



Faculty of Physical
Culture

Palacký University
Olomouc



Master's Degree Programmes

Master's Degree Programmes

Master in Physical Activity and Active Living (PAAL)
Master in Adapted Physical Activity (APA)

Duration: 2 years

Application deadline: March 31

Language requirements: minimum B2 according to CEFR

Tuition fees: 2500 EUR / academic year

Core topics

- Determinants of exercise adoption and adherence;
- Counselling in active lifestyle;
- Research methodology in health sciences, monitoring of PA;
- Successful ageing;
- Management in physical activity (PA);
- Biomedical aspects of health, prescription of physical activity, wellness and fitness;
- Recreation and active living / therapeutic recreation;
- Chronic disease management;
- Research methodology in health sciences, monitoring of PA;
- Strategies, policies and innovations in PA;
- Factors related to lifestyle behaviour changes;
- Internships in PA and active living or/and in adapted physical activity and special education.
- Inclusive and adapted physical education;
- Disability studies.



Career opportunities for graduates include

- Worksite health promotion;
- Wellness, healthy lifestyle and health promotion specialist;
- Programme or facility coordinator in fitness clubs (industrial and private) or schools;
- Personal fitness trainer;
- Group exercise coordinator;
- Governmental agencies specialist.
- Adapted physical activity instructors in recreational / rehabilitation settings.
- Adapted physical education teachers and consultants.

Application procedure

Application form to be submitted electronically through:

www.admission.upol.cz

Application appendices:

- 1) Curriculum vitae
- 2) English language proficiency certificate
- 3) 2 recommendation letters
- 4) Copy of university diploma or recognition of Bachelor education

Interview (face-to-face or Skype) with the admission board.

Results to be announced by **May 31**.

Contact

International Office

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Websites

PhD programme: www.ftk.upol.cz/en/study/doctoral-study

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