
Courses in English

Adapted Physical Education and Sport

This subject aims to show adapted physical activities as a complex way of an active lifestyle for people with disabilities. It introduces some basic aspects of disability and handicap (integration, adaptation, sport organizations, psychosocial area) and describes biomedical aspects and possibilities of physical activity for people with particular disability or handicap.

Thematic plans: [3rd year Physiotherapy - obligatory](#)

Application of Remedial PE

Aim of the lessons in the learning is to present to students, who studied physiotherapy, a magnitude physical education of pupils with health impairment or health handicapped in our schools. According to Czech sport medicine association the pupils with such designation are classified into III. health group. This group of pupils is in our country very numerous and it is possible to help them with an appropriate movement education. Next it is important to explain and substantiate that professional conditions for such pupils are important, because in opposite case they mature with so called "changed working capability". Physiotherapists could be workers who can help to create possibilities motional activities for such pupils. By the lessons they will acquire how to prepare such activities as for own health condition as for possible groups of pupils with health impairment or handicap.

Thematic plans: [2nd year Physiotherapy - obligatory](#)

Basic of Hygiene, Regeneration and Massage

The subject introduces the basics of hygiene and epidemiology, explains the fundamentals of preventive medicine. The prevention of infectious and non-infectious diseases, lifestyle, including nutrition, is accentuated. Regeneration is a part of healthy lifestyle. Regeneration procedures and massage are described.

Thematic plans: [1st year PES - obligatory](#)

Compensatory exercises

Every human activity after longer time provokes specific muscular dysbalances. It is for that reason that some muscles are more active, at the framework certain movement pattern, then the others. Therefore is very useful for our own life and also for our professional teacher's role god to understand of the movement system. The lessons are concentrated on the kinesiology of the basic joints and spine and practical exercises in the context of basic theory. Theoretical and practical parts will complement breathing and relaxation exercises.

Thematic plans: [Errasmus, Physical Education and Sport - optional](#)

First Aid

Provides first responders with the knowledge and skills to care for victims during emergencies (sudden illnesses and injuries).

Thematic plans: [1st year Physiotherapy, 1st year PES - obligatory, Errasmus - optional](#)

Hygiene

The obligatory courses of hygiene give the students of physiotherapy the basic information in hygiene and epidemiology. The lectures are devoted to the problems of environmental health, the outdoor and indoor air pollution, the physical factors of the environment and their influence on the health of the population. The risk factors of lifestyle like tobacco dependence, alcohol and drug abuse are discussed. The second part of the course concentrates on the principles of epidemiology, immunology, vaccination and the prevention of the common infectious diseases.

Thematic plans: [1st year Physiotherapy - obligatory](#)

Prevention and Therapy of Vertebral Disorders Remedial Physical Education

Aim of a teaching prepared in the subject RE is to present our foreign students a magnitude of physical education for pupils with health impairment or health handicapped in our schools. According to Czech Sport Medicine Association the pupils with such designation are classified and categorized into the III. health group. This group of pupils is in our country very numerous and it is possible to help them with an appropriate movement education. Next it is important to explain and substantiate that professional conditions at physical education for such pupils are very important to stabilization their health situation. Students will acquire knowledge how to prepare movement activities both for own health condition and for pupils with health impairment or handicap.

Thematic plans: 1st year PES - obligatory

Sports Massage

Students will learn the basic various types of massage techniques and they will practically master the full body conditioning massage.

Thematic plans: Errasmus. Physical Education and Sport - optional

Sports Medicine

The aims of sports medicine are: the assessment of physical fitness in sportsmen and non-sportsmen, preventive examinations of sportsmen, assessment of physical fitness in sportsmen and non-sportsmen, prescription of physical activity in competitive sportsmen and patients (supporting exercise therapy as a part of complex treatment), treatment of diseases arising from sports and exercise, field testing of sportsmen at training conditions, medical prevention and first aid at sports competitions, hygiene supervision in sports equipments, health care education, investigation in exercise physiology.

Thematic plans: 3.r.FT (PZTV 168C), 3.r.PES (PZTV 175C) - obligatory