

Charakteristika predkladaného výstupu tvorivej činnosti / Characteristics of the submitted research/ artistic/other output

Tlačivo VTC slúži na predkladanie výstupov tvorivej činnosti podľa metodiky hodnotenia tvorivých činností (časť V. Metodiky na vyhodnocovanie štandardov) / The form is used to submit the research/artistic/other outputs according to the evaluation methodology of research/artistic/other activities (part V. The Methodology for Standards Evaluation).

ID konania/ID of the procedure: ¹	
Kód VTC/Code of the research/artistic/other output (RAOO): ¹	

OCA1. Priezvisko hodnotenej osoby / Surname awarded to the assessed person ²	Bendíková	
OCA2. Meno hodnotenej osoby / Name awarded to the assessed person ²	Elena	
OCA3. Tituly hodnotenej osoby / Degrees awarded to the assessed person ²	prof. PaedDr. PhD.	
OCA4. Hyperlink na záznam osoby v Registri zamestnancov vysokých škôl / Hyperlink to the entry of the person in the Register of university staff ³	https://www.portalvs.sk/regzam/detail/11567	
OCA5. Oblasť posudzovania / Area of assessment ⁴	Bc., Mgr. Učiteľstvo telesnej výchovy/Physical education teaching	
OCA6. Kategória výstupu tvorivej činnosti / Category of the research/artistic/other output <i>Výber zo 6 možností (pozri Vysvetlivky k položke OCA6) / Choice from 6 options (see Explanations for OCA6).</i>	vedecký výstup / scientific output	
OCA7. Rok vydania výstupu tvorivej činnosti / Year of publication of the research/artistic/other output	2017	
OCA8. ID záznamu v CREPČ alebo CREUČ (ak je) / ID of the record in the Central Registry of Publication Activity (CRPA) or the Central Registry of Artistic Activity (CRAA) ⁵	UMB.B.Bystrica.0245027	
OCA9. Hyperlink na záznam v CREPČ alebo CREUČ / Hyperlink to the record in CRPA or CRAA ⁶	http://www.crep.sk/portal?fn=*recview&uid=2211065&pageId=resultform&full=0	
UČ / Characteristics of the output that is not registered in CRPA or CRAA	OCA10. Hyperlink na záznam v inom verejne prístupnom registri, katalógu výstupov tvorivých činností / Hyperlink to the record in another publicly accessible register, catalogue of research/artistic/other outputs ⁷	http://www.scopus.com/inward/record.url?partnerID=HzOxMe3b&eid=2-s2.0-85016802854&origin=inward .
	OCA11. Charakteristika výstupu vo formáte bibliografického záznamu CREPČ alebo CREUČ, ak výstup nie je vo verejne prístupnom registri alebo katalógu výstupov / Characteristics of the output in the format of the CRPA or the CRAA bibliographic record, if the output is not available in a publicly accessible register or catalogue of outputs	
	OCA12. Typ výstupu (ak nie je výstup registrovaný v CREPČ alebo CREUČ) / Type of the output (if the output is not registered in CRPA or CRAA) <i>Výber zo 67 možností (pozri Vysvetlivky k položke OCA12) / Choice from 67 options (see Explanations for OCA12).</i>	článok/ article
	OCA13. Hyperlink na stránku, na ktorej je výstup sprístupnený (úplný text, iná dokumentácia a podobne) / Hyperlink to the webpage where the output is available (full text, other documentation, etc.)	https://efsupit.ro/images/stories/1%20March%202017/Art%2068.pdf
	OCA14. Charakteristika autorského vkladu / Characteristics of the author's contribution	study design, statistical analysis, data interpretation, manuscript preparation, conclusions and literature search

OCA15. Anotácia výstupu s kontextovými informáciami týkajúcimi sa opisu tvorivého procesu a obsahu tvorivej činnosti a pod. / Annotation of the output with contextual information concerning the description of creative process and the content of the research/artistic/other activity, etc. ⁸

Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak

Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English

The transformation of education in Slovakia in 2008 brought changes in the field of education, including the subject of Physical Education and Sports. The aim of the research was to expand knowledge about the impact of implementing selected components from the content standard module "Healthy Lifestyle" within the teaching of physical education and sports on changes in the level of knowledge of secondary school students.

