

Characteristics of the Physical Education Study Program

The first-cycle (bachelor's) degree program in Physical Education lasts 3 years (6 semesters).

This program is designed for individuals interested in physical activity and a healthy lifestyle. The education process focuses on equipping students with qualifications in accordance with the standards required to become physical education teachers, including comprehensive professional internships.

Lectures and practical classes are conducted by highly qualified academic staff and experienced coaching professionals. Many of them are distinguished researchers conducting scientific studies in the field of physical culture sciences.

A graduate of the first-cycle (bachelor's) degree program possesses broad competencies that enable them to effectively influence the behaviors of individuals and social groups to meet their needs for a healthy lifestyle, including recreational and hedonistic aspects related to participation in physical culture.

Through elective modules, the study program allows students to enhance their competencies in various sports specializations, including personal training, volleyball, handball, football (soccer), athletics, basketball, swimming, and kinesioprevention.

Additionally, during the first semester of studies, students complete a leisure camp counselor course, which provides them with the opportunity to start working immediately after completing it.

Throughout their studies, students develop language skills in the field of physical culture sciences in accordance with the requirements for the B2 level of the Common European Framework of Reference for Languages (CEFR) set by the Council of Europe. Students also have the opportunity to take selected courses in a foreign language.

Example Courses from the Study Program:

- Summer camp
- Theory and methodology of gymnastics (and other individual sports)
- Theory and methodology of football (and other team sports)
- Organization of outdoor physical activities for children and youth
- Leisure camp counselor course
- Diagnosis and prevention of posture defects

The second-cycle (master's) degree program in Physical Education lasts 2 years (4 semesters).

This program is designed for individuals interested in physical activity and a healthy lifestyle. The education process focuses on equipping students with the necessary qualifications in accordance with the standards required to become physical education teachers, including a full range of professional internships.

Academic classes are conducted by highly qualified university faculty and experienced coaching staff, many of whom are distinguished researchers conducting scientific studies in the field of physical culture sciences.

The program also provides practical skills in organizing active leisure activities for children, youth, the elderly, and individuals with disabilities.

At the second-cycle (master's) level, students can gain additional competencies in areas such as recreational physical activity, physical activity for seniors, physical activity for individuals with disabilities, and biological regeneration in sports.

These modules include a 30-hour internship, during which students expand the competencies acquired in academic courses.

In the second semester of the first year, during a mountain trekking camp, students gain knowledge on planning and leading hiking trips in various terrains. They learn how to appropriately select program content for different forms of outdoor activities.

Students acquire fundamental skills in navigation, topography, map reading, and terrain orientation, as well as selecting and using appropriate equipment depending on environmental and weather conditions. After several days in the mountains, learning from both instructors and GOPR (Mountain Volunteer Search and Rescue) rescuers, they become proficient in using ropes, knots, and carabiners for trekking and hiking, as well as for safety and rescue operations. They also learn emergency signaling, communication protocols with rescuers, and techniques for safe and efficient movement in challenging terrain. Graduates are fully prepared to safely incorporate various forms of physical activity into school tourism programs and private commercial ventures.

Graduates develop language skills in accordance with the B2+ level requirements of the Common European Framework of Reference for Languages (CEFR) set by the Council of Europe. Students also have the opportunity to take selected courses in a foreign language.

Example Courses from the Study Program:

- Trekking camp
- School tourism and ecology
- Bodybuilding and fitness
- Theory and methodology of sports training
- Basics of self-defense
- Ballroom dancing

Career Opportunities for Graduates:

1. Physical education teachers
2. Counselors during various recreational activities

3. Positions in organizations promoting physical culture and supporting health across different age groups
4. Independent entrepreneurial activities