

## **Oral Exam – master programme**

### **Topics:**

1. Physiology And Benefits Of Exercise, Basic Physiology Of Exercise, Benefits Of Exercise, What Is Exercise?, Aerobic Exercise, Anaerobic Exercise, Human Anatomy
2. Sports medicine, types of injuries and their treatment, first aid, wounds, fractures, joint/muscle injuries
3. Fitness and medical problems, cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition, benefits of exercise, illness and exercise
4. Sports nutrition, pyramid of health, healthy eating, Mediterranean and other diets
5. Sports training, training unit and a training session, how to develop a training plan, athlete development, overtraining: its causes and symptoms
6. Coaching skills and roles, coach vs trainer, is coaching an art or science?, the 4 c's, your personal experience
7. Sports psychology, stress reduction techniques, environmental techniques, physical techniques, mental techniques
8. Sport and the disabled, education of students with physical disabilities, the Paralympic games
9. Teaching physical education, building positive feelings, personal experience
10. Sport and the media, globalisation and sports
11. Sports and ethics, gambling in sports