



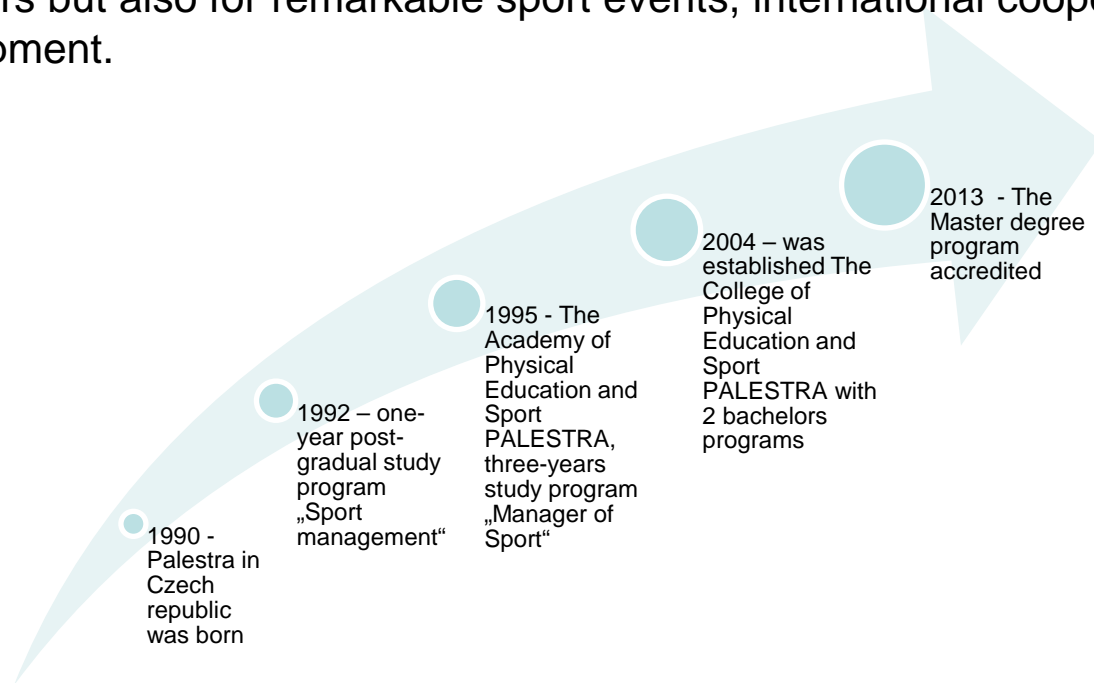
# The College of Physical Education and Sport PALESTRA, Ltd.

Vysoká škola tělesné výchovy a sportu PALESTRA  
Prague, the Czech Republic

# History of Palestra

The College of Physical Education and Sport PALESTRA, Ltd. is a private, accredited, non-university college that offers Bachelor and Master degree programs focusing on Wellness, Physical education, Sport and Leisure time activities, Management and Nutrition.

“Palestra” was born in **1990** when private Sport academy and College was established and included into the Czech educational school system. 25 years history has proved that Palestra has the unique place on the market not only for Elite athletes, Sport managers, Fitness and Wellness instructors but also for remarkable sport events, international cooperation and innovative development.



# Study programs

## Bachelor's degree programs

- Sport and fitness specialist,
- Sport and leisure time management educationist
- Nutrition adviser and sport diagnosis

## Master's degree program

- Wellness specialist

**Requalifying courses and seminars.** More than 25 courses and seminars for sport and wellness services (e.g. Fitness instructor, Sport massages, Ski instructor)

**Courses of further development of teachers and academic staff**

**One semester study program „Wellness“ in English**



# Scientific journal Acta Salus Vitae

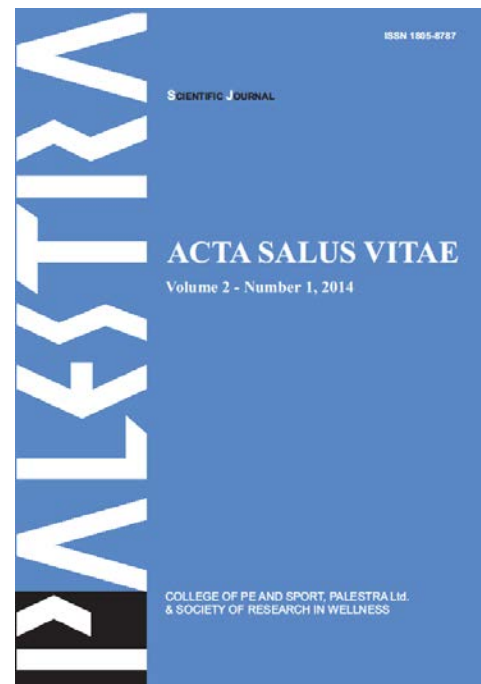
Scientific journal "Acta Salus Vitae" is the first scientific journal in the Czech and European environment presenting serious scientific results in the field of wellness.

The mission is publishing of original peer-reviewed scientific papers in English.

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<http://actasalusvitae.palestra.cz>



# Supported sporting events

Palestra supports the most important sporting events in the Czech Republic through the participation of students in the organizational teams.

Students participate in activities within their professional practice.

Olympic park in Prague  
(during the Olympic games in Sochi 2014)



Prague International Marathon  
1994 - 2015



2015 IIHF Ice Hockey World Championship



Jizerská 50 cross country skiing  
2004 - 2015



... and more  
than 30  
smaller  
events every  
year ...



# The main sport event of PALESTRA



## PALESTRA Kbely 10km (PALESTRA Kbelská desítka) 5. 3. 2016, 30th edition

- Event is organized by Palestra students
- 2016 runners in main event (sold out 3 weeks before the race day in 2015)
- One of the biggest 10km races in the Czech Republic - the first in the running season
- 200 children in short distances, supported by Czech Olympic Committee
- Academic Czech Championship
- Web page (in Czech only): [www.palestrakbelska10.cz](http://www.palestrakbelska10.cz)

# Students of Palestra

Palestra graduates mainly apply for jobs in the field public and commercial sport services.

Current students and graduates are as well elite athletes.

Ondřej Synek  
Silver Olympic medals  
holder and fourth time world  
champion in rowing



Helena Fuchsová  
Silver medal from  
European  
championship in  
athletics holder



Lukáš Krpálek  
World champion in judo



Jan Tománek  
Czech champion in hanbike



Martina Sáblíková  
triple Olympic champion and multiple  
world champion in speed skating



Ondřej Štěpánek  
World champion and silver Olympic  
medal holder in water slalom



# Contacts

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