



Faculty of Physical  
Culture

Palacký University  
Olomouc

# 2019 Healthy Lifestyle Summer School





**WHEN:** July 15, 2019 - August 4, 2019 (3 weeks)

**WHERE:** Olomouc, Czech Republic

**ORGANIZED BY:** Faculty of Physical Culture, Palacký University Olomouc

**HOW TO APPLY:** [www.studuj.upol.cz/en/study-programmes](http://www.studuj.upol.cz/en/study-programmes)

**Language:** English

**Tuition fee:** 1290 EUR

Minimum number of participants: 15

Maximum number of participants: 30



## Aims and topics

The Summer School 2019 is aimed at students/academic employees working on various topics related to physical activity, healthy lifestyle and sport. During the last decades, physical activities, healthy lifestyle issues and sport have played an increasing role in the public health sector, at least in the Western countries.

The Summer School will provide space to exchange ideas and knowledge about current, trends and “hot issues” as well as to share information on research, theories and methods in the area of sports and healthy lifestyle.

### List of courses

- English
- Monitoring and evaluation of physical activity
- Physical fitness testing
- Management in physical activity
- Counselling in active lifestyle
- Outdoor sports camp
- Czech folk dances and traditions
- Wellness and fitness
- Nutrition and lifestyle
- Special education and disability studies
- Swimming

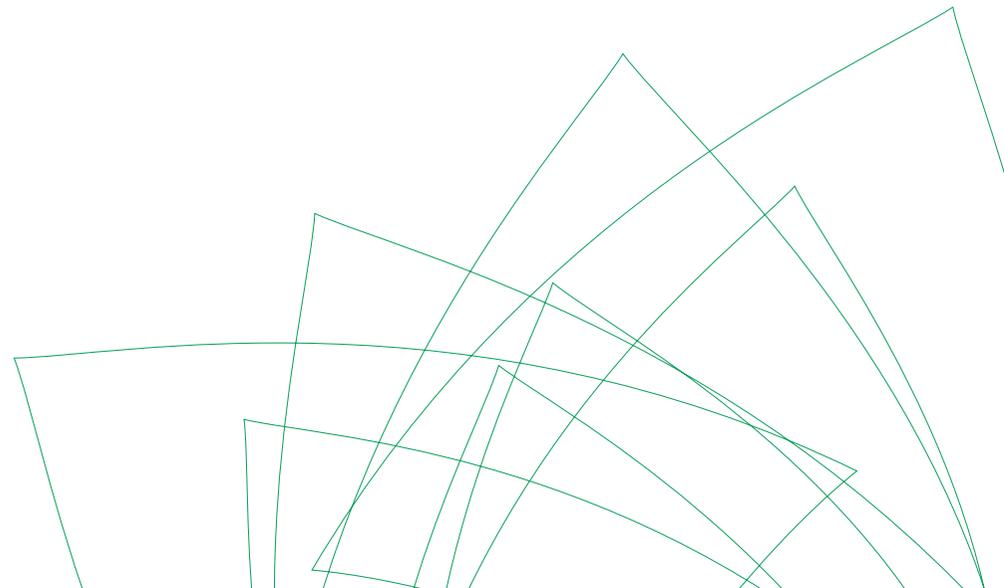
### Certification

A certificate of attendance will be issued for each participant.



