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| Higher education institution: <i>Slovak Medical University in Bratislava</i> | | | | | |
| Faculty: <i>Faculty of Medicine</i> | | | | | |
| Course code: <i>GM006A</i> | | | Course title: <i>Physical Activity for Health (1)</i> | | |
| Type, extent and method of educational activity: <i>Number of hours per semester: 14</i> <i>Practices 14 / 1 hour per week</i> <i>(Total load of the student is 25 h)</i> <i>Method of the education activity: full-time study (distance study)¹</i> <i>Form of the study: full.time</i> | | | | | |
| Number of credits: <i>1 credit</i> | | | | | |
| Recommended semester/trimester study: <i>1st</i> | | | | | |
| Level of higher education study: <i>1. + 2. level</i> | | | | | |
| Prerequisite courses: <i>none</i> | | | | | |
| Requirements for completion of the course: <i>The criterion for successful completion of the course is 100% active participation in contact teaching, 60% success in the final test. The student load is 11 hours (preparation for exercises, preparation for the final test).</i> | | | | | |
| Learning outcomes: <i>Explain the importance of physical activity and physical exercise in your life, positive impact on individual body systems. Disseminate knowledge and form habits aimed at protecting, promoting and developing health of individuals and society through physical activity and sport.</i> | | | | | |
| Brief content of the course (syllabus): <i>1. Physical activity in the prevention and therapy of diseases of civilization, the importance of physical exercise for health, its maintenance and recovery</i> <i>2. General patterns of movement, safety measures, accident prevention, determination of the level of physical fitness by means of standardized test batteries, EUROFIT</i> <i>3. Possibilities of development of muscular strength (circuit training, exercises with own body weight, with added resistance, with equipment, on machines)</i> <i>4. Possibilities of development of endurance (aerobic training with the use of cardio machines, Nordic walking, principles of exercise by the method of high-intensity interval load - HIIT, Tabata)</i> | | | | | |
| Recommended reading: <i>Boyle, M. (2016). New Functional Training for Sports, Second Edition Human Kinetics; ISBN 9781492530619</i> <i>Blair et al. (1996). Influences of cardiorespiratory fitness and other precursors on cardiovascular disease and all-cause mortality in men and women. The Journal of the American Medical Association, 276 (3), 205-210</i> <i>Cotton, R.L. (1997). Personal trainer manual. American Council on Exercise</i> <i>de Vries, H.A. (1980). Physiology of Exercise for Physical Education and Athletics. W. C. Brown a Company, Publishers, Dubuque, IAMP</i> <i>Howley, E.T., Thompson, D. L., (2012) Fitness Professional's Handbook. Champaign, Illinois USA: Human Kinetics</i> <i>American College of Sports Medicine (2000). ACSM guidelines for exercise testing and prescription, 6th Ed. Lippincott Williams a Wilkins</i> <i>American College of Sports Medicine (2010). The Recommended Amount of Cardiorespiratory and Muscular Fitness in Healthy Adults. Medicine and Science in Sports and Exercise, 22, 265-274</i> | | | | | |
| Language requirements: <i>English</i> | | | | | |
| Notes: <i>The course runs in Slovak and English language.</i> | | | | | |
| Course assessment Assessed students in total: 0 | | | | | |
| A | B | C | D | E | FX |
| 0% | 0% | 0% | 0% | 0% | 0% |
| Lecturers: <i>PaedDr. Mgr. Veronika Tirpáková, PhD.,</i> <i>Mgr. Lucia Slobodová, PhD.</i> | | | | | |
| Date of last modification: <i>20.10.2021</i> | | | | | |
| Approved by: <i>person responsible for realization, development and ensuring of the study program quality</i> <i>prof. MUDr. Iveta Šímková, CSc.</i> | | | | | |

