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# Fitness Coach

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## Fitness Coach

- Bachelor Degree (3 years full-time)

### **Graduate profile**

The graduate student focuses on constructing and implementing **fitness programmes**, with the knowledge of pedagogy, psychology, biomedicine, sport training and nutrition. This knowledge of general didactic principles enables the graduate to create and apply fitness and movement programmes with various goals across different groups and populations.

***Programme characteristics***

The study programme focuses on key aspects of development of biomotor abilities. The study plan consists of theoretical courses from the field of pedagogy-psychology, physiology and adaptation, biomechanics and sports training. Subsequently, theoretical foundations are applied and specified in practically oriented courses from areas of strengthening, athletics, gymnastics and other sport areas. The graduate is eligible to create and apply movement programmes with specific goals and for various target groups.

The study plan enables students to understand the necessary principles from the area of applied sport sciences alongside with development of basic movement skills (during the first and partially second year of the studies), and their application in specific didactic courses is covered further on (second and third year) alongside with sports practice.