. PERIČ, Tomáš a Josef DOVALIL. Sportovní trénink. Praha: Grada, 2010. ISBN 978-80-247-2118-7.
6. PERIČ, Tomáš et al. Sportovní příprava dětí. Praha: Grada, 2012. ISBN 978-80-247421-8-2.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-35e/25	Standardization of functional and motor tests

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Mid-term evaluation: none
End of term evaluation: seminar paper (100 %)

Learning outcomes:
Students will become familiar with theory of standardization of functional and fitness tests. They will be able to apply the knowledge acquired in research and practice. They will develop skills needed for identification of basic test characteristics and for interpretation of test results.

Class syllabus:
1. Test design. Test standardization. Fundamental characteristics of functional and fitness tests. Application in functional testing of physical performance.
2. Laboratory and field testing requirements. Objectivity. Reliability. Validity. Sensitivity. Specificity.
3. Examples of functional and fitness tests standardization.

Recommended literature:
1. Australian Institute of Sport. Physiological tests for elite athletes. Champaign, IL: Human Kinetics, 2012.
2. ESTON, R., REILLY, T. Kinanthropometry and exercise physiology laboratory manual: tests, procedures and data. London, UK: Routledge, 2008.
3. REMAIN, M.P., MANSKE, R.C. Functional testing in human performance. Champaign, IL: Human Kinetics, 2009.
4. VINCENT J.W. Statistics in kinesiology. Champaign, IL: Human Kinetics, 2012.
5. WINTER, E.M. et al.: Sport and exercise physiology testing guidelines: volume I - sport testing: London, UK: Routledge, 2007.

Languages necessary to complete the course:
Slovak and English

Notes:	
Past grade distribution Total number of evaluated students: 0	
ABS	NEABS
0,0	0,0
Lecturers: prof. Mgr. Erika Zemková, PhD.	
Last change: 30.10.2025	
Approved by: prof. Mgr. Erika Zemková, PhD.	

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-37e/25	Technical and tactical preparation and their research in sports games

Educational activities:
Type of activities:
Number of hours:
per week: **per level/semester:**
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: 50 % written seminar paper on a given topic, 50 % exam.

Learning outcomes:
The student will gain extended knowledge of the theory and didactics of sport games. He/she has knowledge of technical preparation in sport games, the knowledge of criteria of features and stages of learning sports techniques. He/she masters the psychological and physiological phases of learning individual game activities and collective game activities. Student masters the issue of laterality and transfer of motor skills and game skills. He/she has an overview of the theoretical basis of tactical and theoretical preparation, and an overview of the algorithmization and evaluation of tactical performance in sports games. He/she can use the methods of tactical preparation in sports training of sports players.

Class syllabus:
The concept, meaning, trainability of sports technique, stages of technical preparation, criteria and features of sports technique, learning phases in the acquisition of sports technique, psychological and neurophysiological bases of movement learning, content of general and special teaching of technique, learning methods, causes of technique stagnation, control, tests, technique training in children and adolescents, memory, forgetting, lateral transfer, vertical transfer, the relationship between speed and technique in sport games, the relationship between speed and individual game activities, individual tactics, group tactics, tactics of the whole team game, focus of practical tactical preparation and theoretical tactical preparation in sports games, algorithmization in training and preparation, formulas, signals, evaluation of tactical performance in sports games, tactical preparation vs game preparation, methods of tactical preparation, approaches to tactical preparation.

Recommended literature:
1. WEINECK, Jürgen. Optimales Training. 11. Auflage. Balingen Spitta – Verlag, 2000. ISBN-3-934211-57-7.

2. DOVALIL, Josef et al. Výkon a trénink ve sportu. Praha: Olympia, 2002. ISBN 80-7033-760-5.
3. PERÁČEK, Pavol. Teória športových hier. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2018, 2019. ISBN 978-80-89075-74-4.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. PaedDr. Pavol Peráček, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-36e/25	The structure of sports performance

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Ongoing evaluation:
- Participation, mastering of issues based on literature (30%)
Final evaluation:
- Written elaboration and presentation of the structure of sports performance in the selected sport (70%)

Learning outcomes:
The student masters the theory of the multilevel model of factors determining the level of sports performance. He has an overview of the historical and methodological context of research into the structure of sports performance. He masters the current paradigm of systemic-structural and genetic approach to studying the structure of sports performance. He distinguishes mathematically quantified models of the structure of sports performance compared to qualitative models of expert origin. He masters the methodology of research into the structure of sports performance using methods of multidimensional statistics with the application of partial and regression functions. Based on the content analysis and methodological approaches, he can create a research project on the structure of sports performance in a selected sport.

