

PHYSICAL ACTIVITY
AND ACTIVE LIVING

ADAPTED
PHYSICAL
ACTIVITY



Prague



Photo by Jan Andreáš

Welcome to our Faculty, our University and our wonderful historical and student friendly city of Olomouc, housed in the center of Europe, close to the river Morava under the Jeseníky mountains.



As a student of our institution you will have an excellent opportunity:

- To get a quality degree.
- To engage in a lot of adventures indoors and outdoors.
- To find new friends.
- To experience the sense of historical spirit of Central Europe with unique culture, nature and people.

As a graduate of our study programs you will:

- Be prepared for careers in fitness & wellness industry, the sport industry, in education, health, and/or rehabilitation.
- Have an impact on quality of lives of diverse population across the lifespan and different abilities.
- Have a direct impact on health care cost savings by increasing participation in sport and exercise.

Together, we have great opportunities to build upon our strengths while developing new areas of expertise.

Each of us – alumni, faculty, students, staff, parents have an important and unique contributions to make as we shape global future.

I invite you to join in our exhilarating mission.

*doc. PhDr. Zbyněk Svozil, Ph.D.
the Dean*

Master's Degree Programs
taught in English Language

{ PHYSICAL ACTIVITY AND ACTIVE LIVING & ADAPTED PHYSICAL ACTIVITY }



Ancient, but still a young institution

Palacký University Olomouc, founded in 1573, is the second oldest university in the Czech Republic (after Charles University, Prague). The Faculty of Physical Culture is its second youngest faculty (founded in 1991). The Faculty provides Bachelor, Master and Doctoral study programs related to sports, physical activity, active lifestyle, and human motion & health. The students number more than two thousand, in full-time and part-time studies and in certified and lifelong study programs.

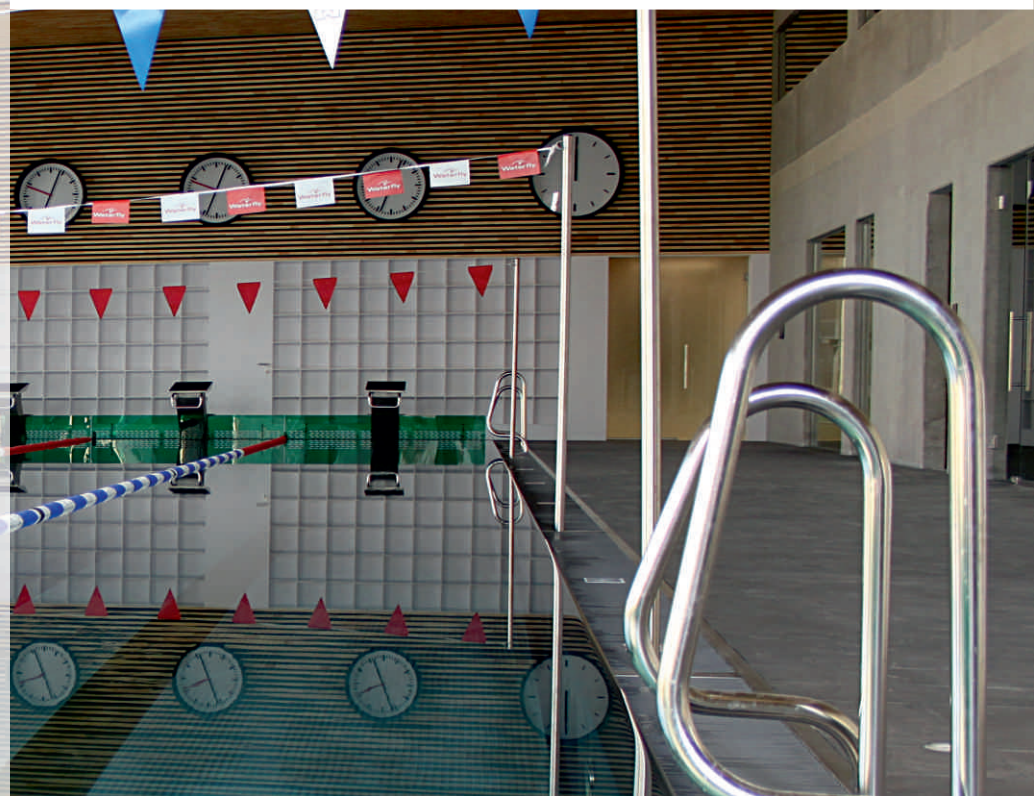
Over a few decades of its existence the Faculty has become the best of sport faculties in the Czech Republic thanks to outstanding results in research and its publishing, as well as in internationalization and in evaluation of its students (competition "Faculty of the Year/Sports").

