



New vocationally oriented Master in Sport Professions
As proposed and agreed by the SPEED Consortium members
Elbasan, 17 May 2015
(Open access preview)

Professional Master in SPORT COACHING (60 ECTS, 2 semesters)
As proposed by the Faculty of Physical Education – University of Pristine

This programme is designed to provide professional development of sport coaches and those working in closely related fields. The modules focus on the development of professional practice and knowledge for the Coaching profession.

Graduates of the vocationally-oriented Master of Sports Coaching will be able to perform the roles required to an elite level coach at both the junior and professional levels.

Graduates of the Master of Sports Coaching will have advanced knowledge of the:

1. Be able to understand and implement the theory and practice related to sports coaching, including the pedagogical approaches to sports coaching, training methodologies and coaching practices, motor skill acquisition and the role of sports medicine in coaching;
2. Demonstrate the ability to conduct practices and competitions that enhance the physical, social and emotional growth of the athletes and to develop and monitor goals for individual athletes and overall programs.
3. Recognize psychological theories that underpin sport coaching and integrate a variety of tools available to reduce stress and performance anxiety and enhance the athlete motivation.
4. Design programs of training, conditioning, and recovery that properly utilize exercise physiology and training principles.
5. Demonstrate organizational and administrative efficiency in implementing sport programs.
6. Develop reasonable objectives and goals for individuals and teams and determine effective evaluation techniques for athlete individual performance, and team performance.
7. Research methodologies relevant to addressing questions related to sport coaching

Admission requirements

A candidate must have a bachelor degree in the field of Physical Education and Sports or related degree, completed with a minimum of 180 ECTS and released from a regionally accredited college or university.

Bachelor graduates from other profiles can enter the program only after additional examination to determine their consistency with the learning outcomes of the Master program in Sport Coaching. On the basis of fixed criteria, previous informal and non-formal education related to sport coaching and certified professional experience could be recognized as ECTS.

To be admitted to the Professional Master in Sport Coaching it is mandatory to have earned a minimum requirement of ECTS in the following areas:

- At least 15 ECTS in the exercise science;
- At least 10 ECTS in the Naturale and Medical Sciences, with special regard to physiology and anatomy;
- At least 4 ECTS in the psychological – pedagogical –sociological areas;

Employment opportunities

Master in Sports Coaching will provide postgraduates with opportunities in many areas of sport and/or careers that are useful not only in coaching, but in other areas of employment as well.

In fact this degree is useful in a wide range of occupations, such as:

- Professional Sport Coach
- Fitness instructor
- Strength and Conditioning coach
- Coach Development Officer
- Sport Development Officer
- Recreation officer
- Self-employed coaching
- Performance Analyst

Subject	ECTS	Student workload (hours)					
		Lectures	Practical Teaching	Internship / Practice	Individual work	Examination	Total hours
First Semester							
Motivation in sport	4	30	15		45	6	96
Advanced Training Programs	4	15	30	30	45	6	126
Exercise testing and prescription	4	15	15	30	45	6	111
Advanced Sport Physiology and Biomechanics	7	50	30	5	80	6	171
The Coaching Process: Concepts and Applications	4	20	15	15	50	6	106
Information Technology in Sports (ICT)	3	8	25	5	30	6	74
Elective Subjects - to be selected among: <i>Training process in Individual Sports</i> <i>Training process in Sport Games</i> <i>Physical preparation of Sportsmen</i>	4	15	15	15	60	6	111
Total	30	153	145	100	355	42	795
Second Semester							
Developing Talented Performer: Bio-Psycho-Social Development	4	15	15	15	45	6	96
Coaching Practice	4			60	60	6	126
Research Methods	4	15	15	15	60	6	111
Sport Medicine (Injury, Rehabilitation and Doping in Sport)	4	15	15	15	60	6	111
Understanding & Analysing Sport and Performance	4	15	15	15	45	6	96
Elective Subjects - to be selected among: <i>Planing for Competition (E)</i> <i>Managing High Performance Sport</i> <i>Recovery & Nutrition for Elite Athlete</i>	4	15	15	15	45	6	96
Applied Coaching Research Project (Final Exam)	6				200	6	202
Total	30	75	75	135	515	42	842

Professional Master in SPORT & TOURISM MANAGEMENT (90 ECTS, 3 semesters)

As proposed by the Faculty of Physical Activity and Recreation, Sports University of Tirana

Educational aims and description of the program

The Sports and Tourism Management is an academic labour market oriented program, which offers professional preparation in the application of business principles to the sport & tourism industry. Students will undertake courses in organisation, management, marketing, economics and computer applications. The Sport and Tourism Management courses will focus, among other, on the business aspect of sports in sports marketing, sport ethics, sport finance and facility and events organisation and management.

