
Introduction

Introduction

Physical education at the Faculty of Mathematics and Physics (MFF) is organised by the Department of Physical Education (KTV), residing in the newly reconstructed sports centre in Prague 10-Hostivař. Most of the sports facilities, where the teaching of PE is done, are also situated here – a swimming pool with a sauna, a multifunctional sports hall, Fitness Centre, a gym for wrestling, and halls for aerobics. Two winter dome courts for volleyball, tennis, basketball, floorball and a special tennis hall are also available here. There are also open-air sports fields – tennis courts, a grass football pitch and a softball field. The lessons also take place at the faculty's own sports fields – tennis and volleyball courts at Albertov and table tennis hall and sports hall in Karlín. Physical Education is part of the study programme (Karolínka) which defines the study requirements. In every year, students can choose from more than ten sports they are interested in. The goal of PE lessons is to acquaint the students with the chosen sport and to learn the basics; advanced students could improve their skills in the chosen sport. We would like the students to develop a positive and lasting relationship to regular sport activity that will continue after they finish their university studies.

Besides the regular sports education during the semester, KTV also organises summer and winter sports camps that are also part of the MFF study programme – the same as the lessons during the semester.

For summer camps the department uses the Charles University (UK) sports centre in Albeř in Southern Bohemia, the sports centre in Podskalí near Orlík lake, and one at Lipno, etc. The courses are mostly focused on ball games – volleyball, softball, tennis, and floorball, but also on the basics of windsurfing, canoeing or biking. Every year we organise several canoeing courses, during which we go down one of the Czech rivers (Vltava, Otava, Lužnice ...).

In winter we organize week-long skiing courses in the biggest skiing centres in Krkonoše (Špindlerův Mlýn, Pec pod Sněžkou). Downhill and cross country skiing as well as snowboarding are taught on the courses.

We also organise courses abroad – in summer a sports-leisure course in Italy and in winter skiing in the Alps.

The University sports club ([VŠSK](#)), provides for the sporting needs of students out of regular lessons. Within its groups, students can participate in regular training and/or races and competitions.

<!-- TOTO JE ODKAZ NA CESKOU VERZI STRANKY (vlajicka v pravem hornim rohu) NEMAZAT !! --> <div style="position: absolute; top: 8px; right: 4px"> </div>