

COURSE INFORMATION SHEET

University: Catholic University in Ružomberok	
Faculty: Faculty of Education	
Course code: KTVS/Tv-BD205A/22	Course title: Schooling session 1
Type and range of planned learning activities and teaching methods: Form of instruction: Lecture / Seminar Recommended study range: hours weekly: 2 / 2 hours per semester: 26 / 26 Teaching method: on-site	
Credits: 5	Working load: 125 hours
Recommended semester/trimester: 1.	
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 competencies of the student is carried out on the basis of theoretical and practical examinations during the semester teaching of the subject. Practical part (75%) Theory test (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: To provide the student with knowledge of the main areas of downhill skiing. Acquiring the basic skills necessary for improving the technique. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - the student knows the history of skiing in the world and in Slovakia, - controls, nomenclature, material equipment, basic maintenance of ski equipment, - knows fitness and technical training in downhill skiing, - master basic movement habits, technique and methodology of teaching skiing, - learns the preparation and organization of the ski course and teaching didactics.	
Course contents: Course contents: 1. History of skiing in the world and in our country	

2. Technology - material technical equipment, features and maintenance of skis 3. Principles of mountain safety, knowledge of first aid, difficulty of tracks 4. – 9. Basic ski locomotion, training of ski skills - improving technique 10. – 13. Methodology of teaching skiing					
Recommended or required literature: 1. BLAHUTOVÁ, A. 2017. Skiing technique and didactics, Textbooks, Ružomberok: KU PF. 2017. 66 p. ISBN 978-80-561-0504-7. 2. PAUGSCHOVÁ, B., et al. 2004. Skiing. Banská Bystrica: Bratia Sabovci, s.r.o. Zvolen, 2004, 237 p. ISBN 80-8055-880-9.					
Language of instruction: Slovak language					
Notes:					
Course evaluation: Assessed students in total: 23					
A	B	C	D	E	FX
4.35	17.39	26.09	21.74	4.35	26.09
Name of lecturer(s): Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.					
Last modification: 20.07.2022					
Supervisor(s): People responsible for the delivery, development and quality of the study programme: prof. PhDr. Ingrid Emmerová, PhD., doc. PaedDr. Peter Mačura, PhD., PhDr. ThLic. Martin Taraj, PhD.					