

**Descriptions of courses ECTS for Physical Education**  
**Specialization - Biological Regeneration/Wellness, Instructor-Trainer, Rehabilitation**  
**Pedagogy, Corrective and Compensatory Gymnastic, Personal Trainer,**  
**Kinesiogeronthotherapy**  
**Academic Year 2018-2019**

*Semester III (limit ECTS - 30)*

**I. Obligatory Courses (limit ECTS - 25)**

<b>Courses</b>	<b>no. of hours per semester</b>	<b>Lecture</b>	<b>Exercise/ practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>	<b>Course code</b>
Physiology	45	15	30	E	3	16,1
Anthropomotrics I	30	15	15	C	3	16,1
Biomechanics	30	15	15	E+C	3	13,9
Health Education	30	15	15	E+C	3	5,1
History of Physical Culture	15	15	0	E	1	8,3
Methodology of Physical Education II	60	30	30	C	4	5,1
Gymnastics at School III	15	0	15	C	1	16,1
Tracks and Fields III	15	0	15	C	1	16,1
Swimming at School III	30	0	30	C	2	16,1
Basketball II	15	0	15	C	1	16,1
Football I	30	0	30	C	3	16,1

**II. Obligatory Courses to Choose from: (limit ECTS - 3)**

<b>Courses</b>	<b>no. of hours per semester</b>	<b>Lecture</b>	<b>Exercise/ practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>	<b>Course code</b>
Foreign language English III	30	0	30	C	2	9,1
Foreign language German III	30	0	30	C	2	9,1
Elective Course: Discipline of Choose	15	0	15	C	1	16,1

**III. Training (limit ECTS - 2)**

<b>Courses</b>	<b>Exercise/ practice</b>	<b>Exam/ Credit</b>	<b>ECTS</b>
Assistance Training in Elementary School/Gymnasium Training 40h	40	C	2

*Semester IV (limit ECTS - 30)*

I. Obligatory Courses (limit ECTS – 28)

<b>Courses</b>	<b>no. Of hours per semester</b>	<b>Lecture</b>	<b>Exercise/practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>	<b>Course code</b>
Biochemistry	30	15	15	E+C	3	13,6
Anthropomotorics II	45	15	30	E+C	3	16,1
Methodology of Physical Education III	45	15	30	E+C	4	5,1
First Aid	30	15	15	C	2	12,9
Gymnastics at School IV	15	0	15	C	1	16,1
Tracks and Fields IV	15	0	15	C	1	16,1
Swimming and Basics of Water Rescue	15	0	15	C	1	16,1
Football II	15	0	15	C	1	16,1
Handball I	30	0	30	C	3	16,1
Sport Theory	30	15	15	E+C	3	16,1
Sport Camp	56	0	56	C	2	-
Elective Course: Selected Elements of Language Culture	30	30	0	C	2	14,2
Elective Course: Methodology of Scientific Research						14,2
Fundamentals of Early Education	15	0	15	C	1	5,1
Seminar	10	0	10	C	1	16,1
Protection of Intellectual Property - Lecture	3	3	0	C	0	10,9

II. Obligatory Courses to Choose from: (limit ECTS - 2)

<b>Courses</b>	<b>no. Of hours per semester</b>	<b>Lecture</b>	<b>Exercise/practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>	<b>Course code</b>
Foreign Language English IV	30	0	30	E+C	2	9,1
Foreign Language German IV	30	0	30	E+C	2	9,1

Semester V (limit ECTS - 30)