The Faculty **Center for Kinanthropology Research** focuses on physical activity and health viewed from various aspects and in all stages of life. Much professional respect is enjoyed thanks to success of its research teams in projects competitions. Every year grant projects on national and international level (Czech Scientific Agency, EU funds, NIH grants from US, International Visegrad Fund, etc.) are realized here.

New campus of the Faculty, including schoolrooms, halls of residence, catering center, and center for applied research BALUO, has grown on the outskirts of Olomouc, a few tram stops (10 minutes) from the historical city center.

The BALUO center is the first in Central Europe, creating the base for development and innovation of industrial production designed to promote physical activity among whole population and the base for the development of a healthy lifestyle. It is a vision and implementation of a unique model for activity and performance enhancement that will fuel sport excellence, build a healthier population and develop role models to inspire physical literacy. This paradigm focuses on the management, leadership and science of sport and wellness through an emphasis on innovation, technology and research.

Master's Degree Programs
taught in English Language



Master in Physical Activity and Active Living | PAAL

Prepares for a career in promoting optimal health, physical activity and fitness.

Supported by the latest research and practice, the central focus of the program is physical activity promotion including:

- Determinants of exercise adoption and adherence;
- Childhood obesity;
- Functional independence for seniors;
- Management in physical activity (PA);
- Biomedical aspects of health, prescription of physical activity, fitness and wellness;
- Recreation and active living;
- Counseling in PA;
- Chronic disease management;
- Research methodology in health sciences, monitoring of PA;
- Strategies, policies and innovations in PA;
- Factors related to lifestyle behavior changes;
- Internships in PA and active living.

Offered internships allow students to gain professional experience in all segments of fitness, wellness, health promotion, and the allied health professions.

Career opportunities for graduates include

- Worksite health promotion;
- Wellness and health promotion specialist;
- Program or facility coordinator in fitness clubs (industrial and private) or schools;
- Personal fitness trainer;
- Group exercise coordinator;
- Governmental agencies specialist.

Opportunities to grow

- Industry in field of human motion;
- Internships on national or international level;
- International cooperation (sharing teaching and methods across universities);
- Gaining certification (under the student responsibility to pay the fee for certificates).

Admission requirements

- Bachelor or equivalent degree in the field of physical activity, fitness, wellness, exercise or related fields.
- Relevant and recent experience in wellness/fitness/sport and physical activity programming and/or administration.
- Commitment to and respect for active lifestyle.
- English language competence (min. B2 according to CEFR) to be proven by English language certificates.

Innovative and attractive features of this program are the integration of exercise and dietary interventions with already established holistic philosophy of wellness through dozens of natural hot springs based spas built more than a hundred years ago. Sought and admired by millions of clients from all over the world these wellness centers provide opportunities for the PAAL students' internships and research.

Master in Adapted Physical Activity | APA

Prepare for a career in promoting physical activity and active lifestyle of persons with special needs with the two-year degree in Adapted Physical Activity. Supported by the latest research and practice, the central focus of the program is physical activity of persons with disabilities:

Inclusive and adapted physical education;

- Disability sports;
- Therapeutic recreation;
- Counseling in special education;
- Disability studies;
- Management in physical activity (PA);
- Counseling in active lifestyle;
- Research methodology in health sciences, monitoring of PA;
- Factors related to lifestyle behavior changes;
- Internships in adapted physical activity and special education.