The findings significantly demonstrated a positive impact on the level of knowledge, as well as the implementation of physical activities of health-oriented exercises, with a preventive character in health disorders and risks associated with it in a given group. The significance of the above significant findings should be perceived as active and systematic primary support for the care of the health of female students and the search for means of education for lifelong physical activity.

<p>OCA16. Anotácia výstupu v anglickom jazyku / Annotation of the output in English ⁹ <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>Transformation of educational system in Slovakia in 2008 brought changes in the field of education, not excluding the subject of physical and sport education. The aim of research was to expand knowledge about the impact of applying selected components from the content standard module "Healthy Lifestyle", within the teaching of physical and sport education on changes in the level of knowledge of secondary school female students. The findings significantly showed the positive impact on the level of knowledge and realization of health-oriented exercises, with the preventive nature of health disorders and risks associated with it, within the selected group. The importance of above significant findings must be perceived as the active and systematic primary support for the care of students' health and searching for means of education for lifelong physical activity.</p>
<p>OCA17. Zoznam najviac 5 najvýznamnejších ohlasov na výstup / List of maximum 5 most significant citations corresponding to the output <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>1. [3] NEMČEK, Dagmar. Attitudes and reasons for in difference of children living in orphanage towards physical education lessons. In International journal of physical education, sports and health [online]. 2017, vol. 4, no. 5, pp. 161-165 [cit. 2018-05-18]. ISSN 2394-1693. Dostupné na: http://www.kheljournal.com/archives/2017/vol4issue5/PartC/4-5-34-524.pdf 2. [4] NEMČEK, Dagmar - KRAČEK, Stanislav - KURKOVÁ, Petra. Emotions towards physical education lessons of hearing impairments pupils attending special elementary schools. In Acta Facultatis Educationis Physicae Universitatis Comenianae [online]. 2018, vol. 58, no. 1, pp. 69-84 [cit. 2019-03-19]. ISSN 0520-7371. Dostupné na: https://content.sciendo.com/view/journals/afepuc/58/1/article-p69.xml 3. [4] MARKO, Michal. Changes of body posture in elementary school pupils by applying propriofoot concept in physical and sport education. In Študentská vedecká aktivita 2019 (Vedy o športe, fakultné kolo) : zborník zo študentskej vedeckej konferencie. Banská Bystrica : Univerzita Mateja Bela v Banskej Bystrici, 2019. ISBN 978-80-557-1551-3, s. 20-30.</p>
<p>OCA18. Charakteristika dopadu výstupu na spoločensko-hospodársku prax / Characteristics of the output's impact on socio-economic practice <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Physical education and sports in the pragmatic concept of education play an important role in the transformation of knowledge from school to adulthood, when, with properly formed habits, it can significantly influence the quality of each of us's lifestyle. Paying attention to this aspect of education also contributes to the public health of Slovakia to a large extent.</p>
<p>OCA19. Charakteristika dopadu výstupu a súvisiacich aktivít na vzdelávací proces / Characteristics of the output and related activities' impact on the educational process <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Early activity on the part of educational institutions through the prism of physical and sports education is the starting point for health education as a nationwide current phenomenon not only in Slovakia, but also abroad.</p>

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Kód VTC/Code of the research/artistic/other output (RAOO): ¹	

