

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	Planinstvo
Course title:	Mountaineering

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Športna vzgoja, 1. stopnja/ Physical education, 1. Cycle			
Športno treniranje, 1. stopnja/ Sport training, 1. cycle		3	5
		2	3
		2	3
Kineziologija, 1. stopnja/ Kinesiology, 1 cycle			

Vrsta predmeta / Course type Obvezni /Obligatory in strokovni izbirni

Univerzitetna koda predmeta / University course code:

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje Work	Druge oblike študija	Samost. delo Individ. work	ECTS
20	10	30			60	4

Nosilec predmeta / Lecturer: Doc. dr. Tadej Debevec

Jeziki / Languages:	Predavanja / Lectures:	Slovenski/Slovene
	Vaje / Tutorial:	Slovenski/Slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
Pogoji za vpis v študijski letnik.	Enrolment criteria for the appropriate study semester

Vsebina:**Teoretični del:**

- Zgodovina in nacionalni pomen gorništvá, organiziranost Planinske zveze Slovenije, mednarodne povezave, sistem vzgoje in izobraževanja amaterskih kadrov. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (družba, zgodovina), tretja triada in SŠ (zgodovina).
- Pomen, vsebina, organizacija in izvedba šole v naravi s planinsko vsebino.
- Varovanje naravne in kulturne dediščine; čistoča okolja kot temelj ekološkega osveščanja. Medpredmetno povezovanje: prva triada (spoznavanje okolja, slovenščina), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada in SŠ (zgodovina, državljanska vzgoja in etika, biologija, slovenščina).
- Narava kot športni objekt (izleti in pohodi v sredogorju, elementarne igre v naravi, naravna trimska steza, terenske gibalne naloge, vadbene ure športne vzgoje v naravi).
- Družabne in zabavne igre, organizacija in izvedba različnih tekmovanj – mnogobojev, literarno in likovno ustvarjanje, spoznavanje narave (cvetje, drevje, gobe, živalstvo). Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada in SŠ (zgodovina, državljanska vzgoja in etika, biologija, slovenščina, umetnost).
- Biomehanske zakonitosti gibanja v gorskem svetu. Medpredmetno povezovanje: tretja triada in SŠ (fizika, matematika).
- Nevarnosti v gorah in preventivno ravnanje. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje),

Content (Syllabus outline):**Theoretical part:**

- History of mountaineering and importance for national identity. Organizational structure of Slovenian mountaineering association with special reference to education of leaders and guides. Interdisciplinary connections with other courses in elementary school (1-3 grade – Environment; 4-6 grade - History & Society; 7-9 grade - History)
- Importance and organization of School in nature with emphasis on mountaineering
- Protection of natural and cultural heritage: clean environment as the cornerstone for ecology. Interdisciplinary connections with other courses (1-3 grade – Slovene; 4-6 grade – Natural sciences; 7-9 grade & high school – Ethics and Biology)
- Nature as a sport arena: - walks and hikes in the mountains, games in nature and physical education hours in natural environment.
- Animation of kids during activities in nature – fun competitions and games, lectures on fauna and flora. Interdisciplinary connections with other courses (1-3 grade – Arts, Slovene; 4-6 grade – Natural sciences, Biology, Slovene; 7-9 grade & high school – History and Ethics)
- Biomechanics of Mountaineering. Interdisciplinary connections with other courses (7-9 grade & high school – Physics & Mathematics)
- Danger and risks in the mountains with the emphasis on prevention Interdisciplinary connections with other courses (1-3 grade – Environment, Slovene; 4-6 grade – Natural sciences, Technology; 7-9 grade & high school – History and Chemistry)
- Basics of thermal physiology in the heat and cold often encountered in the mountains. Key guidelines for hydration and food intake and lessons on alcohol and substance

