



## Physical Training BSc Study Abroad Course List

**Tuition fee: 2600 / 2900 USD**

*For course syllabi, please contact the Study Abroad Office!*

<b>Course title</b>	<b>Semester</b>	<b>Credits (ECTS)</b>
Accident Prevention, First aid, and Sports Hygiene (lecture)	Fall	6
Anatomy I. (lecture)	Fall	6
Basics of individual sports (basics of athletics, swimming, martial arts, sports gymnastics) (practice)	Fall	10
Basics of Theory of Training II. (Lecture)	Fall	6
Biochemistry (lecture)	Fall	6
Biomechanics (lecture)	Fall	6
Calisthenics I. (practice)	Fall	6
Exercise Physiology (practice)	Fall	6
Human Biology (lecture)	Fall	6
Digitalization and artificial intelligence (AI) in sport (practice)	Fall	6
Introduction to Psychology I. (lecture)	Fall	6
Methods of Physical Education and Inclusion (lecture and practice)	Fall	6
Pedagogy I. (Introduction to Pedagogy) (lecture)	Fall	6
Performance Testing (practice)	Fall	6
Physiology, Sport Physiology I. (lecture)	Fall	6
Programs of Youth Sports (practice)	Fall	6
Recreation Theory, Sports in Alternative Environment (practice)	Fall	6
Social Sciences I. (Philosophy) (lecture)	Fall	6
Social Sciences III. (Sport Pedagogy and Sociology of Sport) (lecture)	Fall	6
Sport Management (lecture)	Fall	6
Sport Psychology (lecture)	Fall	6
Anatomy II. (lecture)	Spring	6
Basics of Theory of Training I. (lecture)	Spring	6
Calisthenics II. (practice)	Spring	6
Communication in Sport (practice)	Spring	6



Dietetics (lecture)	Spring	6
Doping and sports (lecture)	Spring	6
Event Management (practice)	Spring	6
Introduction of Research Methods in Sport (practice)	Spring	6
Leadership and Organization of Sports Camps (lecture)	Spring	6
Motor Development (lecture)	Spring	6
Motor Learning Motor Control (lecture)	Spring	6
Pedagogy II. (Public Education) (lecture)	Spring	6
Pedagogy III (Theories of education, didactics) (lecture+practice)	Spring	6
Physical Activity, Exercise and Aging (lecture)	Spring	6
Physical Education Games (practice)	Spring	6
Physiology, Sport physiology II. (lecture+practice)	Spring	6
Prevention, Physical Therapy, Rehabilitation (practice)	Spring	6
Social Sciences II. (Communication, Introduction to Sociology, Basic of Sport Law) (lecture)	Spring	8
Sport Injuries (lecture)	Spring	6
Sup Yoga (practice)	Spring	6
Yoga (Hatha yoga) (practice)	Spring	6
Communication and practice in the classroom (practice)	Spring	6

Scroll down for course descriptions.



### Accident prevention, First Aid and Sports Hygiene

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2 L + P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The job of trainers and sports experts is an activity performed in the interest of humans' health. Sport activities, work-outs, competitions expose humans to a higher risk for accidents and injuries, therefore acquiring the most up-to-date first aid knowledge is of major importance for the staff working in these fields. The objective of the course is to teach first aid, accident prevention and sports health knowledge to future trainers and sports experts. Students will be able to save lives via Basic Life Support (BLS) in sudden cardiac arrest and - as it is expected from trainers- they will be able to provide professional first aid while waiting for the paramedics to arrive.
<b>Assessment methods:</b>	Active participation, 1 written test during the semester (the satisfactory level is at least 50%). An oral or written presentation on a part of the subject must be prepared during the semester. The written tests are based on the lectures and the recommended readings. Oral or written exam and to introduce BLS.
<b>Teaching period:</b>	Fall semester