The increasing commercialization of sport means a growing job market for well-educated sport managers. Therefore, graduates of the vocationally-oriented Master in Sport & Tourism Management are qualified for top-level management positions in all kinds of sport organizations. The program is geared specifically to providing students with the demanding knowledge base to get ahead in sport economy. Students can enter into leadership positions in general sport and tourism management as well as in areas such as budget, personnel, strategy and development.

This program is composed in 1.5 years (3 semesters, 30 ECTS for each = 90 ECTS). 1 class = 60 minutes. Third semester of the year is focusing to the preparation of final thesis (9 ECTS).

Quality assurance activities shall be implemented every year, through program evaluation from the students and monitoring of the course of studies, in terms of passed exams, length of course of studies, drop-out rates cyclically, monitoring of post-graduation career will be object of follow-up analysis.

Specific Objectives

- To provide students with a foundation in Business in general and Sports Management in particular;
- To develop the required management skills and qualities so that graduates in Sports and Tourism Management will be prepared to meet the challenges and to take advantage of the wide range of opportunities within one of the most dynamic industries;
- To help students experience the application of analytical and evaluative approaches designed to encourage creative problem solving in the sports industry;
- To provide structured practical experience of work in the sports industry. Students build on previously learned skills and knowledge to develop new management and behavioural skills.

Learning outcomes (“Dublin Descriptors”)

Knowledge and understanding – The program is meant to provide students with an advanced knowledge of themes applied to:

1. Demonstrate their ability to communicate effectively in business situations through speaking, writing, and by use of electronic media.
2. Demonstrate their ability to build teams and work effectively within them.
3. Demonstrate awareness and capability of analysis of environmental (economic, social, political, legal, and ethical) trends and their impact on individuals and businesses.
4. Describe the application of manual and computer-based quantitative and qualitative tools and methodologies in identifying and solving problems and making decisions in business situations.
5. Critically evaluate and apply concepts, techniques, strategies, and theories from any appropriate discipline in business contexts.
6. Describe the sports and tourism delivery system and explain the mechanisms of the relevant decision making at a global and local level.
7. Demonstrate the ability to prepare plans for a sport and tourism organization.
8. Specify the various leadership roles and practices that could be employed in a sport context.



9. Demonstrate an understanding of planning and managing sport and tourism events.
10. Demonstrate appreciation of the important ethical and legal implications in sports and tourism management decisions.

Applying knowledge and understanding – The high-level specialist education acquired in national context will find a practical realization in different employment opportunities, ranging in area of sport and tourism services to private and public companies, workplace sport and tourism promotion, managing physical re-education and rehabilitation institutions, managing adapted physical activity, fitness or wellness clubs, social services, school organisation, leisure and recreation, managing elite sport units organisation and tourism industry.

Making judgements – The acquisition of specific knowledge and professional skills will guarantee the graduates to develop autonomy in understanding and focusing on the specific problems connected with planning, organising, managing or conducting sport and tourism area, specially meant to different institutions/requirements. To achieve these aims, the courses and internship shall be used and students shall be encouraged to do critical reviews on specific subjects freely chosen or suggested by teachers.

Communication skills – The program is specifically designed to increase the communication skills of the graduates in a national and European perspective of job market in area of sport and tourism management. Its aim is to contribute to the expansion of student and Faculty mobility and the development national curricula.

Learning skills – To give to the graduate autonomous learning skills is one main goals of the program. After the intensive teaching and internship periods, supplemented by tutoring, guided study and some recourse.

Employment and professional opportunities

The holder of this degree is eligible to be employed in:

- Sport organizations on a national (public & private) and international level
- Sport clubs and associations
- Sport agencies
- Sport and tourism consultancies
- Tourism companies, mostly in the resort, sport programs and touristic guide.

