

## **Standard No.2: The Purpose of the Study Program**

The study program has a clearly defined purpose and role in the educational system, which is available to the public.

The study program of the Master of Academic Studies "Physical Activity, Health and Exercise Therapy" use interdisciplinary approach based on modern theoretical and practical knowledge in medical, humanities and social sciences as well as modern knowledge in the field of individually prescribed physical activity.

After completing of the master study program "Physical activity, health and exercise therapy" students will be trained to investigate and analyse the impact and relevance of the individually measured and controlled exercise programs on maintaining and improving health, as well as for therapeutic purposes. Knowledge related to physical activity of children is especially important because of the compulsory subject in primary school "Physical and Health Education" for which are the most competent students these that successfully complete the academic master "Physical Activity, Health and Exercise Therapy" which is realized at the Faculty of Medicine. They will be trained to design and implement operational exercise programs for health purposes; to develop, lead and evaluate applied programs; to implement evidence based interventions for health promotion, and to create a broad partnership and multidisciplinary teams for the promotion of healthy lifestyles.

The purpose of the study program is related to the acquisition of knowledge and skills in the analysis of the importance of exercise for proper growth and development of children, prevention of diseases associated with hypokinesia and independent life in old age. Also, the purpose of the program is that graduate students participate in planning and designing of physical exercise programs for special populations.

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