

**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 I*

<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>
Anatomy	30	15	15	C	3	13,9
Psychology	30	30	0	C	3	5,8
Psychology of Development	15	0	15	C	1	5,8
Rhythm and Dance	30	0	30	C	3	16,1
Gymnastics at School I	30	0	30	C	2	16,1
Tracks and Fields I	30	0	30	C	2	16,1
Swimming at School I	30	0	30	C	2	16,1
Volleyball I	30	0	30	C	3	16,1
Human Biology I	30	15	15	C	3	13,1
Philosophy	30	30	0	C	2	8,1
Foreign language English I	30	0	30	C	2	9,1
Foreign language German I	30	0	30	C	2	9,1
Information Technology	30	0	30	C	2	11,3
Fundamentals of social and pedagogical communication	15	0	15	C	1	5,9
Hygiene	15	0	15	C	1	16,1

*Semester III (limit ECTS - 30)*

I. Obligatory Courses (limit ECTS - 25)

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
Physiology	45	15	30	E	3	16,1
Anthropometrics 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)

Courses	no. of hours per semester	Lecture	Exercise/practice	Exam/Credit	ECTS	Course code
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)

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

*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
<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>
<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
<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>
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)

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