Qualification, admission rules

Based upon the general admission regulations for master programs there are the following admission requirements for the Master in Sport & Tourism Management:

- Bachelor degree (not less than 180 ECTS) in physical activity and health, recreation and sport sciences studies (for instance B.A. in Sport University of Tirana) and related bachelor programs;
- Bachelor degree (not less than 180 ECTS) in economics, management and tourism area and others; (with some requirements to full fill some sport subject related knowledge's).
- Proof of ability (above-average final grade of either 6.5 or higher).
- Personal qualification (proven by Curriculum Vitae (CV) and letter of motivation) and professional qualification.

To be admitted to the Professional Master in Sport & Tourism Management it is mandatory to have earned a minimum requirement of ECTS in the following areas:

- At least 5 ECTS from exercise sciences, and specifically from sport disciplines;
- At least 5 ECTS from economy science (basis of).

The proposed number of students that will be accepted in this program of study is in max 35, while the minimum number of students for the opening of the program is 20.

Duration of program and qualification awarding

1.5 (one and half) years, 3 (four) semesters, 90 ECTS. To obtain the Degree of Master in Sport and Tourism Managements”, the student should have carried out:

14 ECTS in the disciplines of general formation

50 ECTS in the disciplines of the characteristic formation

14 ECTS in the formation of analogue disciplines and/or integrating with characteristic disciplines

8 ECTS in elective disciplines/activities selected by the student

5 ECTS in formation in recognition of foreign language, computer skills, practise or internship

10 ECTS preparation of the diploma thesis

Subject	ECTS	Student workload (hours)					
		Lectures	Practical Teaching	Internship / Practice	Individual work	Examination	Total hours
First Semester							
Sport Governance a. International Sport Governance b. Olympic Movement c. Organisation in Sport & Tourism	9	82	53		87	3	225
Psycho-social Aspect of Sport Management a. Sociological Aspect of SM b. Psychological Aspect of SM	6	60	30		58	2	150
Measurement & Evaluation in SM	6	30	50		69	1	150
Legal and Policy Aspects of SM a. Legal Aspect of Sport Management b. Legal Aspect of Tourism Management c. Policy in Sport & Tourism Management	8	59	61		77	1	198
Management in Sport & Tourism Management in Sport Management in Tourism	5	30	45		49		124
MST Outdoor Activities–Internship (w+s)	4	4	88		7		99
Total	38	265	327		347	7	946
Second Semester							
Management in Sport & Tourism Management in Sport Management in Tourism	5	30	45		49	2	126
Marketing in Sport & Tourism Marketing in Sport Marketing in Tourism	8	44	60		94	2	200
Economy & Finance in Sport & Tourism Economy in Sport & Tourism Finance in Sport & Tourism	4	21	30		48		99
Institutional Governance – Practice - Elective Subjects - to be selected among: Management of Sport Games Management of Individual Sports Management of Adventure Sports	5	22	45		57	1	125
MST Outdoor Activities–Internship (w+s)	4	4	88		7	2	101
Total	26	121	268		255	7	651
Third Semester							
Economy & Finance in Sport & Tourism Economy in Sport & Tourism Finance in Sport & Tourism	4	21	30		48	2	101
Institutional Governance – Practice - Elective Subjects - to be selected among: Management of Sport Clubs Management of Sport in Tourism Resorts	4	15	45		39	1	100
Thesis / Final exam	10				250	6	256
Total	18	36	75		337	9	457

Professional Master in PHYSICAL EDUCATION AND SPORT WITH MINOR PROFILE IN HEALTH EDUCATION (90 ECTS, 3 semesters)

As proposed by the Departments of Physical Education and Sports, Faculties of Education, University “A. XHUVANI, Elbasan, and University “L. Gurakuqi”, Shkodra, Albania

Educational aims and description of the program

The vocationally-oriented Master in **Physical Education and Sport with minor profile in Health Education**” is established in partnership between the Departments of Physical Education and Sport from the University of Elbasan and the University of Shkodra, in Albania.

This study program has been established as a result of the need to provide specialists who can offer to community professional sports services with significant impact on the health and lifestyle of the population in general, particular youth and children. It has been organized so to guarantee education and training towards both high professional opportunities and basic research in education, by making use of curricular internships. Master graduates in Physical Education and Sport with minor profile in Health Education shall be able to integrate at high level their knowledge of movement sciences, into biomedical, psycho-pedagogical and sociological ones to equip the future school teachers with competences in both physical education and health education.

Students will undertake courses in physical education, movement education, issues of health, methodology of sports games, and research in education. Teaching in Physical Education and sports with profile minor in Health Education courses will focus, among other, on sport education, methodology of teaching, research methods, and aspect of biology of physical activity, concept of physical welfare, health education and nutrition.

