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**Basic University Studies:** 20 credits

1. Research Methodology  
2. Optional module I  
3. Optional module II

**Major Studies:** 160 credits

3. Introduction to Public Health  
4. Teaching Didactics and Physical Activity  
5. Professional Communication (Presentation and Communication)  
6. Functional Anatomy  
7. Behavioural Change Models  
8. Project Management  
9. Applied Basic Health Sciences  
10. Cardiopulmonary and Strength Training  
11. Exercise Testing and Prescription  
12. Exercise for Clinical Conditions  
13. Fitness Group Activities  
14. Outdoor Fitness Activities  
15. Behaviour (Disease Prevention Models)  
16. Health Psychology  
17. Counselling and Traineeship  
18. Physical Activity (Changing Behaviour)  
19. Exercise and Nutrition Across the Lifespan (Nutrition I)  
20. European Nutrition Policy (Nutrition II)  
21. Individual Consultation  
22. Nutrition Intervention Planing  
23. Intervention Mapping  
24. Leading Entrepreneurship  
25. Internship (Sport, SPA Centers or Working settings or Rehabilitation settings)  
26. Sport and Health Policy and Governance  
27. Final Project

**Optional Modules (choose two):**

1. Swimming (Recreational physical activity in the water)  
2. Physical Activity: Mind and Body  
3. Dance for Health  
4. Lifetime Ball Games  
5. Other Study Units of the University  
6. Study Units of Other Universities