

COURSE INFORMATION	
<b>EUPeace Alliance University</b>	University of West Bohemia in Pilsen
<b>Course Title</b>	Prevention of civilization diseases Prevenec civilizačních chorob
<b>Department and/or Faculty</b>	Physical Education and Sports Center Centrum tělesné výchovy a sportu
<b>Course Code</b>	KTV/PCC
<b>Course Type</b>	<b>Course Modality</b>
<input checked="" type="checkbox"/> Curricular <input type="checkbox"/> Non-curricular	<input type="checkbox"/> Online <input type="checkbox"/> Synchronous <input type="checkbox"/> Asynchronous <input type="checkbox"/> Both (A/S)ynchronous
	<input checked="" type="checkbox"/> In-person <input checked="" type="checkbox"/> Lecture <input type="checkbox"/> Laboratory
<b>Date</b>	Both semesters
<b>Language(s) of Instruction</b>	English
<b>Course Coordinator</b>	Mgr. Daniela Benešová, Ph.D., <a href="mailto:dbenesov@ktv.zcu.cz">dbenesov@ktv.zcu.cz</a>
<b>Course Instructor</b>	Mgr. Daniela Benešová, Ph.D.
TARGET AUDIENCE	
<b>Suitable as Pre-Service Teacher Training Course</b> <input type="checkbox"/> Pre-primary <input type="checkbox"/> Primary <input checked="" type="checkbox"/> Secondary Lower <input checked="" type="checkbox"/> Secondary Upper <input type="checkbox"/> Tertiary	
<b>Suitable as In-Service Professional Development Course</b> <input type="checkbox"/> Pre-primary <input type="checkbox"/> Primary <input checked="" type="checkbox"/> Secondary Lower <input checked="" type="checkbox"/> Secondary Upper <input type="checkbox"/> Tertiary	
<b>Suitable for non-student body</b> <input type="checkbox"/> Administrative staff <input type="checkbox"/> Other	
TYPE – WORKLOAD – RECOGNITION	
<b>Number of hours</b>	52 hours per semester
<input checked="" type="checkbox"/> <b>ECTS Credits</b>	4
<input type="checkbox"/> <b>Certificate</b>	None
COURSE DESCRIPTION (EN/L1 [if taught in L1])	
<b>Content</b> 1. Introduction to the study of the subject. 2. Factors of the development of civilization diseases. 3.-6. Civilization diseases, distribution, epidemiology. 7. Neurobiological nature of human movement. 8. Age and aging. Gerontology. 9. Hypokinesia, inactivity. 10. Salutogenesis, salutators; health support. Benefits of physical activity. 11. Indications and contraindications of physical activity in individual stages of the disease. 12. Physical activity as prevention of civilization diseases and premature aging. 13. Physical activity as part of the treatment program for civilization diseases. Physical activity of seniors.	
<b>Competences &amp; Learning Objectives</b> Students will gain a basic overview of the issues of civilization diseases, define the concept of health. Students will become familiar with the nature of the emergence of civilization diseases with a focus on diseases closely related to physical activity, indications and contraindications in individual stages of the disease, and will become familiar with the controllable and uncontrollable factors of the emergence of civilization diseases. Students will apply the knowledge of this issue when creating a physical activity program.	
<b>LINK to Course Details</b>	<a href="https://portal.zcu.cz/portal/studium/prohlizeni.html?pc_pagenavigationalstate=AAAAAQAGNjU5MTgyEwEAAAABAAhzdGF0ZUtleQAAAAEAFC05MjlzMzcyMDM2ODU0Nzc1MjcYAAAAA**#prohlizeniSearchResult">https://portal.zcu.cz/portal/studium/prohlizeni.html?pc_pagenavigationalstate=AAAAAQAGNjU5MTgyEwEAAAABAAhzdGF0ZUtleQAAAAEAFC05MjlzMzcyMDM2ODU0Nzc1MjcYAAAAA**#prohlizeniSearchResult</a>