### Anatomy I.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The aim of the course is to familiarize students with the structure and the build-up of the human body, the anatomy of the skeletal system and the muscular system, as well as the anatomical structure and main function of the circulatory system to acquire important relationships for further studies. Understanding the anatomy of the motion systems is essential for the building of physiological and sport physiological knowledge.
<b>Assessment methods:</b>	Active participation, 1 written test during the semester (the satisfactory level is at least 50%). An oral or written presentation on a part of the subject must be prepared during the semester. The written tests are based on the lectures and the recommended readings. Oral or written exam.
<b>Teaching period:</b>	Fall semester



### Basics of Individual Sports (basics of athletics, swimming, martial arts, sports gymnastics)

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	8
<b>Credits (ECTS):</b>	10
<b>Course description:</b>	The knowledge gained in this course is important in the many-sided sport preparation of young athletes. The basics of fundamental sports such as athletics, swimming, gymnastics, and combatting will be learned. Students will be able to recognize the importance of fundamental movement skills learned in these sports in performance development and injury prevention, and to incorporate the methodological principles into their own sport training programs.
<b>Assessment methods:</b>	An end-of-semester quiz will be written. Fundamental movement techniques learned in each sport will be evaluated at the end of the semester.
<b>Teaching period:</b>	Fall semester

### Basics of Theory of Training II.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Using the definitions, principles, and terminology discussed in the Basics of Theory of Training I., students will acquire the types of motor skills and the methodology of motor skill development (strength, endurance, speed, coordination, and flexibility). Students will be able to apply this knowledge in conditioning and workout planning for youth and adult athletes. The physiological background of motor skill development will also be discussed.
<b>Assessment methods:</b>	An end-of-semester written exam will be taken. An end-of-semester essay must be prepared. An oral presentation on a part of the subject must be prepared during the semester period.
<b>Teaching period:</b>	Fall semester

### Biochemistry

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The subject covers the core principles and topics of cellular metabolism in resting and exercise. Proper knowledge of biochemistry is required to understand the different biomolecules and the cellular biochemical pathways, and to further study the adaptation of these mechanisms during



	physical exercise. The course focuses the biomolecules oxidation, degradation and anabolic metabolic processes.
<b>Assessment methods:</b>	Active participation, 1 written test during the semester (the satisfactory level is at least 51 %). An end-of-semester written exam will be taken.
<b>Teaching period:</b>	Fall semester

### Biomechanics

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	In the course, students will be introduced to the interdisciplinary nature of biomechanics. Using previous knowledge in the fields of biology, anatomy, and physiology they will understand the laws and mechanisms responsible for human movement. Acquiring two major topics: principles of mechanics, and the neuromechanical basis of muscle, students will understand the background of muscular force production and forces acting on human body during physical activity.
<b>Assessment methods:</b>	An end-of-semester written exam will be taken. An end-of-semester essay must be prepared. An oral presentation on a part of the subject must be prepared during the semester period.
<b>Teaching period:</b>	Fall semester



### Calisthenics I.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The aim of the course is for students to get to know the movements that can occur in different joints of the body and to combine them with each other as versatile as possible according to the purpose, from simple to multiple complex exercises. Be able to adapt them using different training equipment. Also, understand the essence of joint stabilization, methods of its development.
<b>Assessment methods:</b>	During the term-time the student can present the practical requirements three times. During the semester, homework must be prepared and handed in. The average of the results of the practical requirements, the results of the final test and the homeworks account for 50-50% of the final grade.
<b>Teaching period:</b>	Fall semester

### Exercise Physiology

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture + Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The lecture intends to introduce students to the possible measurements strategies of sport performance. An overview is provided in the delineation of test systems, performance measurement types and skills. The course gives an insight into the sport performance of different ages, differences between sexes, or before and after puberty.
<b>Assessment methods:</b>	Mid-semester works Attending lectures is highly recommended. Written exam is based on lectures, accessible electronic sources and lecture materials. Written exam in the exam period.
<b>Teaching period:</b>	Fall semester



