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Sport- and Health Education Program

The program approaches the area of sports and health education in a complex way from different directions. One topic is the somatic and health education, focusing on the sports and body culture as well as on the recreation, respectively. Another direction is free time and leisure sports, their relation to the competitive sports, and also examination of the methods especially applied on these areas. The third direction is training methods, educational/teaching ideas and practice, respectively, applied in sports. Finally, a fourth direction is theoretical and general problems, including sports theory, sports history and sports law.

In addition to provide a rich and general doctoral training for those coming from the areas of sports, recreation and health education, it can be a useful addition for the doctoral training of those coming from the areas of adult education, special education and kindergarten/primary school teachers' courses as well.