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OCA2. Meno hodnotenej osoby / Name awarded to the assessed person ²	Elena	
OCA3. Tituly hodnotenej osoby / Degrees awarded to the assessed person ²	prof. PaedDr. PhD.	
OCA4. Hyperlink na záznam osoby v Registri zamestnancov vysokých škôl / Hyperlink to the entry of the person in the Register of university staff ³	https://www.portalvs.sk/regzam/detail/11567	
OCA5. Oblasť posudzovania / Area of assessment ⁴	Bc., Mgr. Učiteľstvo telesnej výchovy/Physical education teaching	
OCA6. Kategória výstupu tvorivej činnosti / Category of the research/artistic/other output <i>Výber zo 6 možností (pozri Vysvetlivky k položke OCA6) / Choice from 6 options (see Explanations for OCA6).</i>	vedecký výstup / scientific output	
OCA7. Rok vydania výstupu tvorivej činnosti / Year of publication of the research/artistic/other output	2018	
OCA8. ID záznamu v CREPČ alebo CREUČ (ak je) / ID of the record in the Central Registry of Publication Activity (CRPA) or the Central Registry of Artistic Activity (CRAA) ⁵	74503	
OCA9. Hyperlink na záznam v CREPČ alebo CREUČ / Hyperlink to the record in CRPA or CRAA ⁶	https://app.crepc.sk/?fn=detailBiblioForm&sid=340F817DE63129971FDD42DF	
nie je registrovaný v CREPČ alebo CREUČ / Characteristics of the output that is not registered in CRPA or CRAA	OCA10. Hyperlink na záznam v inom verejne prístupnom registri, katalógu výstupov tvorivých činností / Hyperlink to the record in another publicly accessible register, catalogue of research/artistic/other outputs ⁷	
	OCA11. Charakteristika výstupu vo formáte bibliografického záznamu CREPČ alebo CREUČ, ak výstup nie je vo verejne prístupnom registri alebo katalógu výstupov / Characteristics of the output in the format of the CRPA or the CRAA bibliographic record, if the output is not available in a publicly accessible register or catalogue of outputs	
	OCA12. Typ výstupu (ak nie je výstup registrovaný v CREPČ alebo CREUČ) / Type of the output (if the output is not registered in CRPA or CRAA) <i>Výber zo 67 možností (pozri Vysvetlivky k položke OCA12) / Choice from 67 options (see Explanations for OCA12).</i>	článok/ article
	OCA13. Hyperlink na stránku, na ktorej je výstup sprístupnený (úplný text, iná dokumentácia a podobne) / Hyperlink to the webpage where the output is available (full text, other documentation, etc.)	https://www.termedia.pl/Satisfaction-with-life-scale-analyses-among-healthy-people-people-with-noncommunicable-diseases-and-people-with-disabilities,95,33246,0,1.html
	OCA14. Charakteristika autorského vkladu / Characteristics of the author's contribution	study design, data interpretation, manuscript preparation, conclusions and literature review

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Charakteristika výstupu, ktorý</p>	<p>OCA15. Anotácia výstupu s kontextovými informáciami týkajúcimi sa opisu tvorivého procesu a obsahu tvorivej činnosti a pod. / Annotation of the output with contextual information concerning the description of creative process and the content of the research/artistic/other activity, etc. ⁸</p> <p><i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i></p> <p><i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>"The aforementioned study highlights a society-wide phenomenon that also pertains to Slovakia in terms of the population's health quality. Specifically, appropriately selected physical activities and an active social life (e.g., with friends, relatives, neighbors, teammates, in church, or in civil associations, etc.) are of paramount importance for people with disabilities. These factors contribute to combating and reducing their levels of social exclusion and isolation, which can lead to episodes of depression, stress, loneliness, and a subsequent decline in health conditions—ultimately resulting in broader societal and economic impacts."</p>
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<p>OCA16. Anotácia výstupu v anglickom jazyku / Annotation of the output in English ⁹ <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>The listed study points to the society-wide phenomenon, which also concerns Slovakia, in terms of level of quality of human health, while appropriately chosen physical activities and active social life (with friends, relatives, neighbours, teammates, church) are extremely important for people with NCDs and disabilities, as they contribute to combating and reducing their levels of social exclusion and isolation, which can lead to episodes of depression, stress, loneliness and subsequent deterioration of health conditions and have social and economic impact.</p>
<p>OCA17. Zoznam najviac 5 najvýznamnejších ohlasov na výstup / List of maximum 5 most significant citations corresponding to the output <i>Rozsah do 200 slov / Range up to 200 words</i></p>	
<p>OCA18. Charakteristika dopadu výstupu na spoločensko-hospodársku prax / Characteristics of the output's impact on socio-economic practice <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Here, the space for sport in individual forms is opened in cooperation with, for example, doctors, faculty institutions (KTVŠ), in order to provide primarily health advice and services to people with health disabilities in a cooperative manner and thus improve their special forms of residential and professional care. Increasing the level of life satisfaction in individuals with health disorders has an economic impact on public health in Slovakia.</p>
<p>OCA19. Charakteristika dopadu výstupu a súvisiacich aktivít na vzdelávací proces / Characteristics of the output and related activities' impact on the educational process <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Knowledge of responsibility for health and access to people with health disabilities (health disorders) is a practical benefit in terms of acquiring skills, as well as in terms of the educational process through the prism of direct confrontation with the situation in current practice, given the upward trend of the aforementioned condition.</p>