I. Obligatory Courses (limit ECTS - 24)

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
Compensatory and Correction Exercise	30	0	30	C	1	16,1
Theory and Methodology of Team Sports	15	15	0	E+C	2	16,1
Seminar	10	0	10	C	3	16,1
<b>Specialization Courses*</b>						
<b>Specialization - Biological Regeneration/ Wellness</b>						
Physiotherapy in Biological Regeneration	60	15	45	E+C	4	12,6
Classic Massage	75	15	60	E+C	6	16,1
Biological Regeneration/Wellness in Sport and Recreation	60	15	45	E+C	4	16,1
Sport Traumatology	30	15	15	C	2	16,1
Athlete's Nutrition	30	15	15	C	2	16,3
<b>Specialization - Instructor - Trainer</b>						
Physiology of Physical Effort	30	15	15	E+C	3	16,1
Nutrition and Biological Regeneration/Wellness I	15	15	0	C	1	16,9
Methodology and Practice Specialization - Individual Sport or Team Sport (1) I	75	30	45	C	5	16,1
Methodology and Practice Specialization - Individual Sport or Team Sport (2) I	75	30	45	C	5	16,1
Theory of Sport Training	30	15	15	C	3	16,1
Management and Marketing in Sport	15	15	0	C	1	16,1
<b>Specialization - Rehabilitation Pedagogy</b>						
Methodology of Rehabilitation Work I	45	15	30	C	2	5,9
Methodology of Special Physical Education	30	0	30	C	2	5,6
Rehabilitation Pedagogy	45	15	30	E	3	5,9
Legal Basis of Rehabilitation	45	30	15	E+C	3	10,9
Clinical Psychology	30	15	15	E+C	2	5,8
Theory of Sport Training	30	15	15	C	3	16,1
Physiology of Physical Effort	30	15	15	E+C	3	16,1

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
<b>Specialization - Corrective and Compensatory Gymnastics</b>						
Corrective Exercise with Elements of Rehabilitation I	45	0	45	C	3	16,1
Elements of Biological Regeneration/Wellness	30	30	0	E+C	2	16,1
Methodology of Corrective and Compensatory Gymnastic I	60	30	30	C	4	5,1
Pathomechanics of Posture	45	30	15	E+C	3	16,1
Theory of Sport Training	30	15	15	C	3	16,1
Physiology of Physical Effort	30	15	15	E+C	3	16,1
<b>Specialization - Personal Trainer</b>						
Physiology of Physical Effort in Sport Training	30	15	15	E+C	3	16,1
Functional Diagnosis	30	15	15	E+C	2	16,1
Sport Psychology	30	15	15	E+C	2	16,1
Theory of Sport Training in Personal Training including:	15	15	0	E	3	16,1
●Design, Types, Implementation and Control of Sports Training	15	0	15	C	-	16,1
●Biological Aspects of Training	10	0	10	C	-	16,1
●Methods and Materials of Training	10	0	10	C	-	16,1
●Contemporary Trends in Motor Training	10	0	10	C	-	16,1
Monographic Lecture I	15	15	0	C	1	16,1
The Theoretical Basis of Personal Training I	15	15	0	C	1	16,1
Personal Training I, including:	45	0	45	C	3	16,1
Functional Training I		0	15	C	1	16,1
Cross Fit I		0	15	C	1	16,1
Medical Fit I		0	15	C	1	16,1
Relaxation Techniques	15	0	15	C	1	16,1
Biological Regeneration/Wellness in Sport and Recreation I	30	15	15	C	2	16,1
<b>Specialization - Kinesiogeronthotherapy</b>						
Physiology of Physical Effort in Sport Training	30	15	15	E+C	3	16,1
Functional Diagnosis	30	15	15	E+C	2	16,1
Sport Psychology	30	15	15	E+C	2	16,1

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
Theory of Sport Training in Personal Training including:	15	15	0	E	3	16,1
●Design, Types, Implementation and Control of Sports Training	15	0	15	C		16,1
●Biological Aspects of Training	10	0	10	C		16,1
●Methods and Materials of Training	10	0	10	C		16,1
●Contemporary Trends in Motor Training	10	0	10	C		16,1
Monographic Lecture	15	15	0	C	1	16,1
The Theoretical Basis of Personal Training I	15	15	0	C	1	16,1
Personal Training I, including:	45	0	45	C	3	16,1
Functional Training I		0	15	C	1	16,1
Cross Fit I		0	15	C	1	16,1
Medical Fit I		0	15	C	1	16,1
Relaxation Techniques	15	0	15	C	1	16,1
Biological Regeneration/Wellness in Sport and Recreation I	30	15	15	C	2	16,1

## II. Training (limit ECTS - 6)

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS
Continuous Primary School Training 40h	0	0	0	C	3
Gymnasium Midterm Training 40h	0	0	0	C	3

## Semester VI (limit ECTS - 30)

### I. Obligatory Courses (limit ECTS - 26)

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
Theory of Physical Education	45	30	15	E+C	4	16,1
Organization and Law in Education System	30	30	0	C	2	10,6
Seminar	10	0	10	C	9	16,1

