

BSC SPORT SCIENCE

FIRST-CYCLE STUDIES

Sport Science is a field of study that examines the functioning of a human body under the influence of exercise, training, and many other stimuli. It also emphasizes the ways of promoting health by means of physical activity.

Our **3-year Bachelor's degree in Sport Science programme** is a multidisciplinary field of study, designed to provide a balanced understanding of both sport and exercise sciences across a range of sub-disciplines. It includes such areas as Physiology, Psychology, Anatomy and Biochemistry, uniquely merged with Individual and Team Sports, Dancing, Fitness and Health Training. The programme educates highly qualified specialists endowed with broad theoretical and practical knowledge concerning physical education, sport and health promotion. Students gain considerable knowledge of traditional and unconventional training methods, physical and social measures of influence on pupils, somatic and motoric development, health and fitness maintenance, planning and conducting the process of physical education, as well as corrective and compensatory exercises. Graduates are prepared to do didactic-educational work, promote health and physical activity, plan, carry out and evaluate physical activity which serves health, recreation and beauty.

PLACEMENT

Students undergo their practical training at schools. They acquire the skills in influencing pupils' physical and mental development, and gain invaluable teaching experience.

Students are also required to participate in sports camps. During a **summer camp** students can improve their swimming and lifesaving water skills, participate in sailing, canoeing or bike tourism classes and attend special lectures. A **winter camp** includes skiing, cross-country skiing and snowboarding practical classes, as well as lectures.

CAREERS

Graduates have sufficient qualifications for teaching physical education in primary schools and working in educational institutions, social organizations, sports clubs, recreation and fitness centres. After completing additional courses graduates can also work as sports instructors, referees or professional trainers.



MODULES OVERVIEW

BACHELOR'S DEGREE STUDIES

3

years

180

ECTS points

270

hours of training

10/02

intakes

- Pedagogy
- Psychology
- Foundations of methodology teaching
- Voice emission
- Safety at work
- Intellectual property protection
- Information technology
- Anatomy
- Anthropology
- Biochemistry
- Physiology
- Theory of physical education
- Kinesiology
- Biomechanics
- Health education
- Corrective and compensatory exercises
- History of physical culture
- Methodology of physical education
- Organisation and law in education
- Theory and methodology of sport
- Rhythmics and dance with methodology
- First aid
- Games involving physical movement with methodology
- Health training
- Gymnastics with methodology
- Athletics with methodology
- Swimming with methodology
- Basketball with methodology
- Football with methodology
- Handball with methodology
- Volleyball with methodology
- Team sports - Kortfbal/Floorball/Futsal
- Foreign language
- Foundations of biology
- Ethics
- Elements of european history
- Individual recreational sports (karate, tennis, fitness, nordic walking, cheerleaders)
- Basics of research methodology

- Diploma seminar
- Preparatory practical training in elementary schools
- Practical training - conducting classes

PERSONAL TRAINER SPECIALISATION

- Instructor specialization
- Dietetics and supplementation
- Biological regeneration and massage
- Management of sport and recreation institutions
- Bases of physical exertion physiology
- Injury prevention in sport science and sport
- Practical training in a fitness club/school/ 270 hours

Summer Camp includes:

- Swimming in open waters with elements of water rescue
- Canoeing
- Field games
- Hiking
- Sailing
- Swimming technique

Winter Camp includes:

- Skiing
- Snowboard
- Cross-country skiing
- Winter plays and games

KEY FACTS

The mode of studies:	full-time studies
Language of instruction:	English (FCE B2 level required)
Requirements:	High school certificate or equivalent to grade 12 or year 12, as certified by the Ministry of Education, which entitles its holder to apply to higher education institutions.
Fees:	200 € administration fee, 2 400€ per year