

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tx-BD112B/22	Course title: Hiking instructor
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 1 / 1 hours per semester: 13 / 13 Teaching method: on-site	
Credits: 2	Working load: 50 hours
Recommended semester/trimester: 3.	
Level of study: I.	
Prerequisites:	
Requirements for passing the course: Conditions for passing the subject and the subject and the method of verification of acquired knowledge, skills and competences: Verification of the degree of acquisition of the relevant knowledge, skills and competences of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical skills and continuous assessment (50%) Theory test (25%) Seminar work (25%) Subject evaluation: A – 100%-93% B – 92%-85% C – 84%-77% D – 76%-69% E – 68%-60% Fx – 59%- 0%	
Learning outcomes of the course: Objective of the subject: The aim of the training of hiking instructors of the 1st qualification level is to prepare a qualified expert for sports in the field of hiking. A hiking instructor of the 1st qualification level is authorized to lead, organize and implement short-term hiking activities. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student has a wide range of knowledge related to movement and survival in nature, - has relevant knowledge related to the legal aspects of the instructor's practice, - knows the basics of first aid, - is able to plan and implement a multi-day tourist expedition.	
Course contents: Course contents:	

1. Characteristics of KST
2. Selection and preparation of tourist events - specifics
3. The legal minimum of a PT instructor
4. Gear and equipment for hiking
5. Basics of field orientation and work with a guide
6. Basics of meteorology
7. Danger in the mountains
8. – 11. First aid, injuries and non-injury conditions during hiking
12. Tourist signage and marked routes (TZZ)
13. Preparation, planning and organization of tourist activities

Recommended or required literature:

Recommended reading:

1. ŽIDEK, J., et al. 2013. Tourism and the protection of life and health. Bratislava: UK in Bratislava, 2013, 123p. ISBN 978-80-223-3398-6.
2. KOMPÁN, J., GÖRNER, K. 2007. Possibilities of applying tourism and physical activities in nature in the way of life of the young population. Banská Bystrica: FHV UMB, 2007, 62 p. ISBN 80-8083-365-7.
3. KOMPÁN, J., et al. 2017. Outdoor activities, sports and specifics of staying in nature. Banská Bystrica: Belianum, 2017, 210 p. ISBN 978-80-557-1342-7.
4. JÜNGER, J., et al. 2002. Tourism and sports in nature. Prešov: FHäPV PU, 2002, 267 p. ISBN 80-8068-097-3.
5. Methodology for rescuers of the mountain service, 2013 [online]. [cit. 22.6.2021]. Available on the Internet: http://www.horskasluzba.com/dokumenty/Metodia_SK_CZ.pdf.
6. ŽITNÍK, P., 2020. Orientation in the terrain without a map and compass [online]. [cit. 22.6.2021]. Available on the Internet: <https://armytraining.sk/orientacia-v-terene-bez-mapy-a-buzoly/>
7. Movement and stay in nature - topography, 2020 [online]. [cit. 22.6.2021]. Available on the Internet: <http://www.chatnagrüni.sk/materials/files/topografia-znacky.pdf>.

Language of instruction:

Slovak language

Notes:

Course evaluation:

Assessed students in total: 10

A	B	C	D	E	FX
90.0	0.0	0.0	0.0	0.0	10.0

Name of lecturer(s): Mgr. Ľuboslav Šiška, PhD.

Last modification: 12.08.2022

Supervisor(s):

Guarantor:

Administrátor Systému

People responsible for the delivery, development and quality of the study programme:

prof. ThDr. Rastislav Adamko, PhD., doc. Mgr. Marek Babic, PhD., doc. RNDr. Pavel Bella, PhD., prof. PaedDr. Mgr. art. Rastislav Biarinec, ArtD., prof. Irina Chelysheva, DrSc., prof. PaedDr. František Dlugoš, PhD., Mgr. Juraj Dvorský, PhD., prof. PhDr. Ingrid Emmerová, PhD., doc. Tatiana Korenkova, CSc., prof. PaedDr. Milan Ligoš, CSc., doc. Mgr. Eva Litavcová, PhD., doc. PaedDr. Peter Mačura, PhD., prof. PhDr. David Papajík, PhD., doc. Ing. Miroslav Saniga, CSc., prof. Nóra

Séllei, PhD., DrSc., PhDr. ThLic. Martin Taraj, PhD., Prof. Ing. Peter Tomčík, PhD., prof. Dr. phil.
fac. theol. Peter Volek, doc. Ing. Igor Černák, PhD.