

PHYSICAL ACTIVITY AND LIFESTYLE CHANGE

BLENDED INTENSIVE PROGRAM

MASARYK
UNIVERSITY
FACULTY
OF SPORTS
STUDIES



5 ECTS

Do you want to work in an International group on planning an individual intervention for someone with a chronic disease?



14TH MARCH - 18TH
APRIL 2023

Online part
Every Tuesday



24 - 28TH APRIL
2023

Intensive week in Brno,
Czech Republic



PRE-REGISTRATION
ONLINE FORM

Pre-registrations deadline is
on the 1st of February

PHYSICAL ACTIVITY AND LIFESTYLE CHANGE

BLENDDED INTENSIVE PROGRAM

Topics related to changing behavior and lifestyle factors as physical activity, stress reduction and nutrition.

5 ECTS

Intensive program for a week in Brno, the Czech Republic (24-28th of April)

Work in international groups

Speakers from six European countries from PAL Network

PRE-REGISTRATION FORM:
DEADLINE: 1ST OF FEBRUARY

