

Pick a sporting activity according your interest

- **Aerobics**

A kind of aerobic exercise aimed at developing good physical condition in terms of general endurance and by applying strength training. Different forms of aerobics: Basic aerobics, Aerobic mix, Step Aerobics, Body Form.

Teacher: Mgr. Buková, PhD., Mgr. Agata D. Horbacz

- **Basketball, Streetball**

Learn the rules, roles of the individual in the game, offensive and defensive combinations, the match, regular training sessions and team competitions, regional championship, university league, inter-faculty tournaments.

Teacher: doc. PhDr. Šulc, CSc.

- **Badminton**

Mastering the basics of using the racket by beginners, the rules, achieving perfection and improving tactics in the game, regular training sessions.

Teacher: PaedDr. Rastislav Švický

- **Floorball**

The rules, technique of individual play, offensive and defensive combinations, the game, tournaments amongst faculties and within the university.

Teacher: Mgr. Marek Valanský

- **Gym workout:**

All-round strengthening of basic muscle groups aimed at gaining symmetrical body posture, designing individual training programmes.

Teachers: Mgr. Buková, PhD., doc. PhDr. Šulc, CSc., PaedDr. Švický, Mgr. Marek Valanský

- **Indoor football**

The roles of individual in the game, offensive and defensive combinations, tactics and rules. Training sessions and competitions among teams, regional championship, university league and other tournaments amongst faculties and within the university.

Teacher: PaedDr. Staško

- **Swimming**

Teaching basics of swimming and improving swimming strokes in swimmers.

Teachers: PaedDr. Imrich Staško

- **Table tennis**

Mastering the basic technique of striking, perfection and playing the game.

Teacher: PaedDr. Rastislav Švický,

- **Tennis**

Mastering the basic technique of striking, perfection and playing the game.

Teacher: Mgr. Marek Valanský

- **Volleyball**

The roles of individual and teamplay in the game, tactics, rules. Regional championship, university league, inter - grade and inter – faculty competitions.

Teachers: Mgr. Karol Lukáč, PhD.

- **Yoga**

Learning and practising the basic positions, deep breathing, flexibility, stretching and strenght. Composition of the basic positions.

Teacher: Mgr. Agata D. Horbacz

- **Winter courses**

Techniques of downhill skiing, cross-country and snowboarding.

Teachers: PaedDr. Staško, PaedDr. Švický,

- **Summer courses**

Focus: aerobics (Croatia), recuperation (Hungary), rafting.

Teachers: Mgr. Buková, PhD., Mgr. Marek Valanský, PaedDr. Staško.