



Centre for Physical Education and Sports

University of Economics, Prague

Sports for English speaking students

Summer Semester 2017

13 February, 2017 – 12 May, 2017



Study in Prague
www.studyinprague.cz

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 13th February 2017 and last till 12th May 2017. 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: Thursday 4:15 p.m.–5:45 p.m.

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. Lenka Procházková (prol00@vse.cz), double world champion, a multiple champion of the Czech Republic in the category of Senior Fitness Step (organization FISAF.CZ); multiple republic champion trainer; champion of Europe and the world in all age categories – sports aerobics and fitness club sports teams for Aerobic Dancers Kladno

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:

Mgr. Pavel Dvořák (dvorakpv@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: Thursday 1:30 p.m.–3:00 p.m.

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 sports-wear 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

Mgr. Jarmila Linková (linkovaj@vse.cz), member of national gymnastics team – bronz medal from World championship of teams in gymnastics (1971); member of representation team of Tennis club VŠTJ Ekonom (1996–2011)

Sports for English speaking students
Time schedule – summer semester 2017
Language of instructions – English

Course	Day	Hour	Room	Specification	Capacity	Price €	Teacher
Basketball	Monday	11:30–13:00	TR 1, 2, 3	men, women	20	55	Velenský
Tennis	Thursday	13:30–15:00	TR TA	men, women	12	90	Libra, Linková
Fitness Bodybuilding	Wednesday	By agreement with the teacher	IB306	men, women	15	55	Dvořák
Fitness Aerobics	Thursday	16:15–17:45	IB307	men, women	15	55	Čermáková, Procházková
Swimming	Tuesday	By agreement with the teacher	Podolí	men, women	15	80	Musilová

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For registration contact the respective teacher through e-mail. More information:

 <http://ctvs.vse.cz>

