



## 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 Jeseniky Mountains.

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

- Course fee includes:
  - ✓ Accommodation<sup>1\*</sup> (5 weeks)
  - ✓ Lecturing & workshops (56 academic sessions)
  - ✓ Excursion to the Application Center BALUO
  - ✓ Transportation from airport to campus
  - ✓ Trip costs to Prague, Vienna and Jeseniky 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 21<sup>st</sup> of April, 2017**

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