

# SOKOL LIFELONG LEARNING IN VOLUNTEERING – COOPERATION WITH UNIVERSITY



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# SOKOL MAIN ACTIVITIES:

- Sport for all
- Performance and top sport
- Culture
- Education ➡ Sokol Central School

# Sokol Central School

- Serves mainly for Sport for All sector
- Competitive and top sport served by sports federations

# SYSTEM OF SOKOL EDUCATION

- 3rd grade

50 hours, no ministerial accreditation needed

- 2nd grade

50 + 100 hours, accredited by Ministry of Education,  
Youth and Sports

- 1st grade

2 years studies in cooperation with universities

# Teachers and instructors staff

- Both volunteers and professionals
- From:
  - Sokol Central School
  - Sokol movement
  - Partners organizations (ČASPV)
  - Universities (Charles Un., Palacky Un. Masaryk Un.)

# 2nd grade

- Ministry gives general regulations
- Approves curricula
- Controls qualification of teachers and instructors
- Graduates receive trade certificates

## ➤ COACHES 2<sup>nd</sup> GRADE

- general fitness
- aerobics
- rhythmic movement and dance education of juniors
- remedial physical education
- parents and children exercises and pre-school children
- rhythmic gymnastics
- yoga
- turism
- medical first aid





# ➤ SEMINARS – follow up to previous system – lifelong education

- swimming
- aerobics
- dance
- nontraditional sports
- aquaerobics
- rafts
- artistic gymnastics
- rope activities
- voice exercises
- remedial physical education
- tourism

# FORMS OF SEMINARS

- one day seminars
- weekend sport – recreational courses
- social meetings of the instructors

# 1st grade

## Instructor of Sport for All – Licence A (Diploma instructor)

- In partnership between Sokol Central School and Charles University (Faculty of P.E. and Sports)
- 2 years studies – 500 lessons
- Final diploma work + Final examinations
- Students from Sokol and ČASPV – mutual recognition

# Curricula

- Biomedical subjects (anatomy, physiology, hygiene, antidoping, nutrition, first aid, ...)
  - *fully organized by university*
- Social subjects (psychology, pedagogy, ...)
  - *fully organized by university*
- Sport sciences (sports training, kinantropology, ...)
  - *fully organized by university*
- Sport specializations
  - *content: Sokol Central School,*
  - *teachers and instructors: university and Sokol*

# Graduates

- 2011 - 1st graduates
- Instructor staff
- Methodical workers (volunteers and professionals)
- Major events organizers

**Thank you  
for your attention**