## Human Biology

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The lecture intends to introduce students to the characteristics of the human body. An overview is provided of the phenotypic variations of human morphological features of the head/skull and body. The course gives an insight into the biological, anthropological differences between sexes, or before and after puberty.
<b>Assessment methods:</b>	Mid-Semester works: Written exam is based on lectures, accessible electronic sources and lecture materials. Homeworks: Regularly, according to the needs, properly understanding the topics. Acceptable level is at least 50%. To register for an exam, all the homework must be uploaded, and scored at least to the acceptable level. Written exam in the exam period.
<b>Teaching period:</b>	Fall semester

## Introduction to Psychology I.

Language of instruction:	English
Form of teaching:	Lecture
Class hours per week:	2
Credits (ECTS):	6
Course description:	The aim of this course is to introduce students to the study of psychology. It is intended to provide broad coverage of the field by presenting basic theories, research, and applied use of psychology. It will give students a background from which to either pursue more advanced psychological courses, or to retain the information as a basic knowledge of psychology in general. Areas that will be covered include research methods, biological bases of behavior, human development, sensation, perception, learning, intelligence, motivation, emotions, personality, mental disorders and their treatment, and social psychology. These areas will be approached from both theoretical and applied perspectives. Also, the development of personality and the formation of identity form are a major part of the studies. In addition, the course introduces a range of topics in psychology, including social psychology, individual differences
Assessment methods:	Active participation, written exam at the end of the semester
Teaching period:	Fall semester



### Methods of Physical Education and Inclusion

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture + Practice
<b>Class hours per week:</b>	4
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>In the framework of the training, students learn about the social issues of acceptance and inclusion. By evaluating the experiences of the integration process taking place in the European Union, we also provide an international perspective on the topic.</p> <p>The participants in the training also have the opportunity to learn about the work of inclusive and integrating schools. They get an insight into the current way of life of people with disabilities and their possibilities</p> <p>They can experience the new responsibilities of physical education teachers and the challenges related to integration. Students can gain knowledge about the role of prevention, rehabilitation and recreation in relation to the lifestyle of people with disabilities.</p> <p>The participants of the program can get to know the sports of people with disabilities and the main domestic results.</p> <p>In the training, they can learn about adaptive sports movements.</p> <p>Introduce the students to the current situation of the integration process in Europe and Hungary.</p> <p>The students should acquire knowledge about the alternative and adapted methods inherent in the teaching of physical education. Get an idea of the specifics of inclusive pedagogy. Get to know the methods used in alternative schools and the specifics of teaching physical education.</p>
<b>Assessment methods:</b>	<p>Preparation of a report or presentation on the topic to be covered once during the semester.</p> <p>Active participation in the exercises, compilation of the chosen topic in the order of tasks.</p> <p>80 % participation in theoretical lectures and exercises during the semester</p> <ul style="list-style-type: none"> <li>- based on the quality of short presentations and reports</li> <li>- based on the grade of the oral exam (colloquium).</li> </ul>
<b>Teaching period:</b>	Fall semester

### Pedagogy I. (Introduction to Pedagogy)

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>The task of the subject is to introduce the students to the interpretation of educational science, to familiarize them with the functions, key questions, and sub-fields of the scientific field. Through the presentation of the results of the discipline, it introduces you to the institutional system and actors of</p>



	education, and deals with the analysis of the role of the participants. The goal is to present the diversity of educational science and pedagogy
<b>Assessment methods:</b>	An oral or written presentation on a part of the subject must be prepared during the semester. On the basis of small performances and the quality of the presentations- on the basis of the grade of the oral exam (colloquium) or on the basis of a written examination
<b>Teaching period:</b>	Fall semester

### Performance Testing

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practical
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The aim of the course is to provide the students with comprehensive and systematic knowledge of motor skills, their age characteristics and different methods of functional assessments. Students will acquire the ability to determine the level of motor skills of different age groups with laboratory measurements and field tests and interpret the results of these tests.
<b>Assessment methods:</b>	Exams Presentations Practical assessment
<b>Teaching period:</b>	Fall semester