This program is composed in 1.5 years (3 semesters, 30 ECTS for each = 90 ECTS). 1 class = 60 minutes. 25 ECTS are in the Health Education subjects. Third semester includes the preparation of final thesis (8 ECTS).

Quality assurance activities shall be implemented every year, through program evaluation from the students and monitoring of the course of studies, in terms of passed exams, length of course of studies, , monitoring of post-graduation career will be object of follow-up analysis.

Learning outcomes (“Dublin Descriptors”)

Knowledge and understanding – The program is meant to provide students with an advanced knowledge of themes applied to:

- Demonstrate compressive and theoretical concepts of physical education and health related to aspects of physical activity.
- Demonstrate the knowledge to train children and adolescents to build teams and work effectively within them.
- Demonstrate and integrate knowledge of fitness, health and well-being and apply into the field of teaching or science of exercise.
- Demonstrate their ability in pedagogical, psychological and physiological skills and competences in their field of work.
- Demonstrate the ability to prepare plans for a sportive event
- Demonstrate the management of different sports events.

Applying knowledge and understanding

This master degree will find a practical realization in different employment opportunities for the future teachers in Physical Education and teachers in Health Education ranging to private and public services, fitness or wellness clubs, social services, gym instructor, physical reeducation adapted physical activity for special groups.

Making judgements

The acquisition of specific knowledge and professional skills will guarantee the graduates to develop autonomy in understanding and focusing on the specific problems connected with coordinating physical activity programs, organizing sport and health area in private and public institutions. To achieve these aims, exercise activities and internships shall be used and students shall be encouraged to do critical reviews on specific subjects freely chosen or suggested by teachers.

Communication skills

The program is specifically designed to increase the communication skills of the graduates in international job market in teaching physical education and sport area. Its aim is to contribute to the expansion of student and Faculty mobility and the development of European curricula.

Learning skills –The intensive teaching periods give to the graduate autonomous learning skills which is one of main goals of the program.

Employment and professional opportunities

The holder of this degree will be employed in both public and private sectors in:

- Teaching of Physical education and Sports
- Specialists training
- Physical activity outside the school setting (sport federations, sport for all, rehabilitation, fitness,extracurricular sport)
- Teaching in health education

Qualification, admission rules

Based upon the general admission regulations for master programs, the admission requirements for the “Teaching Physical Education and Sport with minor profile in Health Education” are as follow:

- Bachelor degree (no less than six semesters, 180 ECTS) in sport science, physical education, physical activity and recreation & related or similar programs.

The proposed number of students that will be accepted in this program of study is in max 75 while the minimum number of students for the opening of the program is 15.

There is no fix average decided as a requirement for attending the studies at our University. If the number of the students who apply to attend this program of study is higher than the one decided by Ministry of Education and Sport, 30-40 first students (those who have highest average are allowed to attend the studies).

Duration of program and qualification awarding

1.5 (one and half) years, 3 (three) semesters, 90 ECTS

To obtain the Degree of Master in “Teaching Physical Education and Sport with minor profile in Health Education” the student should have carried out:

- 8 ECTS in training activities in general disciplines
- 42 ECTS in activity program specifying disciplines of study
- 10 ECTS in similar activities disciplines or / and integration of the study program
- 5 ECTS in elective disciplines/activities selected by the student
- 17 ECTS in other formative knowledge as supplements in foreign languages, practise ect
- 8 ECTS preparation of the diploma thesis

