

SPORT SCIENCE

Bachelor of Science

Vincent Pol University in Lublin



Sport Science is a field of study examining the functioning of a human body under the influence of exercise, training, and many other stimuli. It also emphasizes the ways of promoting health by means of physical activity.

Our 3-year BSc Sport Science programme is a multidisciplinary field of study, designed to provide a balanced understanding of both sport and exercise sciences across a range of sub-disciplines. It includes

such areas as Physiology, Psychology, Anatomy and Biochemistry, uniquely merged with Individual and Team Sports, Dancing, Fitness and Health Training. The programme educates highly qualified specialists endowed with broad theoretical and practical knowledge concerning physical education, sport and health promotion. Students gain considerable knowledge of traditional and unconventional training methods, physical and social measures of influence on pupils, somatic and motoric development, health and fitness maintenance, planning and conducting the process of physical education, and corrective and compensatory exercises. The graduates are prepared to do didactic-educational work, promote health and physical activity, plan, carry out and evaluate physical activity which serves health, recreation and beauty.

PLACEMENT

Students do their practical training at schools. They acquire the skills of influencing pupils' physical and mental development, and gain invaluable teaching experience. Students are also required to participate in **sports camps**. During a **summer camp** students can improve their swimming and water lifesaving skills, participate in sailing, canoeing, or bike tourism classes, and attend special lectures. A **winter camp** includes skiing, cross-country skiing and skateboarding practical classes, as well as lectures.

CAREERS

Graduates have sufficient qualifications for teaching physical education in primary schools, and working in educational institutions, social organizations, sports clubs, recreation and fitness centres. After completing additional courses the graduates can also work as sports instructors, referees or professional trainers.

KEY FACTS

Duration:	3 years (6 semesters)
The mode of studies:	full-time studies
Language of instruction:	English (TOEFL, IELTS 5.5, FCE B). Students who have not passed any of the exams yet, may take English preparatory classes at VPU Lublin.
Credits:	180 ECTS
Requirements:	High School Diploma (legalized copy in English or Polish, adjusted apostille) which entitles its holder to apply to higher education institutions.
Fees:	200 Euro administration fee, 1800 Euro per semester

MODULES OVERVIEW

Programmes in English

BSc Sport Science

Semester 1	Semester 2	Semester 3
Psychology Information Technology Anatomy Physiology Hygiene/Health Education First Aid Games Involving Physical Movement with Methodology Gymnastics with Methodology Swimming with Methodology Handball with Methodology Foreign Language Foundations of Biology	Psychology Foundations of Methodology Teaching Anatomy Biochemistry Methodology of Physical Education Organisation and Law in Education (Health Training) Gymnastics with Methodology Swimming with Methodology Handball with Methodology Foreign Language Summer Camp-Water and Field Sports	Pedagogy Intellectual Property Protection Anthropology Kinesiology Biomechanics Methodology of Physical Education Gymnastics with Methodology Swimming with Methodology Volleyball with Methodology Foreign Language Elements of European History/Regional History Psychophysical Development of Children and Teenagers Characteristics of Bad Posture Winter Camp - Skiing/Snowboarding
Semester 4	Semester 5	Semester 6
Pedagogy Theory of Physical Education History of Physical Culture Methodology of Physical Education Gymnastics with Methodology Athletics with Methodology Basketball with Methodology Football with Methodology Volleyball with Methodology Foreign Language Ethics /Appropriate language use Individual Recreational Sports (Karate, Tennis, Fitness, Nordic Walking, Cheerleading) Posture Diagnosis Corrective Gymnastics with Methodology Principles of Therapeutic Massage Practical Training in Elementary Schools (Preparatory Practical Training)	Theory of Physical Education Methodology of Physical Education Athletics with Methodology Basketball with Methodology Football with Methodology Team Sports- <u>Korfball</u> /Floorball/Futsal Foreign Language Individual Recreational Sports (Karate, Tennis, Fitness, Nordic Walking, Cheerleading) Diploma Seminar Corrective Procedures Principles of Therapeutic Massage Elements of Rehabilitation in Corrective Gymnastics Practical Training - Conducting Classes	Voice Emission Safety at Work Corrective and Compensatory Exercises Theory and Methodology of Sport Rhythmics and Dance with Methodology Athletics with Methodology Team Sports- <u>Korfball</u> /Floorball/Futsal Individual Recreational Sports (Karate, Tennis, Fitness, Nordic Walking, Cheerleading) Diploma Seminar Corrective Procedures Elements of Rehabilitation in Corrective Gymnastics

Top-up programmes



* Study **2** years at VPU + **1** year at the University of Bedfordshire or the University of Northampton and get a *British degree in Sport and Exercise Science*

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