

Sports for English speaking students
Time schedule – winter semester 2018
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	By agreement with the teacher	TR TA	men, women (12)	90	Libra
Fitness Bodybuilding	Wednesday	By agreement with the teacher	IB306	men, women (15)	55	Fabián
Fitness Aerobics	Thursday	By agreement with the teacher	IB307	men, women (25)	55	Čermáková
Swimming	Tuesday	By agreement with the teacher	Podolí	men, women (15)	80	Musilová



Courses are held once a week. They start on 17th September 2018 and last till 14th December 2018

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

 ctvs.vse.cz



The Right Step Forward



 **CTVS**

CENTRE FOR PHYSICAL EDUCATION AND SPORTS

SPORTS FOR ENGLISH SPEAKING STUDENTS
WINTER SEMESTER 2018

UNIVERSITY OF ECONOMICS, PRAGUE

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 17th September 2018 and last till 14th December 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