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To fully provide competence to the students, the study program includes a series of general educational, theoretical and methodological and scientific courses which are a precondition for understanding and realization of professional-applicative courses.

The aims of the program are as follows:

- mastering knowledge in the field of social sciences important for jobs of teachers, coaches and recreationists;
- mastering knowledge in biomedical sciences relevant for the theory and teaching methods of physical education, sport and recreation;
- mastering practical knowledge in teaching methods of physical education, certain sports branches, sports training in general and sports recreation;
- mastering basic knowledge in methodology of research work;
- students' proficiency required for creative work in physical education, sport and recreation;

- students' proficiency required for higher levels of education;
- students' proficiency required for improvement and self-education in the domain of professional competences;
- students' proficiency required to enable them acquiring of knowledge by means of modern information systems;
- to train students for work in junior and senior classes of elementary school;

- to train students for work in secondary school PE classes;
- to train students for work with junior athletes;
- to train students for work with in sport in compliance with classification of titles and professions;
- to train students for work in recreation.

The aims of the program are harmonized with competences acquired during the Basic academic studies..

The program is aimed at introducing student to interdisciplinarity of their profession and successful linking of knowledge from different educational fields, as well as to enable students to acquire knowledge necessary for their professional activities pursuant to direct involvement during the realization of studies in practical and theoretical lessons of exercises and practice. The aim of the program is to provide students with a necessary level of general culture required for their professional activities.