### Physiology, Sport Physiology I.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The subject is part of the „basic principles” module and covers the fundamental principles of homeostasis in resting and exercise. Proper knowledge of human physiology is required to understand the different regulatory mechanisms and further study the adaptation of these systems during physical exercise. The first part of the course focuses on blood and muscle movement in physiological terms.
<b>Assessment methods:</b>	An oral or written presentation on a part of the subject must be prepared during the semester. An end-of-semester essay must be prepared. Written exam is based on lectures, accessible electronic sources and lecture materials.
<b>Teaching period:</b>	Fall semester



### Programs of Youth Sports

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>Long-Term Athlete Development is a practical course for foreign students in a sports coaching program. The main object is the most important measurements in practice, definitions and basic theories of giftedness.</p> <p>Sports talent, methodology of selecting and talent management in sports games, describes the theory and practice of youth development and long-term development sports programs.</p>
<b>Assessment methods:</b>	<p>An oral presentation must be prepared according to the given topics and aspects and demonstrate the practical application of the most important measurements during the semester.</p> <p>An end-of-semester written exam.</p>
<b>Teaching period:</b>	Fall semester



### Recreation Theory, Sports in Alternative Environment

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2 L + P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The course provides a comprehensive picture of the connections and modern interpretation of health, lifestyle, quality of life and recreation. It explores the relationship and social embeddedness of leisure, lifestyle and recreation. Students should be able to integrate their acquired knowledge in accordance with diverse environmental factors. Be aware of the basic conditions for practicing leisure sports and sports recreation in an alternative environment. They should be able to think creatively by considering and respecting natural forces. The students should get to know easy-to-learn forms of movement that can be used for everyday recreational activities and sports activities in their free time. The knowledge to be acquired is based on exploiting the possibility of a high degree of diversity and on transferable knowledge.
<b>Assessment methods:</b>	Active participation, 1 written test during the semester (the satisfactory level is at least 50%). An oral or written presentation on a part of the subject must be prepared during the semester. The written tests are based on the lectures and the recommended readings. Drafting of 2 sessions based on the specified criteria.
<b>Teaching period:</b>	Fall semester

### Social Sciences I. (Philosophy)

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The course gives an insight into the history of western philosophy and thinking, its key issues and characters and their works. The philosophical works discussed during the semester give an outlook on paradigm shifts concerning the connection between philosophical and scientific thinking. The definition and history of philosophy. Ancient Greek philosophy I.- Plato. Ancient Greek philosophy II.- Aristotle. Hellenistic philosophy. Stoicism and the Roman empire. Medieval divine philosophy – St. Anselm. Modern philosophy- rationalism and empiricism –Descartes. British empiricism, new social philosophies. Kant- Copernican shift in philosophy. The role of Hegel in European history. The basis of Marxism. Philosophy as a strict science-the phenomenology of Husserl. Phenomenology, ontology, existentialism in the works of Heidegger. Experiments in 20 <sup>th</sup> century philosophy- Rawls and Habermas. New social philosophical theories as opposed to postmodern- Feinberg, Fukuyama, Sen.



<b>Assessment methods:</b>	Written exam is based on lectures, accessible electronic sources and lecture materials. An end-of-semester essay must be prepared.
<b>Teaching period:</b>	Full semester

### Social Sciences III. (Sport Pedagogy and Sociology of Sport)

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	4
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>Sport Pedagogy</p> <p>The course intends to prepare students for the application of the recent knowledge of theory and practice of sport pedagogy. They will receive knowledge about the definition and place of sport pedagogy in the system of social sciences. They will get to know the importance of sport and its role in the individual's and society's life: health promotion and personality development. They will analyze the basic didactical elements and methods in the process of movement teaching. They will get information about the influential factors of PE teacher/coach-student/player-parents interaction (personality, leadership style, communication style, teaching style, education style and conflict management).</p> <p>Sociology of Sport</p> <p>The aim of this subject is to give comprehensive and practical oriented knowledge about institutional physical education and sport. Students will become familiar with basic information on the sociology of sports, and the course will provide conceptual and theoretical tools to understand and analyze major social issues in relation to sports. The emphasized task of the course is to realize the importance of sport and physical education in improvement of student's personality values. Knowledge of society's expectations from physical education and sport is included.</p>
<b>Assessment methods:</b>	Active participation in lessons, active participation in group work and presentation. An oral presentation on a part of the subject must be prepared during the semester period. A written exam is required in the field of Sociology of Sport.
<b>Teaching period:</b>	Fall semester

### Sport Management

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Students gain information about and understand the various practices and procedures associated with sport management.