Class syllabus:
1. Sports performance as a system of factors and the genesis of its research.
2. Multilevel model of sports performance structure.
3. Examples of empirical models of sports performance structure and methods of their construction.
4. Methodological problems of quantification of sports performance structure models. Multiple correlation analysis, partial, discriminant and factor analysis.
5. Consultation and compilation of a model of the structure of sports performance in the chosen sport.
6. Consultations and control on the above issues.

Recommended literature:

1. SLOVÍK, Jozef a Ivo HAVLÍČEK. Štruktúra športového výkonu, hodnotenie a normy výkonnosti v hádzanej. Bratislava: MO SÚVČSZTV, 1985.
2. HAVLÍČEK, Ivo. Metodologické prístupy k skúmaniu štruktúry športového výkonu. In: Tel Vých. a šport. 1998, roč. 8, č. 1, s. 5 – 8.
3. HAVLÍČEK, Ivo. Model empirického výskumu. In: Tel Vých. a šport. 2004, roč. 14, č. 3-4, s. 21-26.
4. KAMPMILLER, Tomáš a Ján KOŠTIAL. Štruktúra a rozvoj rýchlostných schopností v atletických šprintoch mládeže. Met. dopis. Praha: Sportpropag, 1986.
5. KOŠTIAL, Ján et al. Štruktúra športového výkonu, výber mládeže a rozvoj špeciálnych schopností v prekážkových behoch. Bratislava: Šport, 1988.
6. KAMPMILLER, Tomáš. Štruktúra športového výkonu a rozvoj špeciálnych schopností šprintérov. In: Optimalizácia výkonnosti a pohybovej štruktúry v behoch, chôdzi a v skokoch. Bratislava: FTVŠ UK a Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 1998.
7. KAMPMILLER, Tomáš, et al. Teória športu a didaktika športového tréningu. 1. vyd. Bratislava : ICM Agency, 2012. ISBN 978-80-89257-48-5.
8. ZEMKOVÁ, Erika. Štruktúra športového výkonu v karate. In: Acta Facultatis Educationis Physicae Universitatis Comenianae. Bratislava: Univerzita Komenského, 1999. s. 95 – 166. ISBN 80-223-1431-5.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: doc. Mgr. Miroslav Vavák, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-38e/25	Training in sports games

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Method of evaluation and completion of the course:
Final evaluation: seminar work on the assigned topic (100 %)

Learning outcomes:
The student mastesr the analysis of the movement content of a selected sports game. He has in-depth and expanding knowledge of training process in sports games with a focus on special preparation of players according to the player´s function with an emphasis on game and fitness training. He masters the principles of individualization of fitness and game training in terms of player function. He can apply elements on fitness training and game training. He masters the principles of increasing fitness readiness by game (specific) means.

Class syllabus:
Analysis of the movement content of the game, intensification and extensification process in footbal, fitness aspect of the training process, fitness training, game training, fitness readiness, indvidulization fitness training, development trends in the training process, fitness (intensity) profile of the player, fitness model of the present player, development trends in the game concept, methodological basis for effective training process.

Recommended literature:
1. HOLIENKA, M., et al. Prípravné hry vo futbale (vývoj, výskum, prax). Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport, 2020. ISBN 978-80-89075-94-2.
2. HOLIENKA, M.. Kondičný tréning vo futbale. Bratislave: Peter Mačura – PEEM, 2005. ISBN 80-89197-21-3.
3. MALLO, J. Periodization fitness training. A Revolutionary Football Conditioning Program. SoccerTutor.com, 2014. ISBN 978-0-9576705-6-3.
4. OWEN, A. a A. DELLAL. Football conditioning, periodization, seasonal training, small sided games. A Modern scientific approach. SoccerTutor.com, 2016. ISBN 978-1-910491-10-2.