Subject	ECTS	Student workload (hours)					
		Lectures	Practical Teaching	Internship / Practice	Individual work	Examination	Total hours
First Semester							
Theoretical base of education <i>Philosophy and sociology of education</i> <i>Critical and Creative Thinking</i>	4	45	15		40	2	102
Psychological basis of Development and Education <i>Psychology of development</i>	2	22.5	7.5		20	1	51
General methodology of teaching in physical education and curricula <i>General methodology of teaching in physical education</i> <i>Planning and development of curricula</i>	5	45	15		65	2	127
Motor Control & Learning, Movement Education <i>Movement Education</i>	2	8	30		12	1	51
Methodic of sports game and individual sports <i>Methodic of athletic</i> <i>Methodic of gymnastic</i>	4	14	60		26	2	102
Critical issues of health & School-age health <i>Critical issues of health</i>	3	30	15		30	1	76
Languages & Communication <i>English language for specific purpose</i>	3	0	30		45	1	76
School teaching practice	4		80		20		100
Total	27	164,5	252,5		258	10	685
Second Semester							
Psychological base of Development and Education <i>School psychology</i>	2	22.5	7.5		20	1	21
Motor Control & Learning, Movement Education <i>Motor Control & Learning</i>	3	22	15		38	1	76
Methodic of sports game and individual sports <i>Methodic of basketball</i> <i>Methodic of football</i> <i>Methodic of volleyball</i>	6	21	90		39	3	153
Critical issues of health & School-age health <i>School-age health</i>	3	30	15		30	1	76
Biology & Exercise Physiology of Physical Activity <i>Advance in Biology of Physical Activity</i>	4	30	15		55	1	101
Didactic of health education and Aspect of teaching of sexual education in school <i>Didactic of health education</i>	2	22	15		13	1	51
Research in Education <i>Research methods in physical education</i> <i>Research seminar (thesis)</i>	5	30	30		25	2	87
Elective Subject I (to be selected among) <i>Sport and culture</i> <i>Management of health programs and physical welfare</i> <i>Education for democratic citizenship</i>	3	22	8		45	1	76
School teaching practice	4		80		20		100
Total	32	177	268		285	11	741
Third Semester							
Biology & Exercise Physiology of Physical Activity <i>Advance Exercise Physiology of Physical Activity</i>	4	30	20		50	1	101



Didactic of health education and Aspect of teaching of sexual education in school <i>Aspect of teaching of sexual education in school</i> <i>Physical Activity & Nutrition</i>	4	35	30		35	2	102
Concepts of physical welfare and specific preventive strategies <i>Adapted Physical activity</i> <i>First aid and personal safety</i> <i>Concepts of physical welfare and preventive strategies</i>	7	45	77		53	3	178
Research in Education <i>Research seminar (thesis)</i>	0		10		30		40
Languages & Communication <i>Communication and information technology in education</i>	2	15	15		20	1	51
Elective Subject II (to be selected among) Olympic Education Programming & Training Control Dancing	2	10	20		20	1	51
School teaching practice	4		80		19	1	100
Thesis / Final exam	8				199	1	200
Total	31	135	252		426	10	823

Master of Science in the PHYSICAL EDUCATION AND HEALTH AREA (70 – 90 ECTS, 2 o 3 semesters)

As proposed by the Faculties of Sport and Physical Education, University of Novi Sad and University of Niš, Serbia

Educational aims and description of the program

The master in physical education and health related physical fitness is vocationally oriented Master of Science programme. The programme is developed to provide academic training at a master level in physical education and health-related physical fitness for undergraduates in PHYSICAL EDUCATION in particular. This program aims to equip PE teachers with additional competencies and consequently enable them broader job opportunities. The wide range of subjects in health aspects of physical activity and research methodology aim to provide students with advanced knowledge in wide area of health topics such as nutrition, advanced exercise physiology, dimensions of health related fitness etc. Students will also participate in considerable amount of practical classes and internship which will provide them with practical skills and abilities to conduct various health-related exercise treatment for different populations (youth, elderly, health-compromised adults).

Also, program enables bachelor degree level students of exercise science, movement science and other PE related fields of studies to enroll to master program that will provide them with specific competences and consequently enable them to increase their job opportunities.

Aims

- To equip students with critical knowledge of the current research evidence relating to: the relationship between physical activity and health; determinants of physical activity; measurement of physical activity; considerations for specific and diverse populations; and physical activity policies.
- To provide students with knowledge and critical awareness of how research evidence informs current physical activity recommendations, policy and practice.
- To provide students with specialist measurement and research skills to investigate issues in the field of physical activity and health.
- To encourage students to consider the broader implications of physical inactivity on local and global challenges.
- To foster the development of independent learners with transferable intellectual and study skills who can make a socially responsible contribution within their chosen career path.

Learning Outcomes and competencies

By the end of the programme, students will achieve a range of learning outcomes related to knowledge and understanding, research, personal and intellectual autonomy. These will include:

- Knowledge and understanding of the relation of physical activity to health and function across the life-span. Students will be able to explain how exercise impacts health in both healthy and diseased populations.
- Design, implement, and evaluate physical activity interventions in a variety of populations and community settings. Students should be able to identify benefits and risks of physical activity interventions and formulate appropriate and measurable program objectives.