	The course aims to introduce the field of sport management, identify its major issues and provide students with the intellectual tools to analyze them.
<b>Assessment methods:</b>	Active participation in lessons, active participation in group work and presentation, two individual presentations, final essay
<b>Teaching period:</b>	Fall semester

### Sport Psychology

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	In this course students learn about the basic issues of sport psychology, its scientific research and the possibilities of their application, as well as its theoretical and practical interactions. The content of the course covers the scientific knowledge of the goals and tools of sports psychology, an overview of the main topics, research trends and theories of modern sports psychology. Another aim of the course is to introduce the work of sports psychologists and prepare them for working with them. Also, the course provides an overview of the principles of psychology as applied to sport, exercise, and recreational activity for enhanced interactions and performance. This course will examine elements of sport psychology such as anxiety, stress, self-confidence, motivation and goal setting, leadership, personality, and group dynamics with sport and recreational activities.
<b>Assessment methods:</b>	Active participation in classes, written examination at the end of the semester. An end-of-semester essay must be prepared. An oral or written presentation on a part of the subject must be prepared during the semester period.
<b>Teaching period:</b>	Fall semester

### Anatomy II.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Objectives: The lecture intends to introduce students to the world of human anatomy, particularly the structure of viscera and the nervous system. Besides acquiring the correct anatomical nomenclature, students will learn the logic of anatomy, particularly that of the nervous system. These elements will form the basis of the physiology and sports physiology.



	Learning outcomes: Students completing the course will have knowledge on basic human anatomy. They will be able to they will have a competence of understanding the anatomical basis of sport movements and will be able to apply it in analysing kinematographic chains. Their positive attitude towards innovative methods in movement analysis will increase significantly
<b>Assessment methods:</b>	Course papers: written tests in 5 <sup>th</sup> and 10 <sup>th</sup> weeks. An oral or written presentation on a part of the subject must be prepared during the semester. Oral or written exam is based on texts and lectures.
<b>Teaching period:</b>	Spring semester

### Basics of Theory of Training I.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The present course discusses the performance-oriented sports preparation possibilities in young and adult athletes. Knowing and using proper definitions and terminology, students will be able to interpret and integrate the scientific achievements in the field of exercise science. Topics such as general principals of exercise training, exercise load, training variables, acute and chronic adaptation mechanisms to exercise, long-term athletic preparation, and overtraining will be covered. The intention in students to acquire new training methods and to creatively integrate the theory and practice into sports preparation will be developed. The course provides understanding all important terminology and definitions necessary for establishing the Theory of training II course.
<b>Assessment methods:</b>	An end-of-semester written exam will be taken. An end-of-semester essay must be prepared. An oral presentation on a part of the subject must be prepared during the semester period.
<b>Teaching period:</b>	Spring semester

### Calisthenics II.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The aim of the course is to familiarize students with the significance of warm-up and stretching and the possibilities of using its various methods in accordance with goals and requirements. Furthermore, they should be able to analyze and



	understand the effects of exercises on the body, and to build goal-oriented trainings.
<b>Assessment methods:</b>	During the term-time the student can present the practical requirements three times. During the semester, homework must be prepared and handed in. The average of the results of the practical requirements, the results of the final test and the homeworks account for 50-50% of the final grade.
<b>Teaching period:</b>	Spring semester