<p>tretja triada in SŠ (državljska vzgoja in etika, biologija, kemija).</p> <ul style="list-style-type: none"> • Uravnavanje telesne toplote in zadovoljevanje telesnih potreb po tekočini in pravilni prehrani, ter škodljivost uživanja psihoaktivnih snovi v gorah. Medpredmetno povezovanje: prva triada (spoznavanje okolja), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada in SŠ (državljska vzgoja in etika, biologija, kemija). • Klasifikacija planinskih poti (nezahtevne, zahtevne, zelo zahtevne). • Častni kodeks slovenskih planincev. Medpredmetno povezovanje: tretja triada (državljska vzgoja in etika), SŠ (etika). • Zgodovinske, geografske, geološke, botanične in druge značilnosti ter zanimivosti gorskega sveta kot podlaga za čustveno doživljanje gorske narave. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (geografija, zgodovina, državljska vzgoja in etika, biologija, slovenščina), in SŠ (geografija, zgodovina, biologija, slovenščina, filozofija, umetnost). • Vsebina, organizacija in izvedba športnega dne, šole v naravi v sredogorju ali visokogorju. • Spoznavanje gorstev in gorniško izrazje, rastlinstvo in živalstvo, vremenoslovje. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (geografija, biologija, slovenščina), in SŠ (geografija, zgodovina, biologija, slovenščina). • Specifične poškodbe, PP, gorska reševalna služba in IKT (sredstva za zvezo in sporazumevanje). Medpredmetno povezovanje: prva triada (slovenščina), 	<p>abuse. Interdisciplinary connections with other courses (1-3 grade – Environment; 4-6 grade – Natural sciences, Technology; 7-9 grade & high school – Ethics and Chemistry)</p> <ul style="list-style-type: none"> • Classification of mountain paths (easy, difficult & very difficult) • Ethical conduct and code of Slovene mountaineering association. Interdisciplinary connections with other courses (7-9 grade & high school – Ethics) • Historical, geographical, geological, botanical and other aspects of mountain areas as a basis for emotive experience in the mountain nature. Interdisciplinary connections with other courses (1-3 grade – Environment; Arts, Slovene; 4-6 grade – Natural sciences, Technology, Slovene); 7-9 grade & high school – Geography, Philosophy, Slovene and Chemistry, Art) • Organization of sports day in nature in low and high mountain areas around Slovenia • Knowledge of various mountain areas at home and abroad as well as learning of specific mountaineering terms, fauna, flora and mountain specific meteorology. Interdisciplinary connections with other courses (1-3 grade – Environment; Arts, Slovene; 4-6 grade – Geography, Technology, Slovene); 7-9 grade & high school – Geography, Slovene and History) • First aid and mountain terrain specific injuries, organization and functioning of mountain rescue service in Slovenia and abroad. Communications in the mountains. Interdisciplinary connections with other courses (1-3 grade – Slovene; 4-6 grade – Natural sciences, Technology, Slovene); 7-9 grade & high school – Biology, Slovene) • Educational guidelines and aims of mountaineering • Health and wellness effects of hiking and mountaineering. Interdisciplinary connections with other courses (4-6 grade – Environment; Technology); 7-9 grade & high
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druga triada (naravoslovje in tehnologija, naravoslovje, slovenščina), tretja triada (državljska vzgoja in etika, biologija, slovenščina), in SŠ (biologija, slovenščina).

- Vzgojno-izobraževalni smotri gorniške vzgoje.
- Zdravstvena in preventivna vrednost gorništva pohodništva in planinstva. Medpredmetno povezovanje: druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija), in SŠ (biologija).
- Spremljanje napora med turo IKT (merilec FS) in osnovna in specialna kondicijska priprava. Medpredmetno povezovanje: druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (biologija, kemija), in SŠ (biologija, kemija).
- Specifičnost dela s posameznimi skupinami ljudi: malčki, osnovnošolci, srednješolci, študentje, odrasli, starejši, otroci s posebnimi potrebami.
- Narava in umetniška izraznost: literatura, poezija, glasba, slikarstvo, film, fotografija organizacija kulturnih večerov. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina, matematika), druga triada (družba, zgodovina, naravoslovje in tehnologija, naravoslovje, slovenščina, matematika), tretja triada (geografija, zgodovina, državljska vzgoja in etika, biologija, slovenščina, matematika, fizika), in SŠ (geografija, zgodovina, biologija, slovenščina, filozofija, umetnost, matematika, fizika, sociologija).
- Priprava učitelja-vodnika na turo.
- Planinska orientacija (geografska orientacija, karte zemljevidi, topografska orientacija, gibanje ob pomoči karte, risanje profila poti, uporaba IKT: kompasa, višinomera in sistema GPS, merjenje razdalj, višin in nagibov, merjenje azimuta, metode za vrisovanje točk in poti na karto, priprava izleta s pomočjo karte (skica poti, profil poti). Orientacija v oteženih pogojih.