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ID konania/ID of the procedure: ¹	
Kód VTC/Code of the research/artistic/other output (RAOO): ¹	

OCA1. Priezvisko hodnotenej osoby / Surname awarded to the assessed person ²	Bendíková	
OCA2. Meno hodnotenej osoby / Name awarded to the assessed person ²	Elena	
OCA3. Tituly hodnotenej osoby / Degrees awarded to the assessed person ²	prof. PaedDr. PhD.	
OCA4. Hyperlink na záznam osoby v Registri zamestnancov vysokých škôl / Hyperlink to the entry of the person in the Register of university staff ³	https://www.portalvs.sk/regzam/detail/11567	
OCA5. Oblasť posudzovania / Area of assessment ⁴	Bc., Mgr. Učiteľstvo telesnej výchovy/Physical education teaching	
OCA6. Kategória výstupu tvorivej činnosti / Category of the research/artistic/other output <i>Výber zo 6 možností (pozri Vysvetlivky k položke OCA6) / Choice from 6 options (see Explanations for OCA6).</i>	vedecký výstup / scientific output	
OCA7. Rok vydania výstupu tvorivej činnosti / Year of publication of the research/artistic/other output	2018	
OCA8. ID záznamu v CREPČ alebo CREUČ (ak je) / ID of the record in the Central Registry of Publication Activity (CRPA) or the Central Registry of Artistic Activity (CRAA) ⁵	86529	
OCA9. Hyperlink na záznam v CREPČ alebo CREUČ / Hyperlink to the record in CRPA or CRAA ⁵	https://app.crepc.sk/?fn=detailBiblioForm&sid=F057A72469F3CCA803F132B6	
ý v CREPČ alebo CREUČ / Characteristics of the output that is not registered in CRPA or CRAA	OCA10. Hyperlink na záznam v inom verejne prístupnom registri, katalógu výstupov tvorivých činností / Hyperlink to the record in another publicly accessible register, catalogue of research/artistic/other outputs ⁷	
	OCA11. Charakteristika výstupu vo formáte bibliografického záznamu CREPČ alebo CREUČ, ak výstup nie je vo verejne prístupnom registri alebo katalógu výstupov / Characteristics of the output in the format of the CRPA or the CRAA bibliographic record, if the output is not available in a publicly accessible register or catalogue of outputs	
	OCA12. Typ výstupu (ak nie je výstup registrovaný v CREPČ alebo CREUČ) / Type of the output (if the output is not registered in CRPA or CRAA) <i>Výber zo 67 možností (pozri Vysvetlivky k položke OCA12) / Choice from 67 options (see Explanations for OCA12).</i>	článok/ article
	OCA13. Hyperlink na stránku, na ktorej je výstup sprístupnený (úplný text, iná dokumentácia a podobne) / Hyperlink to the webpage where the output is available (full text, other documentation, etc.)	https://efsupit.ro/images/stories/1aprilie2018/art%2074.pdf
	OCA14. Charakteristika autorského vkladu / Characteristics of the author's contribution	study design, statistical analysis, data interpretation, manuscript preparation, conclusions and literature search

OCA15. Anotácia výstupu s kontextovými informáciami týkajúcimi sa opisu tvorivého procesu a obsahu tvorivej činnosti a pod. / Annotation of the output with contextual information concerning the description of creative process and the content of the research/artistic/other activity, etc. ⁸

Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak

Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English

Insufficient primary prevention and diagnostics in the school population or ignorance of functional changes in the movement system of students often result in the prevalence of vertebrogenic disorders in adulthood, when their treatment is limited or even impossible. In addition, they also lead to an increased incidence of other structural multifactorial disorders. Our study points out, from the point of view of preventing postural health of students, the possibilities offered by physical and sports education through the application of health-promoting movement programs, which directly and indirectly create space for diversification of content, and thus significantly support stabilization as well as positively influence the selected indicator of postural health of students.