### Communication in Sport

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Effective sports communication is one of the most important abilities of the sports professionals since deriving from their speciality – and in order to be successful in the labour market – the high level theoretical and practical knowledge of the written, verbal and metacommunication knowledge is indispensable. The aim of the subject is that the students should acquire all those applied communicational knowledge whose application is indispensable during their later labour, since during the everyday tasks of sports we have to expect from a professional as a basic skill to be able to create and maintain the relations due to his/her activities. During the course the students will acquire and due to their tasks apply in a practice oriented way the (sports) communication methods and techniques of the 21 <sup>st</sup> century and further on come to know the communication strategies of the market oriented sports of the present.
<b>Assessment methods:</b>	Active participation, an oral or written presentation on a part of the subject must be prepared during the semester, the end-term grade based on a complex assignment to be made using the knowledge acquired during the semester
<b>Teaching period:</b>	Spring semester

### Dietetics

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The lecture intends to introduce students to the characteristics of human energy metabolism and energy balance. An overview is provided in the characteristics of general rules of healthy diet



	and nutrition. The course gives an insight into the biological background of diet planning and strategies of supplementation in sports.
<b>Assessment methods:</b>	Mid-Semester work: The written exam is based on lectures, accessible electronic sources, Written exam in the exam period.
<b>Teaching period:</b>	Spring semester

### Doping and Sports

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The objective of this course is to encourage a critical understanding of doping. To achieve this goal, this course will rely on a multidisciplinary approach that allows you to see how different disciplines get into a single object, in different perspectives and often complementary ways. This approach will also allow us to appreciate the complexity of a subject like doping.
<b>Assessment methods:</b>	Attending lectures Present selected topics (20 mins) + a written test at the end of the semester An end-of-semester essay must be prepared.
<b>Teaching period:</b>	Spring semester

### Event management

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	During the course, students are introduced to the theoretical and practical issues of organizing sports events. The aim of the subject is that, after completing it, they will be able to plan and conduct sports events independently, in such a way that they are sustainable and profitable, and specifically maximize their viewership, both in the field of competitive and recreational sports.
<b>Assessment methods:</b>	Active participation, participation in the complete organization of a competition and a recreational sports event, preparing an essay about each.
<b>Teaching period:</b>	Spring semester



### Introduction of Research Methods in Sport

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The main goal of the course is to introduce the most important types of research, the main primary and secondary research methods. Discussing the role and importance of the hypothesis, the conceptualization and operationalization of the main definitions, dimensions and variables. Going through the methods of sampling and selection criteria, choosing the primary research method in order to prove or deny the hypothesis - quantitative and qualitative methods - and the main rules of creating a survey or preparing an interview.
<b>Assessment methods:</b>	Active participation During the semester, weekly homework must be prepared and handed in. One written test during the term. Grading: a) Result of written test: 67% of the final grades b) Result of presentation and homework: 33% of the final grades
<b>Teaching period:</b>	Spring semester

### Leadership and Organization of Sports Camps

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2 L + P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Part of the coach's work is managing the organization of children's, recreation and sports camps, as well as training camps. The subject covers the knowledge necessary to perform these tasks, which is presented to the students in theoretical and practical form. The student should get to know the sports organization and coaching tasks associated with camp organization and management. Get to know the peculiarities of the environment of recreation and sports camps, training camps, be able to perform independent organizational tasks and practical problem solving.
<b>Assessment methods:</b>	Active participation, 1 written test during the semester (the satisfactory level is at least 50%). An oral or written presentation on a part of the subject must be prepared during the semester. The written tests are based on the lectures and the recommended readings.
<b>Teaching period:</b>	Spring semester



### Motor Development

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The lecture intends to introduce students to the characteristics of the human development, stages of the extrauterin life. An overview is provided in the development of the brain, body structures and changes of human movement The course gives an insight into the biological progression and regression of human life and movement.
<b>Assessment methods:</b>	Mid-Semester works: many homeworks (asignments) within the Semester describing motor abilities, developmental state of a given age group 2 written tests during the Semester based on lectures, accessible electronic sources and lecture materials. Homeworks will be given almost each week, they are expected uploaded into Teams in personal folders. Final score: 2/3 from the written test scores + 1/3 homeworks:
<b>Teaching period:</b>	Spring semester

