

## COURSE INFORMATION SHEET

<b>University:</b> Catholic University in Ružomberok	
<b>Faculty:</b> Faculty of Education	
<b>Course code:</b> KTVS/Tx-BD111B/22	<b>Course title:</b> Schooling session 5
<b>Type and range of planned learning activities and teaching methods:</b> <b>Form of instruction:</b> Lecture / Seminar <b>Recommended study range:</b> <b>hours weekly:</b> 1 / 2 <b>hours per semester:</b> 13 / 26 <b>Teaching method:</b> on-site	
<b>Credits:</b> 3	<b>Working load:</b> 75 hours
<b>Recommended semester/trimester:</b> 5.	
<b>Level of study:</b> I.	
<b>Prerequisites:</b>	
<b>Requirements for passing the course:</b> 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 (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%	
<b>Learning outcomes of the course:</b> Objective of the subject: To provide the student with knowledge of the basic areas of ski tourism. Mastering the movement component necessary for continuous improvement of the technique. Building capacity for the use of ski tourism in the process of teaching physical and sports education. Learning outcomes: After completing the subject, the student will acquire the following knowledge, skills and competences: - acquires fitness prerequisites for other forms of skiing such as cross-country skiing, ski mountaineering or ski winter transitions, - learns and gains experience in subjective and objective danger in the mountains, - acquires the technical prerequisites for learning special skiing skills, - can handle stressful and unexpected situations in the ski terrain.	
<b>Course contents:</b> Course contents: 1. History of cross-country skiing 2. History of ski mountaineering 3. New forms of ski tourism 4. – 7. Principles of movement in winter nature 7. Equipment for ski tourism 8. – 9. Movement component of cross-country skiing 10. Movement component of a ski alpinist 11.– 13. Basics of planning ski tourism activities	

<b>Recommended or required literature:</b> Recommended reading: 1. PAUGSCHOVÁ, B., et al. 2004. Skiing. Banská Bystrica: Bratia Sabovci, s.r.o. Zvolen, 2004, 237 p. ISBN 80-8055-880-9. 2. ŽÍDEK, J. PETROVIČ, P.: Skiing. Methodical guide. Bratislava, 1997. 3. PETROVIČ, P. BELÁS, M. 2012. Cross-country skiing: technique – methodology. Bratislava: ICM AGENCY. ISBN 978-80-89257-51-5.					
<b>Language of instruction:</b>					
<b>Notes:</b>					
<b>Course evaluation:</b> Assessed students in total: 3					
A	B	C	D	E	FX
33.33	0.0	66.67	0.0	0.0	0.0
<b>Name of lecturer(s):</b> Mgr. Ľuboslav Šiška, PhD., PaedDr. Andrej Hubinák, PhD.					
<b>Last modification:</b> 30.07.2022					
<b>Supervisor(s):</b> <b>Guarantor:</b> Administrátor Systému <b>People responsible for the delivery, development and quality of the study programme:</b> 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.					