

Name of university, Name of faculty: Trnava University
Faculty of Health Care and Social Work

INFORMATION SHEET OF THE SUBJECT

Code: SPB43		Name: Healthy lifestyle			
Cover: Department of Social Work					
Type of educational activity: Seminar				Number of credits: 5	Recommended semester: ST
Scope of educational activity (in hours): Weekly: 2 For term of study: LS 26					Study grade: Bachelor
Method of educational activity:					
Recommended semester	Study programme				
3.year ST	Social Work (D1-SP-22-K) Social Work (D1-SP-22)				
Underlie subjects:					
Conditions for passing the course:					
Method of evaluation: Completion by taking an examination					
Continuous evaluation:					
Final evaluation: Completion of the course by a final test.					
At least 95 percent must be obtained to obtain an A rating, at least 89 percent must be obtained to obtain a B rating, at least 83 percent must be obtained to obtain a C rating, at least 77 percent must be obtained to obtain a D rating, at least 71% must be obtained to obtain a E rating.					
Student participation in seminars is mandatory. The student has the possibility of one absence without giving a reason. In case of further absence, he will be assigned a replacement role					
Finished: The course will end with an test during online teaching with an online test					
Learning outcomes:					
After completing the course, students will be able to:					
- apply the acquired knowledge of a healthy lifestyle in practice					
- apply prevention in diet and physical activity in everyday life					
- assess the correct axial position of the body and muscle imbalances and identify the resulting poor movement habits and their impact on human health					
Schedule of subject:					
Principles of a healthy lifestyle					
Lifestyle risk factors					
Eating habits, nutrition					
Alternative nutrition					
Overweight and obesity					
Health literacy					
Prevention of health by proper exercise habits					
Anatomy of the musculoskeletal system - basis					
Physiology of movement - basis					
Musculoskeletal diagnostics					
The importance of muscle balance in the chain of spiral stabilization					
Health effects of poor exercise habits					
Recommended reading:					
KAČMARIKOVÁ, M.; RAFAJDUS, M.; HROMEK, J.; OCHABA, R.. Zdravá výživa a pohyb - 1. vyd. - Trnava : Typi Universitatis Tyrnaviensis, spoločné pracovisko Trnavskej univerzity v Trnave a Vedy, vydavateľstva Slovenskej akadémie vied. 2020. ISBN 978-80-568-0338-7. s.131					
OCHABA, R., KAČMARIKOVÁ, M., ROVNÝ, I., GREDOVÁ, K. Výchova k zdraviu a podpora zdravia – 1. vyd. – Trnava (Slovensko) : Trnavská univerzita v Trnave. Typi Universitatis Tyrnaviensis, spoločné pracovisko Trnavskej univerzity v Trnave a Vedy, vydavateľstva Slovenskej akadémie vied. 2020. ISBN 978-80-568-0253-3. s.144					
TICHÝ, M.: Funkční diagnostika pohybového aparátu, Triton, Praha 2011, ISBN 807254022X http://vzmoodle.truni.sk/					
Language requirements: Slovak, English					
Notes:					
Course evaluation:					
Assessed students in total: 0					
A	B	C	D	E	FX
0%	0%	0%	0%	0%	0%

Lecturers:

doc. Ing. Margaréta Kačmariková, PhD., MPH, lecturer, examiner, instructor, seminary supervisor

PhDr. Michal Rafajdus, PhD., MPH, lecturer, examiner, instructor, seminary supervisor

Date of last change: 01.09.2025

Approved by: doc. PhDr. Martina Žáková, PhD.