school – Geography, Philosophy, Slovene and Chemistry, Art)

- Environmental physiology with monitoring of effort during hiking or mountaineering (i.e. heart rate monitoring). Interdisciplinary connections with other courses (4-6 grade – Natural sciences, Technology); 7-9 grade & high school – Biology, Chemistry)
- Working with different cohorts in the mountains (toddlers, kids, adolescents, adults, elderly, individuals with special needs)
- Nature and arts: literature, poetry, music, painting, movies, photography and organization of cultural events. Interdisciplinary connections with other courses (1-3 grade – Environment, Slovene, Maths, Arts; 4-6 grade – Natural sciences, Technology, Slovene, Arts); 7-9 grade & high school – Geography, Biology, Slovene, Philosophy, Arts, Sociology, Physics)
- Tour/Trip preparation by the individual or the teacher/leader for a group.
- Mountain orienteering (geographical orienteering, topos, maps, moving with map compass and altimeter, using modern technology (GPS etc.). Orienteering in difficult environmental conditions often encountered in the mountain regions. Interdisciplinary connections with other courses (1-3 grade – Environment, Maths; 4-6 grade – Natural sciences, Technology); 7-9 grade & high school – Geography, Maths, Physics)
- Bivouacs - overnight stays in nature. Interdisciplinary connections with other courses (1-3 grade – Environment, Arts, Slovene; 4-6 grade – Natural sciences, Technology, Slovene, Maths); 7-9 grade & high school – Biology, Slovene, Philosophy, Arts, Maths, Physics, Sociology, Psychology)

Practical part:

Medpredmetno povezovanje: prva triada (spoznavanje okolja, matematika), druga triada (naravoslovje in tehnologija, naravoslovje), tretja triada (geografija, matematika, fizika), in SŠ (geografija, matematika, fizika).

- Prenočevanje v naravi. Medpredmetno povezovanje: prva triada (spoznavanje okolja, likovna vzgoja, slovenščina), druga triada (družba, naravoslovje in tehnologija, naravoslovje, slovenščina, matematika), tretja triada (geografija, zgodovina, državljanska vzgoja in etika, biologija, slovenščina, matematika, fizika, tehnika in tehnologija), in SŠ (geografija, biologija, slovenščina, filozofija, umetnost, matematika, fizika, sociologija, psihologija).

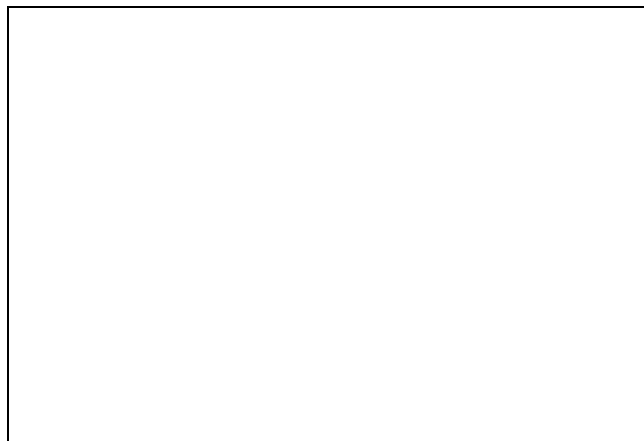
Praktični del:

Vsak študent izdela učno pripravo za športni dan ali šolo v naravi s planinsko vsebino in pri vajah vodi del ture z ustreznim teoretičnim delom:

- Primerne metode dela, učne oblike, didaktični principi in metodični postopki pri poučevanju tehnike gibanja pri pohodništvu in planinstvu po nezahtevnih poteh.
- Upoštevanje psiholoških zakonitosti pri načrtovanju taktike gibanja pri pohodništvu in planinstvu (motivacija, doživljanje, osebnost-lik športnega pedagoga, psihološka priprava športnega pedagoga, skupinska dinamika, vodenje, komunikacija, izredne razmere v gorah).
- Prepoznavanje terena in predvidevanje nevarnosti v gorah in preventivno ravnanje.
- Uravnavanje telesne toplote in zadovoljevanje telesnih potreb po tekočini in pravilni prehrani.
- Primerne metode dela, učne oblike, didaktični principi in metodični postopki pri posredovanju vrvene tehnike in tehnika varovanja na planinskih poteh.
- Uresničevanje Častnega kodeksa slovenskih planincev.

- Each student prepares an outline of an educational plan for sports day in the nature or sport week in the nature with mostly mountaineering focus
- Learning of appropriate work methods, teaching methods, didactical and methodological approaches for teaching of "mountain walking, hiking and mountaineering on paths of moderate difficulty.
- Learning to take into account psychological effects in planning movement tactics during mountaineering (motivation, experience, leader figure, psychological preparation of the leader, group dynamics, guiding, communication and extreme/adverse events in the mountains.
- Learning to recognize the terrain characteristics, anticipation of the dangers in the mountains and preventive measures.
- Maintaining thermal, fluid and nutrient balance during mountaineering
- Learning of appropriate work methods, teaching methods, didactical and methodological approaches for learning specific rope techniques, and belay procedures.
- Following and respecting the ethical code of the mountaineers.
- Focusing on specific historical, geographical, geological, botanical and other characteristics of the mountains as a base for a better general experience.
- Transfer and connection of theoretical knowledge regarding different mountain regions and specific terminology.
- Weather predictions –meteorology
- Employing classical and modern means of orientation during sport days in the mountains.
- Planned bivouacking

- Opozarjanje na zgodovinske, geografske, geološke, botanične in druge značilnosti ter zanimivosti gorskega sveta kot podlaga za čustveno doživljanje gorske narave.
- Prenos in povezovanje teoretičnih znanj o poznavanju gorstev in planinskega izrazja.
- Napovedovanje vremena.
- Uporaba orientacijskih vsebin pri pripravi in izvedbi športnega dne, šole v naravi s planinsko vsebino.
 - Načrtovano bivakiranje.



Temeljni literatura in viri / Readings/Key Resources:

- Burnik, S., & Čebašek Travnik, Z. (1998). Kaj naj bi športni pedagogi, trenerji in vaditelji vedeli o uživanju alkohola. Šport št. 4, Ljubljana.
- Kristan S. (1993). V gore.... Didakta, Radovljica.
- Kristan S. (1998). Šola v naravi. Didakta, Radovljica.
- Malešič, F. (2005). Spomin in opomin gora. Didakta, Radovljica.
- Pollak, B. (2004). Osnove gibanja v gorah in planinah. Samozaložba, Kamnik.
- Pollak, B. (2006). Osnove tehnike vodenja. Samozaložba, Kamnik.
- Rotovnik, B. idr. (2005). Planinska Šola. Planinska zveza Slovenije, Ljubljana.
- Rotovnik, B. idr. (2006). Vodniški učbenik. Planinska zveza Slovenije, Ljubljana.
- Burnik, S., Petrovič, D., Gratej, L., Zubin, A., Jereb, B. (2012). ABC dejavnosti v naravi. Ljubljana: Fakulteta za šport.
- Kajtna, T., Burnik, S., Brod, T., Pori, M., Jereb, B. (2013). Kako reševati probleme pri dejavnostih v naravi : učbenik za predmet Planinstvo in nekatere dejavnosti v naravi na Fakulteti za šport. Ljubljana: Fakulteta za šport.
- članki iz specializiranih in strokovnih revij (Alpinistični razgledi, Grif, Climbing, Planinski vestnik, Šport).
- diplomske naloge s področja gornišтва.