<p>OCA16. Anotácia výstupu v anglickom jazyku / Annotation of the output in English ⁹ <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>The insufficient primary prevention and diagnosis of school population or ignorance of functional changes of muscular and skeletal systems of pupils often result in the prevalence of vertebrogenic disorders in adulthood, while the treatment is limited or even impossible. In addition, it also leads to the increased incidence of other structural multifactorial disorders. Our study points out, in terms of prevention of pupils' postural health to the possibilities offered by physical and sport education through the application of health-promoting exercise programs, which directly and indirectly create space for diversification of content, and thus significantly support stabilization and positively affect the selected indicator of pupils' postural health.</p>
<p>OCA17. Zoznam najviac 5 najvýznamnejších ohlasov na výstup / List of maximum 5 most significant citations corresponding to the output <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<ol style="list-style-type: none"> 1. [1] ĄUBKOWSKA, Wioletta - KRZEPOTA, Justyna. Quality of life and health behaviours of patients with low back pain. In Physical activity review. ISSN 2300-5076, 2019, vol. 7, pp. 182-192., Registrované v: WoS 2. [1] ĄHOVANOVÁ, Erika. The development of coordination abilities in non-integrated students and correction of behavior disorders in integrated students through engaging in movement games. In Physical activity review. ISSN 2300-5076, 2019, vol. 7, pp. 209-218., Registrované v: WoS 3. [1] ĄURKOVÁ, Petra. Comparison of differences students' viewing in the Czech elementary schools for the deaf in physical education classes with other studies. In Physical activity review. ISSN 2300-5076, 2019, vol. 7, pp. 168-174., Registrované v: WoS 4. [1] ĄUZDA, Jolanta Grazyna - PASEK, Marcin - LATOSIEWICZ, Robert - BIERKUS, Mirosław. Is there any effect of step aerobics training on physical fitness of female students? In International conference of computational methods in sciences and engineering 2019, Rhodes, 1st - 5th May 2019. Marylan : American institute of physics, 2019. ISBN 978-073541933-9., Registrované v: Scopus 5. [1] ĄIENCALA, Jan - PSALMAN, Vladimir - ZVONAR, Martin. Diagnosis, surgery treatment and post-surgery process at vertebrectomy (spinal disease). In International conference of computational methods in sciences and engineering 2019, Rhodes, 1st - 5th May 2019. Marylan : American institute of physics, 2019. ISBN 978-073541933-9., Registrované v: Scopus
<p>OCA18. Charakteristika dopadu výstupu na spoločensko-hospodársku prax / Characteristics of the output's impact on socio-economic practice <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>The quality of the functionality of the musculoskeletal system with an emphasis on the spine from the point of view of early prevention is the starting point and method of preventing the development of vertebrogenic disorders in adulthood, thereby reducing the economic impact on the number of hospitalized patients, as well as partial or even full disability pensions.</p>
<p>OCA19. Charakteristika dopadu výstupu a súvisiacich aktivít na vzdelávací proces / Characteristics of the output and related activities' impact on the educational process <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Educating and training students to be responsible for postural health in the school environment through the prism of physical and sports education is an economically undemanding method on a societal scale, applicable also in a healthy lifestyle and creating a relationship with one's own health.</p>