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
<b>Specialization Courses**</b>						
<b>Specialization - Biological Regeneration/ Wellness</b>						
Sport Massage	75	15	60	E+C	6	16,1
Functional Training in Sport and Rehabilitation	30	15	15	C	2	16,1
Anatomy Palpation	45	15	30	C	3	13,9
<b>Specialization - Instructor - Trainer</b>						
Nutrition and Biological Regeneration II	15	15	0	C	1	16,9
Methodology and Practice Specialization - Individual Sport or Team Sport (1) II	75	30	45	E	5	16,1
Methodology and Practice Specialization - Individual Sport or Team Sport (2) II	75	30	45	E	5	16,1
<b>Specialization - Pedagogy Rehabilitation</b>						
Social Communication in Rehabilitation	30	0	30	C	2	5,9
Methodology of Rehabilitation Work II	45	15	30	E	3	5,9
Social Pathology	30	15	15	C	3	5,9
Fundamentals of Psychopedagogical Diagnostic	30	15	15	C	2	5,6
School Tourism	15	0	15	C	1	16,1
<b>Specialization - Corrective and Compensatory Gymnastics</b>						
Corrective Exercise with Elements of Rehabilitation II	45	0	45	C	3	16,1
Kinesiotherapy in Dysfunctions of the Locomotor System	30	0	30	C	2	16,1
Methodology of Corrective and Compensatory Gymnastic II	30	15	15	E+C	2	5,1
Methods and Principles for the Assessment of Body Posture	45	15	30	E+C	3	16,1
School Tourism	15	0	15	C	1	16,1
<b>Specialization - Personal Trainer</b>						
Management and Marketing in Sport - Fundamentals of Business in Fitness, Recognition of Customer's Objectives and Needs	15	15	0	C	1	16,1
Monographic Lecture II	15	15	0	C	1	16,1

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
The Theoretical Basis of Personal Training II	15	0	15	E+C	1	16,1
Personal Training II, including:	45	0	45	E+C	3	16,1
Functional Training II		0	15	C	1	16,1
Cross Fit II		0	15	C	1	16,1
Medical Fit II		0	15	C	1	16,1
Biological Regeneration/Wellness in Sport and Recreation II	30	0	30	E+C	2	16,1
Athlete's Nutrition - Nutritionist, Supplementation and Nutrition Consulting	30	15	15	E+C	2	16,1
Sport of III Century People; Forms of Movement Activation of the Elderly	15	0	15	C	1	16,1
<b>Specialization - Kinesiogerontho-terapy</b>						
Management and Marketing in Sport - Fundamentals of Business in Fitness, Recognition of Customer's Objectives and Needs	15	15	0	C	1	16,1
The Theoretical Basis of Personal Training II	15	0	15	E+C	1	16,1
Personal Training II, including:	45	0	45	E+C	3	16,1
Functional Training II		0	15	C	1	16,1
Cross Fit II		0	15	C	1	16,1
Medical Fit II		0	15	C	1	16,1
Biological Regeneration/Wellness in Sport and Recreation II	30	0	30	E+C	2	16,1
Athlete's Nutrition - Nutritionist, Supplementation and Nutrition Consulting	15	15	0	E+C	1	16,1
Sport of III Century People; Forms of Movement Activation of the Elderly	15	0	15	C	1	16,1
Geragogy, Humanities Basics of Recreation	15	15	0	E	2	5,1
Basics of Gerontology	10	0	10	C	0	8
Social and Sociological Determinants of Physical Recreation of the Elderly	10	0	10	C	0	16,2

<b>Courses</b>	<b>no. of hours per semester</b>	<b>Lecture</b>	<b>Exercise/practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>	<b>Course code</b>
Geronto-kinesio-prophylaxis, Methodology of Recreation for the Elderly	10	0	10	C	0	16,2

II. Training (limit ECTS - 4)

<b>Courses</b>	<b>no. of hours per semester</b>	<b>Lecture</b>	<b>Exercise/practice</b>	<b>Exam/Credit</b>	<b>ECTS</b>
Specialization Training 60h	0	0	0	C	3
Primary School Midterm Training 40h	0	0	0	C	1

\*Student has to choose at least two specializations.

\*\*Student needs to continue the same specializations as during semester V.