

1. Introduction to Czech history, society, culture, and language. Cultural perceptions of health, fitness, wellness, and exercise.
2. Overview of current Czech exercise participation and physical activity
3. Emerging perspectives in Exercise Science research: analysis of the scientific theory, practical applications, and impact of exercise science research initiatives.
4. Compare case studies of topical areas in Exercise Science: a) impact of exercise and sport on child development and health b) physiological and psychological impact of exercise on the elderly.
5. Overview of the history of community & recreational sport in the Czech Republic .
6. Compare and contrast all Czech content with current US exercise, physical activity, health & wellness statistics
7. Identify and compare examples of health & wellness organizations/ facilities in local community: cultural barriers to achieving optimum fitness, medical fitness and how it relates to health and wellness of Czech citizens
8. Overview of examples of Exercise Science research as conducted by Czech University Faculty - Example: exercise physiology-VO2 max testing on Nordic Walkers
9. Visit Kladruby Physical Therapy Hospital. Tour and discussion with Director & Staff