

Sports for English speaking students Time schedule – summer semester 2018 Language of instructions – English							
Course	Day	Hour	Room	Specification	Capacity	Price €	Teacher
<b>Basketball</b>	Monday	11:30–13:00	TR 1, 2, 3	men, women	20	55	Velenský
<b>Tennis</b>	Thursday	By agreement with the teacher	TR TA	men, women	12	90	Libra
<b>Fitness Bodybuilding</b>	Wednesday	By agreement with the teacher	IB306	men, women	15	55	Fabián
<b>Fitness Aerobics</b>	Thursday	By agreement with the teacher	IB307	men, women	25	55	Čermáková
<b>Swimming</b>	Tuesday	By agreement with the teacher	Podolí	men, women	15	80	Musilová

Courses are held once a week. They start on 12<sup>th</sup> February 2018 and last till 11<sup>th</sup> May 2018  
For registration contact the respective teacher through e-mail. More information:



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## Centre for Physical Education and Sports

University of Economics, Prague

Sports for English speaking students

Summer Semester 2018

12 February 2018 – 11 May 2018



Study in Prague

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Centre for physical education and sports, University of Economics, Prague, offers sport courses for English speaking students. Sport classes are held once a week. They start on 12<sup>th</sup> February 2018 and last till 11<sup>th</sup> May 2018. It is possible to attend more classes.



## BASKETBALL

**When:** Monday 11:30 a.m. – 1:00 p.m.

**Where:** Sports Centre Třebešín, Na Třebešíně 3215/1, Praha 3

**Price:** €55

### Content of the course:

Participants will improve both individual and team skills, predominantly in the form of a 5 on 5 game. Exercises will focus on improvement of individual skills (dribbling, shooting, passes, etc.).

### Teachers:

**Jakub Velenský** (jakub.velensky@volny.cz), former extra-league player; a participant of 3 Universiades as a Czech academic national team member and a holder of an A-class coaching licence

## FITNESS–AEROBICS

**When:** By agreement with the teacher

**Where:** University of Economics, Prague, W. Churchill Sq. 4, IB307

**Price:** €55

### Content of the course:

This course provides students with the opportunity to increase their physical fitness and to gain physical abilities and skills in different kinds of aerobics. The lessons will offer besides the well known forms of exercise (Tabata, Aerobic, Step Aerobic, Body Work).

### Teachers:

**Mgr. Gabriela Čermáková** (gabriela.cermakova@vse.cz), world-champion (2007, 2010, 2011, 2012), European Champion (three times), a multiple champion of the Czech Republic in the category of Senior Fitness Aerobics and Fitness Step

## FITNESS BODYBUILDING

**When:** By agreement with the teacher

**Where:** University of Economics, Prague, W. Churchill Sq. 4, IB306

**Price:** €55

### Content of the course:

Due to the wide range of participants, the course focuses on training and strengthening the major muscle groups. During one semester, students will acquire basic knowledge and skills in several types

of training units covering areas such as increased muscle strength, increased muscle size, improve endurance exercise conducive to increased fat burning and various types of compensatory exercises. The course also includes basic information on anatomy and physiology, nutrition for athletes, relaxation, regeneration and supplements.

### Teacher:

**Bc. Michal Fabián** (michal.fabian@vse.cz), fitness trainer with years of experiences

## SWIMMING

**When:** By agreement with the teacher

**Where:** Swimming pool in Podolí, Podolská 43/74, Prague 4

**Price:** €80

### Content of the course:

Lessons are focused on improving swimming technique and physical performance. Exercises will be adapted flexibly to the swimming skills of all the registered students.

### Teacher:

**Mgr. Jindra Musilová** (musjin@vse.cz), Czech junior Champion in swimming, former member of Junior Czech national team

## TENNIS

**When:** By agreement with the teacher

**Where:** Sports Centre Třebešín, Na Třebešíně 3215/1, Praha 3

The course takes place on clay tennis courts. In winter we play in an indoor air dome.

**Price:** €90

### Content of the course:

The lessons aim to improve the technique and game play. Required equipment: clay tennis shoes, tennis racket and sportswear suitable for the season. Training tennis balls are provided.

### Teachers:

**Mgr. Miroslav Libra** (libra@vse.cz) 25 years of experiences in tennis training; instructor of team activities and lessons; personal trainer; 10 years of experiences as a volleyball assistant to the Head Coach of the Czech national team