

**SECOND (MASTER'S) LEVEL OF HIGHER EDUCATION  
CREATE YOUR FUTURE TODAY**

## **SECONDARY EDUCATION (PHYSICAL EDUCATION)**

### **A4.11 SECONDARY EDUCATION (PHYSICAL EDUCATION)**

The programme aims to provide in-depth training for highly qualified professionals who are capable of solving complex scientific, methodological, and practical problems in the field of physical education at secondary educational institutions. The programme combines an in-depth study of the theory and methodology of physical education with innovative teaching technologies and the psychological and pedagogical aspects of working with students of different ages, as well as scientific and research activities. The programme focuses on developing leaders who can devise and implement effective educational strategies, provide scientific and methodological support for the educational process, and promote the professional development of educators.

#### **PROGRAMME ADVANTAGES**

- in-depth study of current issues and trends in physical education
- mastering modern methods of scientific and educational research
- development of leadership and management skills for working in educational institutions
- training for introducing innovative technologies into the educational process
- expanding career opportunities in education and research activity

#### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- physical education teacher at a secondary education institution (with the possibility of holding managerial positions)
- physical education methodologist at an educational institution or methodological centre
- head of a sports club at a school or extracurricular institution
- organiser of sports events at educational institution, city or regional level
- research fellow in the field of physical education and sports

## **FITNESS IN THE WELLNESS SYSTEM**

### **A7 PHYSICAL CULTURE AND SPORTS**

The programme focuses on training highly qualified professionals who understand the integral role of fitness within the broader context of wellness. The programme combines in-depth knowledge of the theory and methodology of various types of fitness training with anatomy, physiology, biomechanics, sports nutrition, the psychology of a healthy lifestyle, the fundamentals of the wellness industry, stress management, relaxation techniques, and the organisation of wellness programmes. The programme aims to train professionals who can develop and implement comprehensive wellness strategies incorporating fitness activities to enhance individuals' physical, mental, and emotional well-being.

#### **PROGRAMME ADVANTAGES**

- a holistic approach to studying fitness as a component of wellness
- mastering various fitness technologies and techniques, as well as wellness practices
- studying the psychological aspects of motivation and maintaining a healthy lifestyle
- training in developing individual and group wellness programmes
- the opportunity to integrate fitness with other wellness areas (nutrition, relaxation, and mindfulness)

#### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- wellness consultant in fitness centres, spas, and health resorts
- fitness trainer with extensive knowledge in the field of wellness
- wellness programme coordinator in the corporate sector
- instructor in holistic fitness areas (yoga, pilates, tai chi)
- professional specialising in healthy lifestyles and stress prevention
- organiser of wellness tours and retreats
- manager of wellness centres and studios

## **PHYSICAL EDUCATION**

### **A7 PHYSICAL CULTURE AND SPORTS**

The programme focuses on training qualified physical education professionals who can effectively develop motor skills and physical abilities, conduct physical training, and educate value orientations in people of all ages and groups. The programme combines in-depth knowledge of the theory and methodology of physical education and sports disciplines with psychology, pedagogy, life safety basics and the organisation of sports and mass events. The programme aims to train professionals who can motivate people to lead a healthy lifestyle, foster their overall growth, and encourage them to take an active approach to life.

### **PROGRAMME ADVANTAGES**

- comprehensive training for teaching physical education in various institutions
- mastering modern methods of teaching and assessing physical fitness
- studying the psychological and educational aspects of working with people of different ages and levels of physical development
- practical training in various types of physical activity
- development of communication and organisational skills

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- physical education teacher at a secondary education institution (school, gymnasium, lyceum)
- physical education teacher in institutions of professional, pre-higher, and higher education
- physical education instructor in sports clubs, health centres, and other institutions
- head of sports groups and clubs
- professional in the field of active leisure organization
- developer of physical activity programmes

## **COACHING ACTIVITIES IN THE SYSTEM OF ATHLETES PREPARATION**

### **A7 PHYSICAL CULTURE AND SPORTS**

This programme focuses on training highly qualified coaches who can effectively manage the training of athletes of all levels, from beginners to professionals, in a chosen sport or a group of sports disciplines. This programme combines in-depth knowledge of sports training theory and methodology, sports psychology, pedagogy, and the organisation of sports events. This programme aims to train professionals who possess scientifically based modern training methods and are able to develop personalised training programmes, monitor the training process, analyse competition results, and ensure the comprehensive development of athletes.