Cilji in kompetence:

Cilji predmeta so:

Študenti bodo dobili temeljna teoretična in praktična znanja za organizacijo, varno vodenje in poučevanje pohodništva in planinstva v šolah (osnovna, srednja šola), pri rednem pouku, na športnih dnevih, pri dnevih dejavnosti, v šoli v naravi, izbirnih vsebinah in krožkih v poletnem času po nezahtevnih poteh.

Predmetno specifične kompetence:

Objectives and competences:

The aims of this course are as follows:

The students will obtain basic theoretical and practical skills and knowledge for organizing, guiding and teaching hiking and mountaineering in schools (elementary and high) during regular process, during sports days or weeks in nature. The obtained knowledge will enable them to organize the above-mentioned activities on easy mountain paths.

Specific aims and obtained competences:

- Bodo razumeli planinstvo kot sredstvo za ohranjanje zdravega načina življenja.
- Bodo razumeli planinstvo kot sredstvo za izboljšanje kakovosti življenja.
- Bodo razumeli planinstvo kot sredstvo na osebne lastnosti otrok in mladine.
- Bodo poznali vpliv planinstva na socialni razvoj otrok in mladine.
- Bodo poznali vpliv planinstva na gibalne in funkcionalne sposobnosti otrok in mladine.
- Bodo razumeli program Zlati sonček:
 - ❖ Vrtec: program A in B (izleti v naravo),
 - ❖ OŠ prva triada: program C in D (planinski izleti).
- Bodo razumeli program Krpan:
 - ❖ OŠ druga triada:
 - bronasta medalja (planinski izleti, oprema za izlete, zaščita pred klopi),
 - srebrna medalja (planinski izleti, kako varujemo naravo, škodljivost kajenja),
 - zlata medalja (planinski izleti).
- Bodo razumeli dni dejavnosti (pohodništvo).
- Bodo razumeli akcijo Ciciban planinec in akcijo Mladi planinec.
- Bodo razumeli pomen državnega tekmovanja Mladina in gore.
- Bodo poznali osnove tehnike gibanja v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.
- Bodo poznali osnove vrhne tehnike za varno gibanje v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.
- Bodo poznali osnove taktike gibanja v sredogorju in visokogorju po nezahtevnih poteh v letnih razmerah.
- Bodo razumeli in poznali tovariško pomoč v gorah.
- Bodo razumeli in poznali Častni kodeks slovenskih planincev.
- Bodo razumeli in poznali gorsko pokrajino kot območje pomembnih virov pitne vode,

- The students will understand the value of mountaineering as means maintaining healthy lifestyle
- The students will understand the value of mountaineering as means of improving the quality of life
- The students will understand the value of mountaineering as means of developing personal qualities in individuals (i.e. kids)
- The students will understand influence of mountaineering on social development of individuals
- The students will understand influence of mountaineering on motor learning and control of basic movements of kids and youth.
- The students will obtain knowledge regarding the "Golden sun" programme:
 - ❖ Kindergarten: programme A in B (trips to nature),
 - ❖ Elementary school (grade 1-3): programme C in D (hiking trips).
- The students will obtain knowledge regarding the "Krpan" programme:
 - ❖ Elementary school (grade 4-6):
 - Bronze medal (mountain trips, equipment, protection)
 - Silver medal (mountain trips, protection of nature, detrimental effects of smoking)
 - Golden medal (mountain trips).
- The students will obtain knowledge regarding organization of day trips in nature.
- The students will obtain knowledge regarding the "Ciciban planinec" and "Mladi planinec" programme.
- The students will understand the importance of "Mladina in gore" national competition.
- The students will gain knowledge necessary for safe mountaineering on easy paths in summer conditions.
- The students will gain knowledge of basic rope and belay techniques employed for

obnovljivih virov energije, rudnin, gozda in kmetijskih pridelkov.

