## Physical Education

| Course Objectives | The main objective of the course is to increase and maintain <br> physical fitness, perfect the already known sports disciplines <br> and learn new ones, and promote and convince others of the <br> benefits of healthy and active lifestyle. |
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| Course Content | The curriculum provides an opportunity for the students to <br> learn and improve skills in eight sports disciplines: swimming, <br> general gymnastics taking into account the unique nature of the <br> music profession, badminton, table tennis, football, basketball, <br> volleyball, athletic exercises. |
| Teaching Methods | Practical classes in groups with elements of a lecture. <br> The classes are conducted in groups of less than ten or ten to <br> twenty persons depending on the discipline. Students can <br> change the group (and thus the sports discipline) during a <br> semester or continue the same course through all semesters. |