### **PROGRAMME ADVANTAGES**

- in-depth study of the specifics of the training process in a chosen sport
- mastering modern technologies and methods of analysing sports results
- studying the principles of sports periodisation and planning training cycles
- training for working with athletes of different ages and fitness levels
- development of leadership, communication, and motivational skills

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- coach in sports schools, clubs, and professional teams in a chosen sport
- athletic training professional in sports federations and Olympic training centres
- athletic training consultant
- head of sports programmes and projects

## **ORGANIZATION OF SPORTS ACTIVITIES**

### **A7 PHYSICAL CULTURE AND SPORTS**

The programme focuses on training professionals in the strategic planning, organisation, management, and development of sports events, clubs, federations, and other sports institutions. The programme combines in-depth knowledge of project management, competition organisation, and communication within the sports industry. The programme aims to develop leaders who can effectively manage sports processes, organise successful events, attract resources, and promote sports culture at various levels.

#### **PROGRAMME ADVANTAGES**

- comprehensive study of all aspects of sports management
- mastering modern management technologies and tools
- the opportunity to undertake internships in leading sports organisations
- involvement of practising professionals and experts from the sports industry in teaching
- development of leadership, communication, organisational, and analytical skills

#### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- sports club and team manager
- organiser of sports competitions and tournaments at various levels
- administrator of sports facilities and complexes
- manager of sports projects and programmes
- manager of sports clubs, federations, and associations

## **KINESIOLOGY**

### **A7 PHYSICAL CULTURE AND SPORTS**

The programme focuses on training qualified professionals with a deep understanding of the mechanisms of human movement and its biological, mechanical, and behavioural foundations. The programme combines fundamental knowledge of anatomy, physiology, biomechanics, neurophysiology, and the psychology of physical activity, as well as the principles of using physical activity to improve health, physical fitness and a person's functional capabilities in different areas of life. The programme aims to train professionals who can carry out scientifically based assessments of the musculoskeletal system and develop and implement physical activity programmes for healthy individuals, athletes, and people with special needs.

### **PROGRAMME ADVANTAGES**

- an interdisciplinary approach to the study of human movement
- mastering modern methods of researching and assessing motor functions
- in-depth study of the biomechanical and neurophysiological aspects of movement
- practical training in rehabilitation and health-and-wellness centres
- study of various kinesiotherapy and physiotherapy techniques

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- kinesiologist in rehabilitation and health-and-wellness centres
- physical exercise and sports rehabilitation professional in sports clinics and teams
- instructor in physiotherapy in wellness centres and resorts
- prevention and correction of motor disorders professional in fitness centres
- researcher in the field of kinesiology
- private practice in kinesiotherapy

## **ESPORTS**

### **A7 PHYSICAL CULTURE AND SPORTS**

The programme focuses on training qualified professionals for the rapidly growing eSports industry. The programme combines in-depth knowledge of the theory and methodology of eSports disciplines, management and marketing in eSports, the organisation of eSports events, eSports psychology, streaming and content creation, as well as eSports law and ethics. The programme aims to train professionals who can work in teams effectively, manage eSports organisations, organise spectacular tournaments, create high-quality content, and develop eSports communities.