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OCA1. Priezvisko hodnotenej osoby / Surname awarded to the assessed person ²	Bendíková	
OCA2. Meno hodnotenej osoby / Name awarded to the assessed person ²	Elena	
OCA3. Tituly hodnotenej osoby / Degrees awarded to the assessed person ²	prof. PaedDr. PhD.	
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OCA5. Oblasť posudzovania / Area of assessment ⁴	Bc., Mgr. Učiteľstvo telesnej výchovy/Physical education teaching	
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OCA7. Rok vydania výstupu tvorivej činnosti / Year of publication of the research/artistic/other output	2020	
OCA8. ID záznamu v CREPČ alebo CREUČ (ak je) / ID of the record in the Central Registry of Publication Activity (CRPA) or the Central Registry of Artistic Activity (CRAA) ⁵	ID 313229	
OCA9. Hyperlink na záznam v CREPČ alebo CREUČ / Hyperlink to the record in CRPA or CRAA ⁶	https://app.crepc.sk/?fn=detailBiblioFormChildW1505P&sid=E34941642DF4227505659E1BB1&seo=CREP%C4%8C-detail-%C4%8C%C3%A1nok	
je registrovaný v CREPČ alebo CREUČ / Characteristics of the output that is not registered in CRPA or CRAA	OCA10. Hyperlink na záznam v inom verejne prístupnom registri, katalógu výstupov tvorivých činností / Hyperlink to the record in another publicly accessible register, catalogue of research/ artistic/other outputs ⁷	https://www.scopus.com/record/display.uri?eid=2-s2.0-85091816778&origin=resultslist&sort=plf-f&src=s&sid=506a1e830cf07ccfce1317edbadfa40&sot=b&sdt=b&s=TITLE-ABS-KEY%28Diversification+of+the+physical+and+sport+education+syllabi+and+its+effects+on+the+musculoskeletal+system+in+young+female+students%29&sl=145&sessionSearchId=506a1e830cf07ccfce1317edbadfa40&relpos=0
	OCA11. Charakteristika výstupu vo formáte bibliografického záznamu CREPČ alebo CREUČ, ak výstup nie je vo verejne prístupnom registri alebo katalógu výstupov / Characteristics of the output in the format of the CRPA or the CRAA bibliographic record, if the output is not available in a publicly accessible register or catalogue of outputs	
	OCA12. Typ výstupu (ak nie je výstup registrovaný v CREPČ alebo CREUČ) / Type of the output (if the output is not registered in CRPA or CRAA) <i>Výber zo 67 možností (pozri Vysvetlivky k položke OCA12) / Choice from 67 options (see Explanations for OCA12).</i>	článok/ article
	OCA13. Hyperlink na stránku, na ktorej je výstup sprístupnený (úplný text, iná dokumentácia a podobne) / Hyperlink to the webpage where the output is available (full text, other documentation, etc.)	https://tss.awf.poznan.pl/Diversification-of-the-physical-and-sport-education-syllabi-and-its-effects-on-the,125783,0,2.html
	OCA14. Charakteristika autorského vkladu / Characteristics of the author's contribution	study design, statistical analysis, data interpretation, manuscript preparation, conclusions and literature search

<p>Charakteristika výstupu, ktorý nie</p>	<p>OCA15. Anotácia výstupu s kontextovými informáciami týkajúcimi sa opisu tvorivého procesu a obsahu tvorivej činnosti a pod. / Annotation of the output with contextual information concerning the description of creative process and the content of the research/artistic/other activity, etc. ⁸</p> <p><i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i></p> <p><i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>The prevalence of musculoskeletal disorders in the school-age population may lead to the occurrence of vertebrogenic diseases in adulthood, which emphasizes the importance of early primary prevention in the form of health-oriented compensatory movement programs within physical education and sports. The findings of the presented study significantly demonstrate the importance of diversifying the content of physical education and sports curricula for improving the health and functional capacity of the musculoskeletal system in the school-age population.</p>
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<p>OCA16. Anotácia výstupu v anglickom jazyku / Annotation of the output in English ⁹ <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>The upward trend of diseases of civilization, which also affects older age groups, is largely reflected in the lifestyle of seniors, while appropriate and regular physical activity plays the important role, in terms of prevention. The physical activity is one of key factors in the quality of life of seniors. The findings of presented study significantly show that the physical activities of physical and sport nature play the important role in maintaining social contacts, health and independence, which are values that are particularly important for the life of seniors and specific in various aspects, not excluding the sense of quality of life.</p>
<p>OCA17. Zoznam najviac 5 najvýznamnejších ohlasov na výstup / List of maximum 5 most significant citations corresponding to the output <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>[3] SZŐKÖL, István; OSIFČIN, Miroslav. Material Didactic Means in the Educational Process. R&E-SOURCE, 2024, 291-303. [3] SZŐKÖL, István; PŠENÁKOVÁ, Ildikó; KOVÁČ, Ondrej. The Influence of Innovative Teaching Methods on Student Motivation. R&E-SOURCE, 2023, 196-203. [3] SZŐKÖL, István; DOBAY, Beáta; OSIFČIN, Miroslav. Developing Information Literacy. R&E-SOURCE, 2023, 173-181. [3] SZŐKÖL, István; PŠENÁKOVÁ, Ildikó; BENKOVÁ, Simona. Key Competences of Students of Professional Subjects Using Activating Methods. R&E-SOURCE, 2023, 182-195. [1] MICHAELA, SLOVÁKOVÁ; MARTINA, MANDZÁKOVÁ. Effect of an exercise program on the body posture of young school-aged pupils. Journal of Physical Education & Sport, 2024, 24.3.</p>
<p>OCA18. Charakteristika dopadu výstupu na spoločensko-hospodársku prax / Characteristics of the output's impact on socio-economic practice <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>The social benefit is the personal implementation and participation in exercise programs for seniors in the region, thereby supporting their physical and mental health, which leads to an improvement in their way of life and lifestyle with a sense of well-being. At the same time, it is an effort to prolong their active health, which leads to the reduction and stability of various diseases (cardiovascular, metabolic or psychological).</p>
<p>OCA19. Charakteristika dopadu výstupu a súvisiacich aktivít na vzdelávací proces / Characteristics of the output and related activities' impact on the educational process <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Cognitive and health literacy of developmental patterns, including the period of senior age, is an early and primary measure of the need to prepare for the aforementioned period, which affects each of us precisely through the prism of education and upbringing in schools.</p>

