

Movement and sport activity for performance and active lifestyle



Our mission

The Sport Section of the Faculty of Physical Education and Sport provides education in a wide range of sports, including movement activities that are required by society as socially beneficial, and thus reacts to the demands of civil society. The main research areas are: quality of motor learning, development of proprioceptive perception of one's own movement system and application of theory into practice. Since it is not possible to cover the whole breadth of contemporary sport disciplines, the Sport Section cooperates with external experts from sport federations. It also cooperates with the Human Movement Laboratory at the Faculty, which tests kinematic and functional characteristics of sport movement for the needs of athletes, coaches, sport federations and other organizations. The results of research in human movement are continually implemented into practice.

The study of human locomotion and movement also includes consideration of

special needs, dealt with by The Sports Centre for Charles University Students with Disabilities. This centre provides sport and recreational activities for students with special needs at Charles University, and it also cooperates with other similarly oriented centres.

What we offer

The Sport Section organizes many events and courses for the general public:

- Sport and movement-recreational events for children, youth, adults, seniors and persons with special needs.
- Educational courses and seminars in individual sports (gymnastics, swimming, sport games, track and field, outdoor sports, technical and combat sports, applied movement activities).
- Continuing education courses for education staff who are focussed on movement activities.