### **PROGRAMME ADVANTAGES**

- comprehensive study of the eSports ecosystem
- mastering practical skills in organising and holding eSports events
- studying strategies for managing eSports teams and organisations
- training in creating and promoting eSports content
- development of communication, analytical, and leadership skills in the field of eSports

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- eSports team manager
- organiser of eSports tournaments and leagues
- eSports commentator (caster)
- sponsorship and partnership manager in eSports
- content creator and streamer for eSports platforms
- manager of eSports organisations and arenas

## **CHOREOGRAPHY AND DANCE SPORTS**

### **B6.03 CHOREOGRAPHIC ART / A7 PHYSICAL CULTURE AND SPORTS (INTERDISCIPLINARY)**

The programme focuses on training professionals with in-depth knowledge and practical skills in choreography and its application to various dance sports. The programme combines the study of the history and theory of choreography, classical, folk, and modern dance, composition, and choreographic pedagogy with the main aspects of sports training in dance sports. The programme aims to nurture professionals who can combine the artistic expressiveness of movement with sports technique, develop choreographic productions for sports competitions, teach dance disciplines, and promote the aesthetic and physical development in athletes.

#### **PROGRAMME ADVANTAGES**

- a unique combination of artistic and sports training
- mastering various dance techniques and applying them in sports
- studying the principles of creating compositions for sports performances
- development of artistry, coordination, musicality, and physical abilities

#### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- choreographer-director in sports teams and dance sports clubs
- dance sports coach
- teacher-choreographer in dance schools and sports clubs
- head of sports dance teams
- organiser of dance sports events

## **MANAGEMENT**

### **D3 MANAGEMENT**

The programme focuses on training highly qualified managers who are capable of effectively managing organisations of various ownership types and operating in different fields. The programme combines in-depth knowledge of management theory, strategic management, marketing, financial management, human resources management, operational management, project management, the use of information technology in management, leadership, and organisational behaviour. The programme aims to develop leaders who can make sound management decisions, devise and implement effective strategies, motivate teams, and achieve goals in a dynamic business environment.

### **PROGRAMME ADVANTAGES**

- comprehensive study of all functional aspects of organisational management
- mastering modern management technologies, tools, and techniques
- development of leadership qualities, as well as communication and analytical skills
- opportunity to participate in practical case studies, business simulations, and internships at leading companies
- experienced lecturers and business practitioners are involved in teaching

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- managerial roles at various levels in companies across various sectors of the economy
- department/division head
- project manager
- financial analyst/manager
- operations manager
- business analyst, management consultant
- entrepreneur (starting your own business)

## **SPORTS MANAGEMENT**

### **D3 MANAGEMENT / A7 PHYSICAL CULTURE AND SPORTS (INTERDISCIPLINARY)**

The programme focuses on training managers for careers in physical education and sports. The programme combines in-depth knowledge of sports economics, sports marketing and sponsorship, the management of sports organisations and events, financial management in sports, strategic planning, personnel management, sports logistics, and the international sports movement. The programme aims to nurture leaders who can effectively manage sports clubs, federations and complexes, organise large-scale competitions, and develop the sports industry at national and international levels.

#### **PROGRAMME ADVANTAGES**

- comprehensive study of all aspects of sports management
- mastering modern management technologies and tools in sports management
- the opportunity to undertake internships in leading sports organisations
- involvement of leading sports management experts and practitioners in teaching
- development of leadership, communication, and analytical skills

#### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- sports club and team manager
- director of sports facilities and complexes
- head of sports projects
- manager of sports federations and associations
- organiser of athletic competitions and events
- sports development professional within government and local authority bodies
- sports management consultant

## **NUTRITION AND PHYSICAL ACTIVITY**

### **E1 BIOLOGY AND BIOCHEMISTRY**

The programme focuses on training highly qualified nutrition professionals for athletes and active individuals. The programme combines in-depth knowledge of biochemistry, physiology and nutrition with the theory and methods of sports training, as well as the specific nutritional requirements of various sports depending on the intensity and duration of physical activity. The programme aims to train professionals who can develop individual and group diets, taking into account energy needs and the balance of macronutrients and micronutrients. They will also learn how to use food supplements and specialised products to optimise athletic performance and restore and maintain the health of athletes.