- Bodo razumeli in poznali gorsko pokrajino kot območje kot območja za izvajanje pohodništva in planinstva.
- Bodo razumeli in udeležili medpredmetne povezave z rednimi predmeti po predmetniku od 1. do 9. razreda OŠ in SŠ ter izbirnimi in prostoizbirni predmeti v tretji triadi OŠ in SŠ.

mountaineering on easy paths in summer conditions.

- The students will gain knowledge regarding technique and tactics of mountaineering on easy paths in summer conditions.
- The students will understand the importance of helping each other in need.
- The students will understand and gain knowledge of the ethical code of mountaineers
- The students will understand and know the mountain regions as one of the crucial sources of drinking water, removable energy sources, wood and produce.
- The students will understand and know the mountain regions as key areas for teaching and performing hiking and mountaineering courses.
- The students will understand and know the interdisciplinary connections of mountaineering with other courses (regular and extracurricular) within the elementary and high school.

Predvideni študijski rezultati:

- Znajo organizirati, varno izvesti in voditi športne dneve, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh ter usposabljanja kadrov pri PZS ustrezne kategorije.
- Razumejo vlogo vsebine učnega načrta, kot sredstva za pripravo otrok, mladine, vodenih in učitelja za športne dneve, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh, za usposabljanja kadrov pri PZS in za kasnejše življenjsko obdobje.
- Uporaba pridobljenih znanj za organizacijo in varno izvedbo športnega dne, šole v naravi v sredogorju ali visokogorju po nezahtevnih poteh ter za usposabljanje kadrov pri PZS ustrezne kategorije. Sposobnost prilagajanja različnim (lahko tudi nepredvidljivim) situacijam.
- Razvijanje kompetenc za učinkovito načrtovanje in vodenje športnega dne in šole v naravi s pohodniško in/ali gorniško vsebino za posamezne triade v OŠ in posamezno starostno stopnjo v SŠ ter za usposabljanje kadrov pri PZS ustrezne kategorije.
- Ocena in zavedanje problemov in nevarnosti pri vodenju športne vzgoje s planinsko vsebino.
- Sposobnost iskanja virov za pomoč pri izdelavi organizacijske, tehnične, vsebinske, kondicijske in psihične priprave za izlet, pohod, turo in sposobnost povezovanja pri posameznih pripravah z drugimi predmeti na šoli in s PZS.

Intended learning outcomes:

- The students know how to organize and mountaineering in schools (elementary and high) during regular process, during sports days or weeks in nature on easy mountain paths.
- The students understand the purpose of curriculum as means of preparation of individuals, teachers and guides for mountaineering activities and teaching courses.
- The students employ their knowledge for safe organization of sport days, schools in nature in the mountain regions on easy mountain paths. They also have the ability to adapt to different (also adverse) situations.
- Continuous development of competences for planning and guiding of sport days, schools in nature in the mountain regions on easy mountain paths depending on the age and school level of the individuals.
- Assessment of risk during activities in the mountains and taking appropriate preventive action.
- Ability to obtain resources needed for organizational, technical, motivational and psychological preparation for of sport days, schools in nature in the mountain regions on easy mountain paths. In addition recognizing numerous opportunities for interdisciplinary connections of mountaineering with other courses (regular and extracurricular) within the elementary and high school.

Metode poučevanja in učenja:

Predavanja, seminarji, vaje in individualno delo.

Learning and teaching methods:

Lectures, seminars, field work, individual work

Načini ocenjevanja:	Delež (v %) / Weight (in %)	Assessment:
Teoretični izpit in praktični izpit. Od 1-5 negativno, od 6-10 pozitivno.	Teoretični izpit (50%), Praktični izpit (50%); Teoretical test (50%), practical assesment (50%)	Teoretical test and practical assesment Grading (1-5) Failed; (6-10) Passed

Reference nosilca / Lecturer's references:

Prof. dr. STOJAN BURNIK je na Fakulteti za šport diplomiral leta 1977, magistriral leta 1986, doktoriral 1992. v naziv **redni profesor** je bil izvoljen leta 2009. Je **predstojnik** Katedre za gornišstvo, športno plezanje in dejavnosti v naravi.