## Tuition fee covers

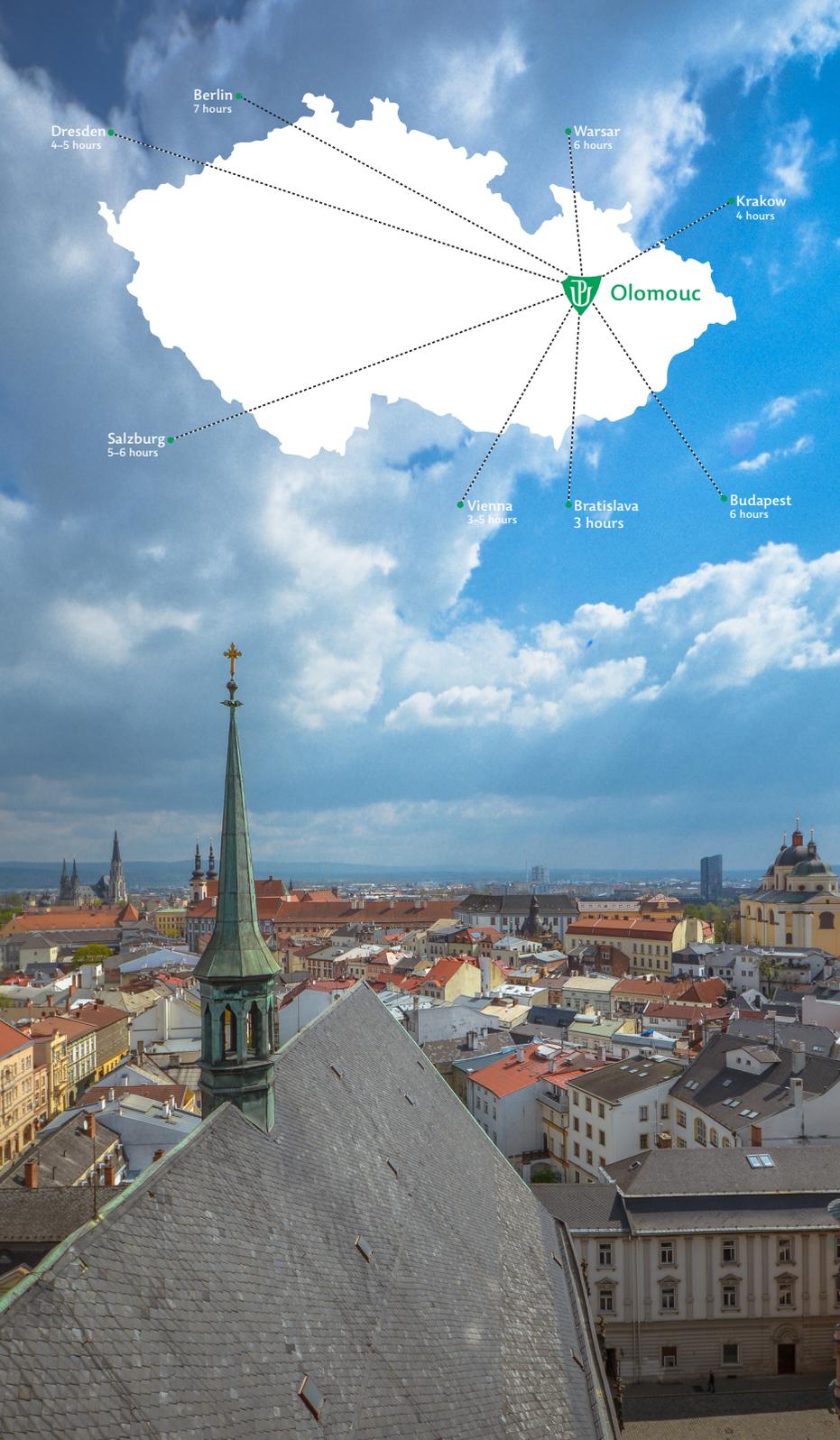
- transfer from and to the Prague airport (in case of group arrival - 20 participants minimum)
- accommodation
- meals (excluding the meals during a 3-day outdoor camp)
- 42 hours of classes directly related to a healthy lifestyle
- 14 hours of English classes
- one-week swimming course (5 intensive hours)
- 3-day outdoor sports camp
- 3 cultural and sightseeing trips (Vienna–Austria; Bouzov Castle, Prague–Czech Republic)
- a tour of the historical centre of Olomouc
- free access to a fitness centre/swimming pool (in allocated times)
- presentation of the diagnostic equipment of the AC BALUO research centre (testing basic indicators of physical fitness and healthy lifestyle, measurements of anthropometric parameters, assumption of growth, determination of biological age, test of explosive force of lower limbs, assessment of muscle imbalances, (examination of autonomic nervous system activity - heart rate variability)





## Czech Republic – the heart of Europe

- Founded on 28th October 1918 (Czechoslovakia)
- Population: 10,637,794
- Area: 78 866 km<sup>2</sup>
- The Czech Republic became a member of the Schengen Convention on December 21, 2007, removing border restrictions with neighboring countries. The Czech Republic is currently not a member of the Eurozone and the currency used is the Czech koruna.
- The exchange rate is 1 RMB = 3.4 CZK; 1 EUR = 25.6 CZK; 1 USD = 22.6 CZK
- Prague is the capital city of the Czech Republic. Chinese singers Còi Yílín and Zhōu Jiélún sang a very famous duet together called the Prague's Square. Also, a well-received Chinese movie Somewhere Only We Know was shot in Prague.
- Olomouc is only 250 kilometres from the capital city, that is about two hours by train.



## Olomouc – University city

- Olomouc is a city in Moravia region, located in the east of the Czech Republic. The city was founded in the 9th century and since then it has been the ecclesiastical metropolis and the historical capital city of Moravia. The city has about 100 000 inhabitants, plus 25 000 university students.
- Palacký University Olomouc (UP) was founded in 1573. It is the oldest university in Moravia and the second oldest in the Czech Republic. Olomouc is a city with the highest density area regarding university students in Central Europe. UP strongly supports internalization in education, science, and research, and the international mobility of students as well as academic and scientific staff.
- Special attention is paid to the development of strategic international partnerships in education, science, and research. It offers more than 250 accredited Bachelor's, Master's and Doctoral study programmes. The main language of instruction is Czech, nevertheless the University also provides courses and study programmes in foreign languages as well as joint degrees in cooperation with other international universities. According to THE, the Palacký University ranks among 600 most prestigious universities in the world.
- In THE New Europe 2018 ranking, that evaluates 53 universities from 13 European countries, the Palacký University ranked 10th.



## Faculty of Physical Culture

- The Faculty of Physical Culture is its second youngest faculty (founded in 1991). The Faculty provides Bachelor, Master and Doctoral study programs related to sports, physical activity, active lifestyle, and human motion & health. There are more than two thousand students in full-time and part-time studies and in certified and lifelong study programs.
- Over a few decades of its existence, the Faculty has become the best of sport faculties in the Czech Republic thanks to outstanding results in research and its publishing, as well as in internationalization and in evaluation of its students (competition “Faculty of the Year”).
- The Institute of Active Lifestyle focuses on physical activity and health viewed from various aspects and in all stages of life. Much professional respect is enjoyed thanks to success of its research teams in projects competitions. Every year grant projects on national and international level are realized here. New campus of the Faculty, including halls of residence, catering centre, and centre for applied research BALUO, has grown on the outskirts of Olomouc, a few tram stops (10 minutes) from the historical city centre.
- The BALUO Application Centre is the first in Central Europe, creating the base for development and innovation of industrial production designed to promote physical activity among the population and the base for the development of a healthy lifestyle. It is a vision and implementation of a unique model for activity and performance enhancement that will fuel sport excellence, build a healthier population and develop role models to inspire physical literacy. This paradigm focuses on the management, leadership, science of sport and wellness through the emphasis on innovation, technology and research.



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