### Motor Learning Motor Control

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Students will learn the theoretical background, of motor control and motor learning as well as the neurological bases and instructional practices related to the learning and performance of motor skills. At the completion of the course, students will be able to apply this knowledge to design effective instructions in physical education and sports.
<b>Assessment methods:</b>	Exam Assignments Final exam
<b>Teaching period:</b>	Spring semester

### Pedagogy II.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The subject is aimed at learning the basics of school activity. Students understand the structure, context, content, basic documents and rules of the public education system. They



	acquire the roles related to the work of school educators. They are enabled to engage in the production of documents, planning, organization, administration. Innovation is enriched.
<b>Assessment methods:</b>	On the basis of small performances and the quality of the presentations- on the basis of the grade of the oral exam (colloquium) or on the basis of a written examination
<b>Teaching period:</b>	Spring semester

### Physical activity exercise and aging

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Upon the completion of the course, students will understand the physiological and psycho-social aspects of human aging as well as the effect of physical activity on the aging process. Students will also acquire knowledge and experience to distinguish usual from successful aging and to evaluate and apply fitness assessment and implement physical activity interventions for older adults.
<b>Assessment methods:</b>	Assigned readings Quizzes Final exam
<b>Teaching period:</b>	Spring

### Physical Education Games

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	The aim of the course is to describe the theoretical background of physical education and Folk Games which can be useful for sports programs, training conditions as well. Students learn practical knowledge that they can use in training. They should be able to apply the acquired forms of movement by age groups and using the appropriate methodology indirectly. Describe the personal development effects of games, their tools and the versatility of their potential. Students should be able to organize and run games and competitions.
<b>Assessment methods:</b>	Visiting the class (max. 3 absences are allowed). Plan of Mini Sport Festival (written, MS Word document). Practical (teaching PE Games). Written exam. An end-of-semester essay must be prepared.
<b>Teaching period:</b>	Spring semester



### Physiology, Sport Physiology II.

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2L+2P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Physiology II is the second part of a two-semester subject. This course introduces the student to the major physiological organ systems (cardiovascular, respiratory, renal, gas, and endocrine). This course will examine the integrated physiological response to exercise and the adaptation to particular environments.
<b>Assessment methods:</b>	Lecture: An oral or written presentation on a part of the subject must be prepared during the semester. An end-of-semester essay must be prepared. A written exam is based on lectures, accessible electronic sources, and lecture materials. Practice: Active participation and written test at the end of the course
<b>Teaching period:</b>	Spring semester

### Prevention, Physical Therapy, Rehabilitation

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2 L+2 P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	Subject objective and/or learning outcomes: 1. Students will be familiar with the theoretical and practical material of physiotherapy, with its specific tools, with particular emphasis on the training aspects of disease prevention and health restoration. 2. acquire an understanding of prevention and rehabilitation. Be able to use adaptive exercises in their work, avoiding the use of contra-indicated exercises. 3. be able to use the exercise material of physiotherapy in a way that promotes rehabilitation and health promotion. They should be able to recognise and correct various postural problems and be familiar with the movement material and the theoretical background of some specific methods. 4. Have an adaptive approach.
<b>Assessment methods:</b>	Active participation, written examination
<b>Teaching period:</b>	Spring semester



