



**Armed Forces Academy
of General Milan Rastislav Stefanik
Demanova 393, 031 06 Liptovsky Mikulas**

ERASMUS offer for incoming students

| | |
|------------------------------------|---|
| Department | Physical Education |
| Subject/ title | Military physical training |
| Credits | 2 ECTS |
| Hours | 30 |
| Level (Bachelor/master) | N/A |
| Tutor(s) | |
| Exam type | Physical test |
| Description | This course provides knowledge of basic training methods and techniques, with an emphasis on developing and preserving levels of physical fitness required to carry out physical training activity. The course also provides students with the basic knowledge and tools needed to develop the physical and psychological strength required for stressful military training activity such as survival training for adverse situations. Civil students obtain knowledge of training methods and techniques without military training activities. |
| Teaching Content | Military – practical swimming, climbing, self defence and physical training. |
| Reading materials | |
| Remarks | |