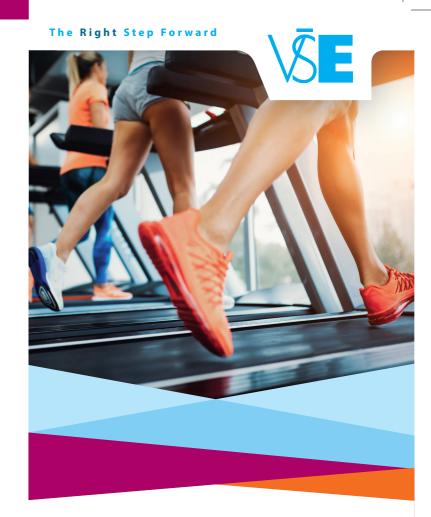
	s	Sports for English speaking students Time schedule – winter semester 2018 Language of instructions – English	speaking st nter semest uctions – Ei	udents er 2018 nglish		
Course	Day	Hour	Room	Specification (Capacity)	Price €	Teacher
Basketball	Monday	11:30–13:00	TR 1, 2, 3	men, women (20)	55	Velenský
Tennis	Thursday	By agreement with the teacher	TR TA	men, women (12)	06	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 17<sup>th</sup> September 2018 and last till 14<sup>th</sup> December 2018 For registration contact the respective teacher through e-mail. More information:

**Ctvs.vse.cz** 



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# 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 17<sup>th</sup> September 2018 and last till 14<sup>th</sup> 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:** 

#### leachers.

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), worldchampion (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