




# Fitness coach


## BACHELOR'S PROGRAMME



 Faculty of Physical Education and Sport

 3 years

 English

 [iso@ftvs.cuni.cz](mailto:iso@ftvs.cuni.cz)



### OUTCOME

Become an expert in the area of sports training.



### ACADEMIC QUALIFICATIONS

Secondary Education



### LEARNING OUTCOMES

Design and implementation of fitness and intervention programmes



Physiological and mental health assessments



Performance and movement diagnostics



Role of social aspects in sports training



Work with different population groups (elite sport, sport for everyone, sport for health)



Basics of Nutrition



### TEACHING AND LEARNING METHODS

Theoretical and practical background  
Lectures, practicals



### APPLICATION

Application submission date:  
30.7. (EU/ EEA countries)  
30.4. (recommended for non EU/ EEA students)  
- no entrance examination