¹§ 108e ods. 2 zákona č.131/2002 Z.z. o vysokých školách

Course Information Sheet

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|---|----|----|--|----|----|
| Higher education institution: <i>Slovak Medical University in Bratislava</i> | | | | | |
| Faculty: <i>Faculty of Medicine</i> | | | | | |
| Course code: <i>GM006B</i> | | | Course title: <i>Physical Activity for Health (2)</i> | | |
| Type, extent and method of educational activity: <i>Number of hours per semester: 14</i> <i>Practices 14 / 1 hour per week</i> <i>(Total work load of the student is 25 h)</i> <i>Method of the education activity: full-time study(distance study)¹</i> <i>Form of the study: full-time</i> | | | | | |
| Number of credits: <i>1 credit</i> | | | | | |
| Recommended semester/trimester study: <i>2nd</i> | | | | | |
| Level of higher education study: <i>1. + 2. Level</i> | | | | | |
| Prerequisite courses: <i>none</i> | | | | | |
| Requirements for completion of the course: <i>The criterion for successful completion of the course is 100% active participation in contact teaching, 60% success in the final test. The student load is 11 hours (preparation for exercises, preparation for the final test).</i> | | | | | |
| Learning outcomes: <i>Explain the importance of physical activity and physical exercise in your life, positive impact on individual body systems.</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing health of individuals and society through physical activity and sport.</i> | | | | | |
| Brief content of the course (syllabus): <ol style="list-style-type: none"> <i>1. WHO recommendations for physical activity, physical inactivity and sedentary lifestyle</i> <i>2. Psychomotor - cognitive development, games - Non-Locomotor Skills, Moving and Doing</i> <i>3. Possibilities of coordination development, exercises with balance equipment (overball, fitball, bosu, ring)</i> <i>4. Physical activities in water (water games, aquafitness, the impact of the aquatic environment on the human body, swimming (basic / sports / health) and its importance in functional disorders of the musculoskeletal system</i> | | | | | |
| Recommended reading: <i>Pedersen, B. K., Saltin, B. (2015). Exercise as medicine - Evidence for prescribing exercise as therapy in 26 different chronic diseases, Scandinavian journal of medicine & science in sports 25 Suppl 3 1-72 DOI 10.1111/sms.12581</i> <i>Howley, E.T., Thompson, D. L., (2012) Fitness Professional's Handbook. Champaign, Illinois USA: Human Kinetics.</i> <i>American College of Sports Medicine (2010). The Recommended Amount of Cardiorespiratory and Muscular Fitness in Healthy Adults. Medicine and Science in Sports and Exercise, 22, 265-274</i> <i>American College of Sports Medicine (2009). Exercise Management for Persons with Chronic Diseases and Disabilities. Champaign, IL : Human Kinetics</i> <i>WHO 2010 Global Recommendations on Physical Activity for Health</i> http://whqlibdoc.who.int/publications/2010/9789241599979_eng.pdf | | | | | |
| Language requirements: <i>English</i> | | | | | |
| Notes: <i>The course runs in Slovak and English language.</i> | | | | | |
| Course assessment Assessed students in total: 0 | | | | | |
| A | B | C | D | E | FX |
| 0% | 0% | 0% | 0% | 0% | 0% |
| Lecturers: <i>PaedDr. Mgr. Veronika Tirpáková, PhD., Mgr. Lucia Slobodová, PhD.</i> | | | | | |
| Date of last modification: <i>20.10.2021</i> | | | | | |
| Approved by: <i>person responsible for realization, development and ensuring of the study program quality prof. MUDr. Iveta Šímková, CSc.</i> | | | | | |

¹§ 108e ods. 2 zákona č.131/2002 Z.z. o vysokých školách

Course Information Sheet

| Higher education institution: <i>Slovak Medical University in Bratislava</i> | | | | | | | | | | | | | | | | | |
|--|----|----|--|----|----|---|---|---|---|---|----|----|----|----|----|----|----|
| Faculty: <i>Faculty of Medicine</i> | | | | | | | | | | | | | | | | | |
| Course code: <i>GM006C</i> | | | Course title: <i>Physical Activity for Health (3)</i> | | | | | | | | | | | | | | |
| Type, extent and method of educational activity: <i>Number of hours per semester: 14</i> <i>Practices 14 / 1 hour per week</i> <i>(Total work load of the student is 25 h)</i> <i>Method of the education activity: full-time study(distance study)¹</i> <i>Form of the study: full-time</i> | | | | | | | | | | | | | | | | | |
| Number of credits: <i>1 credit</i> | | | | | | | | | | | | | | | | | |
| Recommended semester/trimester study: <i>3rd</i> | | | | | | | | | | | | | | | | | |
| Level of higher education study: <i>1. + 2. Level</i> | | | | | | | | | | | | | | | | | |
| Prerequisite courses: <i>none</i> | | | | | | | | | | | | | | | | | |
| Requirements for completion of the course: <i>The criterion for successful completion of the course is 100% active participation in contact teaching, 60% success in the final test. The student load is 11 hours (preparation for presentation, preparation for the final test).</i> | | | | | | | | | | | | | | | | | |
| Learning outcomes: <i>Explain the nature, objectives and tasks of physical activity for health</i> <i>Explain the importance of physical activity and physical exercise in people's lives with disabilities</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing the health of individuals and society through physical activity and sport.</i> | | | | | | | | | | | | | | | | | |
| Brief content of the course (syllabus): <ol style="list-style-type: none"> <i>1. Physical activities in individual health impairments and for special groups, the complex of so-called special content in health oriented physical education</i> <i>2. Exercise for specific groups (children, seniors, health impairments and limitations in musculoskeletal disorders)</i> <i>3. Stretching exercises (stretching methods, Jacobson's progressive relaxation, Schultz's autogenous training)</i> <i>4. Reconditioning-relaxation, compensation exercises (Pilates, calanetics, yoga)</i> | | | | | | | | | | | | | | | | | |
| Recommended reading: <i>W.H.O. (2011). Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York,19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948</i> <i>Wilmore, J. and Costill, D.L. (1999). Physiology of Sport and Exercise. Champaign, Illinois : Human Kinetics</i> <i>American College of Sports Medicine (2000). Exercise Management for Persons with Chronic Diseases and Disabilities. Champaign, IL : Human Kinetics S A</i> <i>MILLER, W. C., J. P. WALLACE, and K. E. EGGERT (1993) Predicting max HR and the HR- 2 relationships for exercise prescription in obesity. Med. Sci. Sports Exerc., 25 (9), p. 1077-1081.</i> <i>BORG, G. (1982) Psychophysical bases of perceived exertion. Medicine and Science in Sports and Exercise, 14 (5), p. 377-81</i> <i>Alter, M.J. (1998). Sport Stretch, 2nd Edition. Human Kinetics</i> | | | | | | | | | | | | | | | | | |
| Language requirements: <i>English</i> | | | | | | | | | | | | | | | | | |
| Notes: <i>The course runs in Slovak and English language.</i> | | | | | | | | | | | | | | | | | |
| Course assessment Assessed students in total: 0 <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX</th> </tr> </thead> <tbody> <tr> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> | | | | | | A | B | C | D | E | FX | 0% | 0% | 0% | 0% | 0% | 0% |
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| 0% | 0% | 0% | 0% | 0% | 0% | | | | | | | | | | | | |
| Lecturers: <i>PaedDr. Mgr. Veronika Tirpáková, PhD., Mgr. Lucia Slobodová, PhD.</i> | | | | | | | | | | | | | | | | | |
| Date of last modification: <i>20.10.2021</i> | | | | | | | | | | | | | | | | | |
| Approved by: <i>person responsible for realization, development and ensuring of the study program quality prof. MUDr. Iveta Šímková, CSc.</i> | | | | | | | | | | | | | | | | | |