**Social Sciences II.**  
**(Communication, Introduction to Sociology, Basic of Sport Law)**

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2+2+1
<b>Credits (ECTS):</b>	8
<b>Course description:</b>	<p>Communication: Communication and its professional application became an elementary expectation in the 21st century labour market so as in sports. The actors of the sports activities apply communication frameworks and channels during their work, so it is of great importance for them to understand the theories of this discipline. During the course the students acquire the most important theories and processes of modern communication in such relations which they can apply after their studies in the everyday job situations.</p> <p>Introduction to sociology: Sociology studies the laws of society with an objective methodology in order to find answers for its internal processes. Sport is a social phenomenon so its professionals need to understand the features and tendencies of the society. During the course through theories of sociology and practical examples the students acquire all those social knowledge which develops their social, cognitive and problem recognizing and solving abilities which are necessary for their later work in sports.</p> <p>Introduction to sports law: Within the "Social Studies II" subject area, this subject provides basic knowledge in order to make orientation of legal topics related to sport activities and to get to know the regulated topics of the international organisations. It makes students, knowing the adequate information on creating and functioning different sports organisations, appropriately use their knowledge during their sports organizer activities and further on to acquire and apply the legal concepts and knowledge related to sports on a basic level.</p>
<b>Assessment methods:</b>	<p>Active participation, An end-of-semester essay must be prepared. Written and oral examination at the end of the semester, a project prepared and presented on a given topic during the semester</p>
<b>Teaching period:</b>	Spring semester



## Sport Injuries

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Lecture
<b>Class hours per week:</b>	2
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	This course provides a comprehensive overview of sports injuries. Students will learn about acute and chronic injuries, including mechanisms, prevention, and rehabilitation. The course will also explore the management of common sports injuries, and the principles and techniques of injury prevention and rehabilitation.
<b>Assessment methods:</b>	The semester grade can be given only if the student has fulfilled the attendance requirements. Students will conduct an oral, PowerPoint presentation on a specific sport injury topic. During the semester, weekly homework must be prepared and handed in. The final grade will be calculated as an average of exams
<b>Teaching period:</b>	Spring semester

## Sup Yoga

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2 L+2 P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>The basic aim of the course is to provide a theoretical/practical background to sup-yoga, which can be valuable for sports programs and various recreational activities.</p> <p>This movement material and the theoretical system of yoga can also be very useful for students in a training environment. In a water environment, they can acquire knowledge that they can use for recreational purposes (yoga, meditation, relaxation), and water as a space for reducing anxiety. Based on their knowledge, they should be able to apply the acquired movement forms and methods independently, according to age groups and indirectly, using the appropriate methodology.</p> <p>They should be familiar with the specific effects, tools and versatility of sup-yoga, asanas and breathing exercises. Students should be able to interpret and demonstrate yoga/sup-yoga in a complex way, to transfer their knowledge individually by presenting different methods.</p> <p>Attendance of the course (max. 3 absences allowed). Detailed presentation of an international article, analysis, opinion (in writing). Practical exercise. Demonstration and performance of a series of 10 yoga asanas (postures) by the students. Guided relaxation between students on the Sup board (Swimming knowledge is compulsory to complete the course).</p>



<b>Assessment methods:</b>	Active participation, written examination
<b>Teaching period:</b>	Spring semester

### Yoga (Hatha Yoga)

<b>Language of instruction:</b>	English
<b>Form of teaching:</b>	Practice
<b>Class hours per week:</b>	2 L+2 P
<b>Credits (ECTS):</b>	6
<b>Course description:</b>	<p>The basic aim of the course is to provide a theoretical/practical background of yoga, which can be valuable for sports programs and various recreational activities.</p> <p>This movement material and also the theoretical system of yoga can be very useful for students in a training environment. They will acquire knowledge that can be used for recreational purposes (yoga breathing, meditation, relaxation). Based on their knowledge, they should be able to apply the acquired movement forms and stress reduction methods independently and indirectly, according to age groups and with the appropriate methodology.</p> <p>They should know the social and personal development effects of yoga and balance exercises in pairs, their tools and their versatility. Students should be able to interpret and demonstrate yoga in a complex way, and to transfer their knowledge individually and in groups by presenting different methods.</p> <p>Attendance of the course (max. 3 absences allowed). Detailed presentation, analysis and opinion (in writing) of an international article. Practical exercise. Demonstrate and conduct 10 related practice sequences of yoga asanas(postures) among the students. Written exam.</p>
<b>Assessment methods:</b>	Active participation, written examination
<b>Teaching period:</b>	Spring semester