- a knowledge of the role of physical activity for health as well as prevention and treatment of disease;
- a comprehensive understanding of and the ability to critique the methods for assessing health-related physical fitness;
- a comprehensive knowledge of the most important issues relating to physical activity in specific populations (youth, older adults and lifestyle diseased people);
- an awareness of current international physical activity policies regarding health-related physical fitness;
- an ability to identify problems and appropriate research methods relating to health-related physical fitness;
- The ability to promote physical education, physical activity and kinesitherapy research, practice, and policies.

Entry Requirements

Undergraduate background (Successful completion of a Bachelor's degree) in physical education (8 semester- 240 ECTS) is a prerequisite. Students with Bachelor's degree in related fields as exercise science, movement science etc. or three-year (180 ECTS) physical education may also be eligible, although additional course work may be required.

Employment and professional opportunities

Advanced course work and strong research experience obtained thru and research experience through master thesis prepare students to continue graduate training at the doctoral level. Besides working as physical education teachers, students will also be prepared to pursue the wide variety of career possibilities in health-related institutions such as geriatric centers, hospitals, Health-oriented gyms, wellness centers, non-communicable diseases centers etc.

Duration of program and qualification awarded

The duration of the program at the University of Niš (Master of Science in Physical Education, Physical Activity and Health) is 2 semester (70 ECTS). The duration of the program at the University of Novi Sad (Master of Science in Physical Education and Health related Physical Fitness) is 3 semester (90 ECTS). To obtain the students must carried out 50 - 60 ECTS through compulsory and elective courses (60%-40%, respectively) as well as 20 – 30 ECTS for master thesis.

Subject	ECTS		Student workload (hours)					Total hours
	NOVI SAD	NIŠ	Lectures	Practical Teaching	Internship / Practice	Individual work	Examination	
First Semester								
Foundations of Physical Activity and Public Health	6	6						150
Nutrition for health and wellbeing	4	4						100
Advanced exercise physiology	5	5						125
Applied Health & Fitness Psychology	5	4						
Research and experimental design in health and fitness		6						0/ 150
Elective subjects I (chose one among)	8	5						200/ 125
<i>Lifespan motor development</i>	x	x						
<i>Exercise biomechanics</i>		x						
<i>Physical Education for lifelong fitness</i>		x						
<i>Healthy aging</i>	x							
<i>Sedentary behavior and public health</i>	x							
Total	28	30						
Second Semester								
Exercise testing and prescription	5	5						125
Research and experimental design in health and fitness	5							125/ 0
Physical Education for lifelong fitness	4							100/ 0
Client interaction and Professional development	4							100/ 0
Elective subjects II (chose two among)		5						0/ 125
<i>Sedentary behavior and public health</i>		x						
<i>Safe and effective exercise for youth</i>		x						
<i>Healthy aging and exercise prescription</i>		x						
<i>Corrective exercise prescription for lifestyle diseases</i>		x						
<i>Adapted physical activity</i>		x						
Elective subjects II bis (chose one among)	8							200/ 0
<i>Exercise prescription for youth</i>	x							
<i>Exercise prescription in aging population</i>	x							
<i>Exercise prescription for lifestyle diseases</i>	x							
Elective Subject III (chose one among)	6							150/ 0
<i>Health fitness management</i>	x							
<i>Adapted physical activity</i>	x							
<i>Biomechanics of musculoskeletal injury</i>	x							
Thesis-related study research work		5						0 / 125
Master thesis		20						500
Total	32	40						
Third Semester								
Master Thesis	30							750
Total	30							

Master of Science in PHYSICAL ACTIVITY, HEALTH AND EXERCISE THERAPY (60 ECTS, 2 semesters)

As proposed by the Faculty of Medicine, University of Belgrade, Serbia

– Educational aims and description of the program

The study program of master academic studies of physical activity, health and exercise therapy has the following objectives:

- Master of physical activity, health and exercise therapy (PAHET) is organized within multidisciplinary fields including physical education, medicine and psychology to educate students (that initially obtained different academic profiles) to be able to work and communicate in interdisciplinary and multidisciplinary environment towards meeting challenges in developing, managing and implementing individual programs of physical activity for prevention and therapy of non communicable diseases.
- The study programme is offering better understanding of up to date knowledge of experimental and clinical studies in the field of health orientated physical activity
- Programme is designed to gain competences in critical evaluation of scientific data, methods and techniques (programs and interventions), which relate to the health orientated physical activity
- It also offers competences necessary for designing (establishing goals, outcome objectives, activities) and caring different types of studies based on good practices and evidence based lessons
- Finally, enable students to apply the latest achievements in the theory and practice in the field of health orientated physical activity; and follow new emerging issues in public health such as hypokinesia.
- In addition, students are developing skills in forming and performing of functional multidisciplinary teams for implementation of physical activity programmes
- Program prepares students for further professional development and continuation of the third cycle of higher education (PhD)
- Master of PAHET is composed from obligatory and elective modules with total of 60 ECTS during one academic year (1 ECTS point is equal to 30 hours of students' workload, out of which 10 hours are under supervision). The set of 7 obligatory modules are the same for all students. After completing obligatory modules students have to select 1 + 2 elective modules out of 19 modules, which are offered (in total 15 ECTS points). The PAHET is completed by preparing and defending a thesis in public. The thesis has 20 ECTS points.

– Learning outcomes (“Dublin Descriptors”)

- have demonstrated knowledge and understanding that is founded upon and extends and/or enhances that typically associated with the first cycle, and that provides a basis or opportunity for originality in developing and/or applying ideas, often within a research context;
- can apply their knowledge and understanding, and problem solving abilities in new or unfamiliar environments within broader (or multidisciplinary) contexts related to their field of study;
- have the ability to integrate knowledge and handle complexity, and formulate judgments with incomplete or limited information, but that include reflecting on social and ethical responsibilities linked to the application of their knowledge and judgments;



- can communicate their conclusions, and the knowledge and rationale underpinning these, to specialist and non-specialist audiences clearly and unambiguously;
- have the learning skills to allow them to continue to study in a manner that may be largely self-directed or autonomous.

- ***Employment and professional opportunities***
Fitness–Wellness, Health (adaptive, rehabilitation, physiotherapy), Recreation center, Education system (preschool institutions, elementary & secondary school, university), Sport clubs, Tourist association/resort Management/governing.

- ***Qualification, admission rules***
Finished first level of higher education, bachelor (240ECTS) (academic from Faculty of Sport and Physical Education, Faculty of Medicine, Faculty of Philosophy-Department of Psychology, Faculty of Special Education and Rehabilitation), students are evaluated by the GPA (grade point average) formula

- ***Duration of program and qualification awarding***
2 semesters, 60 ECTS, Master of physical activity, health and exercise therapy (master of health orientated physical activity)

Subject	ECTS	Student workload (hours)					
		Lectures	Practical Teaching	Internship / Practice	Individual work	Examination	Total hours
First Semester							
Clinical and scientific research in the field of sports science with bioethics	5						150
Biostatistics (basic course)	5						150
Public health aspects of physical activity and exercise	2,5						75
Behavioral changes in life style (Psychological aspects of regular exercise)	2,5						75
Exercise Physiology with fundamentals of nutrition	2,5						75
Motor control and motor learning	2,5						75
Assessment and prescription of physical activity	5						150
Elective subjects (<i>One to be chosen among courses with internship in clinical research unit</i>) <i>Noncommunicable diseases, prevention and exercise therapy</i> <i>The influence of physical activity on child growth and development</i> <i>Applied health and Fitness Psychology</i>	5						150
Total	30						900
Second Semester							
Elective subjects (<i>Two to be chosen among courses with internship in clinical research unit, 5 ECTS each</i>) <i>- New technologies in modulation of motor abilities and motor learning</i> <i>- Medical categorization of disabled and physically impaired</i> <i>- Physical activity and exercise in specific environmental conditions</i> <i>- Specificity of nutrition and supplementation in physical activity</i> <i>- Modalities of training for elite athletes</i> <i>- Psychological support in elite athletes</i> <i>- Reparative and regenerative medicine</i> <i>- Modalities (prescription) of exercise programs in:</i> <i>Children and Youth</i> <i>Women (pregnancy and postpartum, menopause)</i> <i>Elderly</i> <i>Obesity</i> <i>Diabetes</i> <i>Cardiovascular disease</i> <i>Respiratory disease</i> <i>Depression and other psychological disorders</i> <i>Cancer</i> <i>Disabled and Physically impaired</i> <i>Motor and cognitive disability</i>	10						300
Master Thesis	20						600
Total	30						