Prof. Stojan Burnik PhD graduated in 1977, performed his MSc in 1986 and obtained a PhD in 1992. He became a full professor at the Faculty of Sport (UL) in 2009. He currently serves as the head of the Mountaineering, Sport climbing and activities in nature department.

Znanstveno-raziskovalno delo/Research work

delo je usmeril v področje planinstva-gornišstva in alpinistike. Na obeh področjih išče povezave med športnimi rezultati in motoričnimi sposobnostmi v povezavi s psihološkimi in sociološkimi dejavniki. Posebno pozornost namenja alpinistiki, kjer skuša, poleg motoričnih sposobnosti, ugotoviti in pojasniti vlogo psiholoških dejavnikov pri doseganju vrhunskih rezultatov Slovenskih alpinistov. V raziskavah posega tudi na področje gornišstva, ki je temelj za alpinistiko. Proučuje motive in nekatere sociološke dejavnike, ki vplivajo na udejstvovanje v gorništvu in s tem podaja teoretična izhodišča za nadaljnji razvoj gorniške dejavnosti v društvih in šolah. Ukvarja se tudi s proučevanjem fizioloških dejavnikov, ki vplivajo na športne dosežke na povečani nadmorski višini, oziroma v hipoksiji. V prvi skupini mednarodnih znanstvenih revij ima objavljenih 31 znanstvenih člankov. Stojan Burnik je avtor treh univerzitetnih učbenikov.

Bil je mentor 60 študentom in somentor 11 študentom pri izdelavi diplomskega dela, mentor enemu pri doktoratu in dvema študentoma pri magisteriju ter mentor pri eni specializaciji.

His research work focuses mainly on the mountaineering area, specifically focusing on connections between sports results and psychological and social characteristics of individual athletes. Alpinism is a special focus of his research work where he investigates the potential effects of psychological aspects during high altitude mountaineering. His research also focuses on motivational factors that influence mountaineering activities. The conclusions from this provide basis for a developing-curriculum platform aiming at increase mountaineering activity in the general population, schools etc. Finally, he is also interested in investigating physiological factors that influence sports performance at high altitude/hypoxia. He is an author of more than 30 scientific paper and three university level textbooks. He was also a supervisor of numerous BSc., MSc. and PhD theses.

Pedagoško delo/Teaching

Na dodiplomskem univerzitetnem študijskem programu FŠ predava predmete: Planinstvo: poletni del, zimski del in taborjenje ter izbirni predmet Gornišstvo z dejavnostmi v naravi. Pri vseh teh predmetih vodi tudi seminarje in vaje. Na podiplomskem študijskem programu predava na Oddelku za psihologijo Filozofske fakultete predmet Rizični športi. Na Fakulteti za šport predava na podiplomskem študiju o uporabi nekaterih znanstvenih metod v Kineziologiji. Ob rednem pedagoškem delu sodeluje tudi pri izobraževanju gorskih vodnikov in vodnikov PZS, inštruktorjev avtonomnega potapljanja in pri permanentnem izobraževanju učiteljev športne vzgoje.

He heads the following courses within the graduate level studies at the Faculty of Sports: Mountaineering – summer part, winter part, Mountaineering with activities in nature. On a PhD level he teaches Risky sports course at the department of Psychology, Philosophical faculty (UL). In addition, he teaches on postgraduate course in Kinesiology. Besides his teaching work within the university he is also actively involved in education of future hiking leaders and mountain guides as well as diving instructors.

Nagrade in priznanja/Awards

- Priznanje Matične katedre za uspešno opravljanje funkcije predstojnika, 1993
- Priznanje Sklada Roka Petrovića za mentorstvo pri diplomskem delu, 1998
- Zlata plaketa Univerze v Ljubljani, 2008

- Award of the department for performing HOD, 1993
- Roka Petrovića found award for diploma thesis supervision, 1998
- Golden plaque of the University of Ljubljana, 2008

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