Offered internships allow students to gain professional experience in all segments of APA – schools, outdoor facilities, sport, fitness and rehabilitation centers.

Career opportunities for graduates include

- Adapted physical activity instructors in recreational settings.
- Adapted physical education teachers and consultants.
- Adapted physical activity instructors in rehabilitation settings.
- Consultants in healthy lifestyle, sport and physical activities of persons with disabilities

Opportunities to grow

- Internships on national or international level;
- International cooperation (sharing teaching and methods across universities);
- Gaining certification (under the student responsibility to pay the fee for certificates);
- Doctoral studies at Palacký University Olomouc.

Admission requirements

- Bachelor or equivalent degree in the field of physical activity, kinesiology, sport studies.
- Relevant and recent experience with special needs population (incl. persons with disabilities).
- Commitment to and respect for active lifestyle and diversity.
- English language competence (min. B2 according to CEFR) to be proven by English language certificates.

Attractive features of this program are the integration of professional experience in various fields and the possibility to get engaged in great variety of events (e.g. Special Olympics, Charity Fundraising, APA Carnival) and research projects.



The outline of study in our international master programs

120-credit programs in agreement with ECTS Bologna system, study easily recognizable worldwide.

Both majors Physical Activity and Active Living (PAAL) and Adapted Physical Activity (APA) consist of common trancus courses, which provide solid bases for core theoretical areas including counseling and management issues related to active lifestyle and work with diverse population.

Each major specialization consists of 40 credits (ECTS) of highly specialized and tailored courses essential for professional careers in APA or PAAL.

Students are required to choose minor specialization, which equips them with complementary competencies broadening the career paths.

Students of APA can choose minor in:

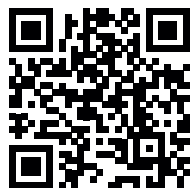
- a) Sport Pedagogy (preparing them to work in school settings);
- b) Leisure Studies (preparing them to work in leisure and recreation areas).

Students of PAAL can choose minor in:

- a) Sport Pedagogy (preparing them to work in school settings);
- b) Adapted Physical Activity (where they focus on diversity of needs of persons across different age groups and disabilities).

Interested to study with us?

For mor details go to web page www.upol.cz/en/groups/studying or write to sportstudies@upol.cz.



Faculty of Physical Culture
Palacký University Olomouc
třída Míru 117
771 11 Olomouc | Czech Republic

Deadline for applications 31st May.

Apply on: <https://admission.upol.cz/>

APA

Adapted Physical Activity

Master thesis (30 ECTS)

Trancus of the study program (30 ECTS)

Research methods in health sciences
Monitoring of physical activity
Inclusion in physical activities
Counseling in active lifestyle
Management in physical activity
Motor control and learning

MAJOR APA (40 ECTS)

Special education and disability studies
Therapeutic recreation
Inclusive and adapted PE
Internship in APA
Counseling in special education
Disability sports
Internship in special education

Minor in Sport Pedagogy (20 ECTS)

Outdoor and lifestyle sports
Sport pedagogy
Methods of team sports
Methods of individual sports

Minor in Leisure Studies (20 ECTS)

Biomedical Aspects of Health and PPA
Recreation and Active Living
Wellness and fitness
Strategies, policies and In. in PA

PAAL

Physical Activity and Active Living

MAJOR PAAL (40 ECTS)

Biomedical Aspects of Health and PPA
Recreation and Active Living
Lifestyle Behavior
Outdoor and Lifestyle Sports
Strategies, Policies and In. in PA
Wellness and fitness
Internship

Minor in Sport Pedagogy (20 ECTS)

Inclusive and adapted PE
Sport pedagogy
Methods of team sports
Methods of individual sports

Minor in APA (20 ECTS)

Therapeutic recreation
Inclusive and adapted PE
Disability sports
Successful Aging and Physical Culture