Charakteristika predkladaného výstupu tvorivej činnosti / Characteristics of the submitted research/ artistic/other output

Tlačivo VTC slúži na predkladanie výstupov tvorivej činnosti podľa metodiky hodnotenia tvorivých činností (časť V. Metodiky na vyhodnocovanie štandardov) / The form is used to submit the research/artistic/other outputs according to the evaluation methodology of research/artistic/other activities (part V. The Methodology for Standards Evaluation).

ID konania/ID of the procedure: ¹	
Kód VTC/Code of the research/artistic/other output (RAOO): ¹	

OCA1. Priezvisko hodnotenej osoby / Surname awarded to the assessed person ²	Bendíková	
OCA2. Meno hodnotenej osoby / Name awarded to the assessed person ²	Elena	
OCA3. Tituly hodnotenej osoby / Degrees awarded to the assessed person ²	prof. PaedDr. PhD.	
OCA4. Hyperlink na záznam osoby v Registri zamestnancov vysokých škôl / Hyperlink to the entry of the person in the Register of university staff ³	https://www.portalvs.sk/regzam/detail/11567	
OCA5. Oblasť posudzovania / Area of assessment ⁴	Bc., Mgr. Učiteľstvo telesnej výchovy/Physical education teaching	
OCA6. Kategória výstupu tvorivej činnosti / Category of the research/artistic/other output <i>Výber zo 6 možností (pozri Vysvetlivky k položke OCA6) / Choice from 6 options (see Explanations for OCA6).</i>	vedecký výstup / scientific output	
OCA7. Rok vydania výstupu tvorivej činnosti / Year of publication of the research/artistic/other output	2022	
OCA8. ID záznamu v CREPČ alebo CREUČ (ak je) / ID of the record in the Central Registry of Publication Activity (CRPA) or the Central Registry of Artistic Activity (CRAA) ⁵	ID 1013225	
OCA9. Hyperlink na záznam v CREPČ alebo CREUČ / Hyperlink to the record in CRPA or CRAA ⁶	https://app.crep.sk/?fn=detailBiblioFormChildI8CKK&sid=3F129C059416E4589A8426D71532&seo=CREP%C4%8C-detail-%C4%8C%C3%A1nok	
registrovaný v CREPČ alebo CREUČ / CRAA Characteristics of the output that is not registered in CRPA or CRAA	OCA10. Hyperlink na záznam v inom verejne prístupnom registri, katalógu výstupov tvorivých činností / Hyperlink to the record in another publicly accessible register, catalogue of research/artistic/other outputs ⁷	https://www.scopus.com/record/display.uri?eid=2-s2.0-85139261895&origin=resultslist&sort=plf-f&src=s&sid=506a1e830cf07ccfce1317edbadfa40&sot=b&sdt=b&s=TITLE-ABS-KEY%28Acral+Coactivation+Therapy+method+in+terms+of+improving+the+muculoskeletal+system+in+pupils+in+physical+and+sport+education%29&sl=145&sessionSearchId=506a1e830cf07ccfce1317edbadfa40&relpos=0
	OCA11. Charakteristika výstupu vo formáte bibliografického záznamu CREPČ alebo CREUČ, ak výstup nie je vo verejne prístupnom registri alebo katalógu výstupov / Characteristics of the output in the format of the CRPA or the CRAA bibliographic record, if the output is not available in a publicly accessible register or catalogue of outputs	
	OCA12. Typ výstupu (ak nie je výstup registrovaný v CREPČ alebo CREUČ) / Type of the output (if the output is not registered in CRPA or CRAA) <i>Výber zo 67 možností (pozri Vysvetlivky k položke OCA12) / Choice from 67 options (see Explanations for OCA12).</i>	článok/ article
	OCA13. Hyperlink na stránku, na ktorej je výstup sprístupnený (úplný text, iná dokumentácia a podobne) / Hyperlink to the webpage where the output is available (full text, other documentation, etc.)	https://tss.awf.poznan.pl/Acral-Coactivation-Therapy-Method-in-terms-of-improving-the-muculoskeletal-system,152108,0,2.html
	OCA14. Charakteristika autorského vkladu / Characteristics of the author's contribution	study design, statistical analysis, data interpretation, manuscript preparation, conclusions and literature search