### **PROGRAMME ADVANTAGES**

- in-depth study of metabolic processes during physical activity
- mastering methods for assessing the nutritional status and energy expenditure of athletes
- studying the principles of compiling balanced diets for different sports and stages of athlete training
- training for providing nutritional advice and guidance on the use of sports supplements to athletes
- development of communication skills and cooperation with coaches and medical personnel

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- sports nutritionist/nutrition consultant
- nutrition professional in fitness centres and wellness clubs
- sports nutrition development professional
- research fellow in sports dietetics and sports physiology
- anti-doping nutrition expert

## **PHYSIOLOGY OF PHYSICAL ACTIVITY**

### **E1 BIOLOGY AND BIOCHEMISTRY**

The programme focuses on training professionals who have an in-depth understanding of the functional changes that occur in the human body during physical activity. The programme combines a grounding in the fundamentals of human physiology, biochemistry, and anatomy with an understanding of the theory and methods of sports training, as well as how various body systems (e.g. the nervous, muscular, cardiovascular, respiratory and endocrine systems) function during physical activity of different intensities and durations. The programme aims to train professionals who can analyse the body's physiological responses to physical loads, apply physiological research methods in sporting practice, develop scientifically based training and recovery programmes, and advise athletes and other active individuals on how to optimise their training to improve health and achieve sporting success.

### **PROGRAMME ADVANTAGES**

- in-depth study of the body's functional systems during physical activity
- mastering modern physiological research methods and assessment of the functional state of athletes
- studying the body's adaptations to training loads
- training for developing scientifically based training and recovery programmes

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- sports physiologist in sports clubs, teams, federations, and Olympic training centres
- research associate in sports research institutes
- functional diagnostics professional
- sports training and recovery consultant
- professional in the development of training equipment and technology

## **PHYSICAL THERAPY**

### **I7 THERAPY AND REHABILITATION**

The programme focuses on training qualified professional with in-depth knowledge of the human locomotor system, its functional disorders, and methods of recovery using physical factors. The programme combines fundamental knowledge of anatomy, physiology, biomechanics, neurology, pathology, and the theory and methods of physiotherapy, massage, and the psychological aspects of recovery, as well as the use of modern physiotherapy equipment. The programme aims to train professionals who can carry out comprehensive assessments of patients of different ages and with different health conditions, and develop and implement personalised physiotherapy programmes to restore motor function, reduce pain, improve functional independence, and enhance quality of life.

### **PROGRAMME ADVANTAGES**

- comprehensive study of the principles and methods of physiotherapy
- mastering modern methods of assessing and diagnosing movement disorders
- intensive practical training in clinical settings and rehabilitation centres
- study of various physiotherapy techniques (e.g. massage, kinesiotherapy, electrotherapy, ultrasound therapy, magnetotherapy, and hydrotherapy)
- development of interdisciplinary cooperation skills with other medical professionals
- training to work with patients of different ages and with a wide range of diseases and injuries

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- physiotherapist in medical and rehabilitation institutions (hospitals, rehabilitation centres, resorts, and sports clinics)
- physiotherapist in social care centres
- private practice

## **OCCUPATIONAL THERAPY**

### **I7 THERAPY AND REHABILITATION**

The programme focuses on training highly qualified professionals to help people with physical, mental, cognitive, and sensory impairments participate in important and meaningful daily activities. The programme combines in-depth knowledge of anatomy, physiology, neurology, psychiatry, orthopaedics, paediatrics, gerontology, and the theory and practice of occupational therapy with activity analysis, environmental adaptation, the use of assistive devices, social integration, and the psychological aspects of recovery. The programme aims to train professionals who can conduct comprehensive assessments of individuals' functional capabilities and needs, and develop and implement personalised occupational therapy interventions to restore, improve or compensate for lost functions, ensuring maximum independence and quality of life.

### **PROGRAMME ADVANTAGES**

- a holistic approach to understanding a person's needs in the context of their daily activities
- mastering methods for assessing physical, cognitive, psychological, and social aspects of functioning
- intensive practical training in clinical settings, rehabilitation centres, and early intervention centres
- studying various occupational therapy intervention techniques and strategies
- developing skills in interdisciplinary cooperation with medical, pedagogical, and social workers

### **CAREER PROSPECTS (EMPLOYMENT OPPORTUNITIES FOR GRADUATES):**

- occupational therapist in medical and rehabilitation institutions (hospitals, rehabilitation centres, resorts, sports clinics)
- occupational therapist in social care centres
- private practice