5. OWEN, A., 2016. Football conditioning, fitness training, speed & agility, injury prevention. ISBN 978-1-910491-10-2.

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Miroslav Holienka, PhD.

Last change: 30.10.2025

Approved by: prof. Mgr. Erika Zemková, PhD.

COURSE DESCRIPTION

Academic year: 2025/2026

University: Comenius University Bratislava

Faculty:

Course ID:	**Course title:**
FTVŠ/dVP-46e/25	Woman in Sport

Educational activities:
Type of activities:
Number of hours:
per week: per level/semester:
Form of the course: on-site learning

Number of credits: 3

Recommended semester:

Educational level: III.

Prerequisites:

Course requirements:
Overall evaluation
A, 100 - 92%, B, 91 - 84%, C, 83 - 76%, D, 75 - 68%, E, 67 - 60%, Fx, 59 % and less
Final evaluation: elaboration of a seminar work on the issue of specifity of women in sports and in the context of the thematic scope of the dissertation theses.

Learning outcomes:
The student knows the theoretical basis of gender issues. He is able to scientifically analyze the position of women in sport in the historical context of changes and stereotypes in the concept of her social role. He knows the trends of changes in the body's self-perception and motives of sports. The student is able to analyze the specific factors of women's sports careers, the causes of its abandonment and the problems of women's employment in the physical education and sports movement. The student is able to synthesize, evaluate, extract and creatively use the analyzed knowledge in solving their own research.

Class syllabus:
1. Gender aspects in women's sports, reflection on women's sports in society.
2. The position of women in the process of forming the relationship of children to physical activity.
3. Motivational factors of physical activity and sports of women.
4. Physical self-perception and physical appearance in relation to sports activity of girls.
5. Problems in the process of building women's sports careers.
6. Employment of women in sports organizations and the Olympic movement.Výskum v oblasti zdravotne orientovanej zdatnosti

Recommended literature:
1. EUROPEAN INSTITUTE FOR GENDER EQUALITY (EIGE). 2017. Gender in sport. Accessed July 14, 2018. http://eige.europa.eu/rdc/eige-publications/gender-sport
2. FINK, J.S. 2015. Female athletes, women's sport, and the sport media commercial complex: Have we really "come a long way, baby?" Sport Management Review, 18(3), 331-342.
3. IOC. 2018. IOC Gender Equality Review Project. IOC Gender Equality Recommendations-Overview. Accessed July 12, 2018 https://www.olympic.org/~/media/Document%20Library/

OlympicOrg/News/2018/03/IOC-Gender-Equality-Review-Project-Recommendations-Overview-March2018.pdf .
4. MEDEKOVÁ, H. 2003. Poznatky o pohybovej aktivite dievčat a žien. In Žena – Pohybová aktivita – Životný štýl – Zdravie. Bratislava: Univerzita Komenského, 2003.
5. MEDEKOVÁ, H. 2013. Vybrané aspekty telesného sebaponímania stredoškoláčok. In OBORNÝ, J. & SEMAN, F. 2013. Estetika tela, telesnosti a športového pohybu. Zborník príspevkov z vedeckej konferencie s medzinárodnou účasťou. Bratislava: Slovenská vedecká spoločnosť pre telesnú výchovu a šport v spolupráci s Univerzitou Komenského, Fakultou telesnej výchovy a športu, 2013. 206 s. ISBN 978-80-89075-38-6. S. 114-119.
6. https://www.womeninsport.org/wp-content/uploads/2015/04/Womens-Sport-Say-Yes-to-Success.pdf
7. https://www.telegraph.co.uk/golf/2018/12/17/top-ten-women-golfers-earn-80-per-cent-less-men/
8. https://www.cnbc.com/2019/09/11/despite-equal-grand-slam-tournement-prizes-tennis-still-has-a-pay-gap.html

Languages necessary to complete the course:
Slovak and English

Notes:

Past grade distribution
Total number of evaluated students: 0

ABS	NEABS
0,0	0,0

Lecturers: prof. PaedDr. Oľga Kyselovičová, PhD., doc. PaedDr. Jana Labudová, PhD.

Last change: 03.11.2025

Approved by: prof. Mgr. Erika Zemková, PhD.