

PHYSICAL EDUCATION AT CHARLES UNIVERSITY IN PRAGUE, FACULTY OF SCIENCE

Charles University Sport Centre: SCUK, Bruslařská 10, Praha 10, 102 00, Hostivař

Department of Physical Education (Czech I.): www.natur.cuni.cz/faculty/telesna-vychova, Schedule:

<http://www.natur.cuni.cz/fakulta/telesna-vychova/rozvrh/telesna-vychova-ii-1/telesna-vychova-ii>

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Physical education has a very old tradition at Charles University. We celebrated 50 years from the foundation of the Department of Physical Education at the Faculty of Science in 2010. Physical education and sports play a very important role in study programmes of the students. Besides the relevance of the physical education in students' life style, the way of organizing the courses prepares our student for their future professional life.

The main aims of the Dpt. of Physical Education are to integrate the sports activities into student's education at the Faculty, to give the students the maximum of essential knowledge in this field of study, to instruct the students about the positive impact of sports activities on human health and to improve the basic level of physical education by the new disciplines and innovating methods in sports.

At the Faculty of Science, Charles University in Prague, the sports activities are integrated with the Department of Physical Geography. The cooperation between these departments is on a high-level and the Department of Physical Education organizes lots of projects, excursions, courses and other events together with the Department of Physical Geography – e.g. the course "Rivers of Slovakia" which consists of canoeing together with geography excursion. The Department of Physical Education prepares as well the Geographic Sports Day including many kinds of sports activities for teachers, assistants and students from both departments.

Physical Education is a compulsory subject (1 lesson a week) for all students (except students of biology) at the Faculty of Science during the first four terms. Students of biology, third year students of bachelor level, postgraduate, doctoral as well as ERASMUS students can take up physical education as a facultative subject. The lessons of physical education are credited.

Students of the first and second term have to pass "general physical education" – **TV I.** which includes nearly all sports activities provided by the Department of Physical Education. During the winter term, fitness and swimming are available, games and canoeing are given in the summer term. Students of the third and fourth term can enrol "physical education II." – **TV II.** – which represents a wide offer of regular sports at the faculty: fitness, power yoga, pilates, body styling, aqua-aerobic, exercise for health, volleyball, beach volleyball, basketball, football, softball, tennis, table-tennis, badminton, ice hockey, floorball, swimming, diving, climbing, athletics and golf. Students taking up the physical education as a facultative subject can choose from both – the courses of **TV I.** as well as **TV II.** The Department of Physical Education provides as well special lessons of swimming for bad swimmers, special workout in a swimming pool and a gym for physically handicapped students.

Physical education is free of charge but lessons outside Hostivař Sport Centre (SCUK) must be paid!

The students of the Faculty of Science have to pass three compulsory intensive courses. One of them is a winter course of skiing. Within this course, students can choose downhill skiing, cross-country skiing or snowboarding. The other intensive courses take place in summer and include course of hiking, touring, water touring, cycling or fitness.

Other activities provided by the Department of Physical Education are annual sports days, swimming or running races, volleyball, football and basketball matches, Academic Aerobic Show and Czech Academic Sport Games. The Faculty of Science provides the widest range of sports activities within Charles University.

University Sport Club „VSK Přírodní vědy”

Students interested in competition can become the members of our University Sport Club „VSK Přírodní vědy“ and pit their strength against other faculties and universities.