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|--|----|----|---|----|----|---|---|---|---|---|----|----|----|----|----|----|----|
| Faculty: <i>Faculty of Medicine</i> | | | | | | | | | | | | | | | | | |
| Course code: <i>GM006D</i> | | | Course title: Physical Activity for Health (4) - 3-day outdoor course | | | | | | | | | | | | | | |
| Type, extent and method of educational activity: <i>Number of hours per semester: 14</i> <i>Practices: 14 hours per course</i> <i>(Total work load of the student is 25 h)</i> <i>Method of the education activity: full-time study</i> <i>Form of the study: full-time</i> | | | | | | | | | | | | | | | | | |
| Number of credits: <i>1 credit</i> | | | | | | | | | | | | | | | | | |
| Recommended semester/trimester study: <i>4th</i> | | | | | | | | | | | | | | | | | |
| Level of higher education study: <i>1. + 2. Level</i> | | | | | | | | | | | | | | | | | |
| Prerequisite courses: <i>none</i> | | | | | | | | | | | | | | | | | |
| Requirements for completion of the course: <i>The criterion for successful completion of the course is 100% active participation in the course.</i> <i>The student's workload is 11 hours (preparation for the course, self-study of outdoor physical activities).</i> | | | | | | | | | | | | | | | | | |
| Learning outcomes: <i>Explain the importance of physical activity and physical exercise in your life, positive impact on individual body systems.</i> <i>Disseminate knowledge and form habits aimed at protecting, promoting and developing health of individuals and society through physical activity and sport.</i> | | | | | | | | | | | | | | | | | |
| Brief content of the course (syllabus): <i>3-day outdoor course (hiking, cycling, rafting)</i> <i>- hiking - organization, equipment, techniques, safety rules and first aid</i> <i>- safety and cycling technique</i> <i>- basics of rafting</i> | | | | | | | | | | | | | | | | | |
| Recommended literature: https://www.nsc.org/home-safety/tools-resources/seasonal-safety/outdoors https://aceraft.com/2020/01/24/whitewater-rafting-safety-tips/ | | | | | | | | | | | | | | | | | |
| Language requirements: <i>English</i> | | | | | | | | | | | | | | | | | |
| Notes: <i>The course runs in Slovak and English language.</i> | | | | | | | | | | | | | | | | | |
| Course assessment Assessed students in total: 0 <table border="1" data-bbox="188 1377 1396 1451"> <thead> <tr> <th>A</th> <th>B</th> <th>C</th> <th>D</th> <th>E</th> <th>FX</th> </tr> </thead> <tbody> <tr> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> <td>0%</td> </tr> </tbody> </table> | | | | | | A | B | C | D | E | FX | 0% | 0% | 0% | 0% | 0% | 0% |
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| 0% | 0% | 0% | 0% | 0% | 0% | | | | | | | | | | | | |
| Lecturers: <i>PaedDr. Veronika Tirpáková, PhD., Mgr. Lucia Slobodová, PhD.</i> | | | | | | | | | | | | | | | | | |
| Date of last modification: <i>20.10.2021</i> | | | | | | | | | | | | | | | | | |
| Approved by: <i>person responsible for realization, development and ensuring of the study program quality</i> <i>prof. MUDr. Iveta Šimková, CSc.</i> | | | | | | | | | | | | | | | | | |