



PHYSICAL ACTIVITY AND ACTIVE LIFESTYLE

SUMMER SHORT-TERM STUDY PROGRAMME

Code of the study programme:

- **APA1117PU**

The programme is designed to provide the opportunity to earn up to 10 credits.

Duration:

- July 14 - August 18, 2017 (5 weeks)

Venue:

- Faculty of Physical Culture, Palacký University Olomouc, Czech Republic

Capacity:

- The maximum capacity is 16 students per class.

Brief Content:

- General topics and themes of the course:
 - ✓ *Wellness and Fitness*
 - ✓ *Outdoor Activities and Movement Games*
 - ✓ *Sport Psychology and Lifestyle Counseling*
 - ✓ *Theory and Philosophy of Recreation*
 - ✓ *Adapted Physical Activities for Persons with Disabilities*
- Trip to Prague, Vienna and Jeseníky Mountains.

Programme fee for one participant: **EUR 580**

- Course fee includes:
 - ✓ Accommodation^{1*} (5 weeks)
 - ✓ Lecturing & workshops (56 academic sessions)
 - ✓ Excursion to the Application Center BALUO
 - ✓ Transportation from airport to campus
 - ✓ Trip costs to Prague, Vienna and Jeseníky Mountains
 - ✓ Visits to ZOO, Bowling, Laser Arena, Rope Park, AquaPark, Fortress of Knowledge
 - ✓ Certificate of Attendance and Transcript with ECTS credits
- Course fee does not include:
 - ✓ Food
 - ✓ Air tickets to and from the Czech Republic
 - ✓ Costs for obtaining passport, visa or other travel documents, insurance etc.

The participant must have travel insurance, medical and accident insurances.

Deadline for registration: **Friday, the 21st of April, 2017**

^{*} Per person in double or triple room, + **EUR 160** per person on single room.