

Syllabus of Healthy and Active Lifestyle Summer School outline

The course includes different topics regarding a healthy and active lifestyle, which are divided in the several topics and organized as lectures, seminars, tutorials, lab and field work and workshops, aimed in the practical application of theories.

The HALS Summer School program consist of:

- **Lectures** (25 hours)
- **Lab and Field Work** – 5-6 Workshops (50 hours):
- **Individual student's work** (total 105 hours) which is divided in two parts:
 - a) pre-study; study of the basic literature before the Summers school (50 hours) and
 - b) after the course: preparation of the project work the student will defend as a part of exam (not late than 1 months after the end of summer school) (60 hours).