OCA15. Anotácia výstupu s kontextovými informáciami týkajúcimi sa opisu tvorivého procesu a obsahu tvorivej činnosti a pod. / Annotation of the output with contextual information concerning the description of creative process and the content of the research/artistic/other activity, etc. ⁸

Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak

Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English

The study is a response to the fact of the hypokinetic lifestyle of the school population, which is neglected by society both abroad and in Slovakia, manifested in their deteriorating postural health. The starting point for this situation is prevention, as well as stabilization of the given condition through the prism of physical and sports education in the monitored age group. The results significantly confirm the importance of purposeful and health-oriented exercise programs with a positive effect on the correct postural development of students, which in the future, from a societal perspective, may reduce the number of hospitalized and treated patients for vertebrogenic diseases, and thus reduce and save social insurance companies' costs for treatment.

<p>OCA16. Anotácia výstupu v anglickom jazyku / Annotation of the output in English ⁹ <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>The listed study is the reaction to the socially neglected fact of hypoconetic way of life of school population, both abroad and in Slovakia, manifesting itself in the deteriorating postural health. Very important is the prevention and stabilization of given condition through the prism of physical and sport education, within the monitored age group. The results significantly confirm the importance of purposeful and health-oriented exercise programs with equipment, with the positive effect on the correct postural development of pupils, which in the future can reduce hospitalized and treated patients with the vertebrogenic diseases, and thus reducing and saving social insurance costs for treatment.</p>
<p>OCA17. Zoznam najviac 5 najvýznamnejších ohlasov na výstup / List of maximum 5 most significant citations corresponding to the output <i>Rozsah do 200 slov / Range up to 200 words</i></p>	<p>[1] CHOVANOVÁ, Erika; MAJHEROVÁ, Mária; BENDÍKOVÁ, Elena. Age-and Gender-Specific Levels and Differences in Children's Gross Motor Coordination During Prepuberty. <i>Physical Activity Review</i>, 2023, 11.2. [1] VAGNER, Jan, et al. Press up exercises as an alternative to conventional therapy of radicular symptoms in patients with low back pain. <i>Central European Journal of Sport Sciences and Medicine</i>, 2023, 42.02.</p>
<p>OCA18. Charakteristika dopadu výstupu na spoločensko-hospodársku prax / Characteristics of the output's impact on socio-economic practice <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>From a societal and economic perspective, early prevention can reduce the number of hospitalized and treated patients for vertebrogenic diseases in productive age, and thus reduce and save social insurance companies' costs for treatment.</p>
<p>OCA19. Charakteristika dopadu výstupu a súvisiacich aktivít na vzdelávací proces / Characteristics of the output and related activities' impact on the educational process <i>Rozsah do 200 slov v slovenskom jazyku / Range up to 200 words in Slovak</i> <i>Rozsah do 200 slov v anglickom jazyku / Range up to 200 words in English</i></p>	<p>Cognitive and health literacy are one of the factors in learning and acquiring the competence to take responsibility for one's health, supported by the school environment.</p>