

DIPLOMA

International Youth Leader Education

This is to certify that
Tomáš Vacek
Born: 07-02-2001

has completed the Autumn course at the INTERNATIONAL ACADEMY (INTAC),
Academy of Physical Education, Ollerup - DENMARK
from 8th of August to 19th of December 2021 (19 weeks)

The curriculum includes

- InterCultural studies
- LUP (Learning, Development and Perspectives in Leadership)
- Grassroots Sports Diplomacy
- Danish Language classes
- Gymnastics/Fitness/Dance
- Sport subjects
- Creative workshops
- Cultural excursions

Special week courses include

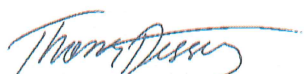
- Study tour to Copenhagen – with focus on volunteerism, civil society, sport for all, history and politics
- Special theme days (Intercultural Celebration)
- “Autumn break week” – with focus on Story Telling
- “Multiplier Week” with focus on leadership and teaching
- Introduction and final week special programme

Specialization;	Powertumbling
Leadership specialization;	NGO world & Project Management and Intercultural Studies
Sports subject;	Dance, Parkour 1, Functional Training, Parkour 2
Optional subjects;	Danish

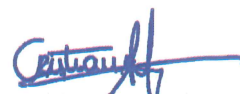
The objective of this course is to instruct youth leaders in the principles of Danish physical education. Furthermore, the course aims at introducing foreign students to the Scandinavian model of society and democracy as well as promoting social skills and a holistic view of man central to the Danish folk high schools.

This has happened by means of extensive physical training through gymnastics, dance and sport, competitive as well as recreational. The general part of the curriculum includes language lessons as well as lessons focusing on democracy, cultural understanding and national identity with special focus on international comparisons of societies.

International Academy (INTAC)
The Ollerup Academy of Physical Education



Thomas Smidt Dissing
Principal



Cristiane Fiorin-Fuglsang
Head of INTAC

Gymnastikhøjskolen i Ollerup

International Youth Leader Education Course Descriptions

Intercultural studies (30 lessons of 60 minutes and 15 lessons of 75 minutes):

The course includes education about Danish culture, society and way of living. Classes have included political discussions, international comparison of living conditions in different countries (represented by students), current affairs in world politics, event planning and more. The combination of local view and international perspective contribute to broaden the personal, social and intellectual horizon of the students.

Gymnastics, Dance or Fitness (60 lessons of 60 min/ 15 lessons of 90 min):

Gymnastics: Depending on the choice of specialization, the course includes tumbling and vaulting, trampoline practice, acrobatics, rhythmical gymnastics, warm-up practice, and choreographies. The rhythmical part consists of physical training, technique, and expressions in a combination of approaches such as traditional Danish gymnastics, modern dance. **Dance:** The course includes technical training in modern dance, floor work, partnering, improvisation, and ballet. **Fitness:** The course includes training related anatomy, physiology and teaching theory. It includes certification as an international Fitness instructor/Personal trainer.

LUP and Leadership (practical and theoretical - included in the Gymnastic lessons):

The course focuses on development of individual competences as instructor and leader as well as coach. It includes theoretical as well as practical work methods and teaching with optional areas of specialization.

Sports Subject (60 lessons of 60 minutes):

The course includes training in different sport's disciplines. It focuses on personal development as well as development of specific skills and tactical understanding.

Grassroots Sports Diplomacy (30 lessons of 75 minutes):

The course is an introduction to the world of Sports Diplomacy and volunteer organizations in the field of sport. Topics included analysis of sports associations and their structure, Sport for All, State, Market and Civil Society, Urban Planning (Active Living), Volunteerism and Project Management. Students worked with tools to initiate and carry out projects with possibilities of national or international cooperation.

Danish (22 lessons of 60 minutes):

The aim of the course is to enable the students to communicate on an everyday level and to give a broader understanding of the Danish language. The target areas have included vocabulary, grammar, speaking and pronunciation. The course includes lectures and exercises supplemented with living in Danish speaking surroundings.

English:

Due to a challenging English-speaking environment, students have improved and refined their English skills.

Elective subjects (30 lessons of 60 minutes):

For two lessons per week, the students have attended a class of their own choice focusing on specific themes within a wide range of areas.

Basic Movement-Skills (15 lessons of 75 minutes):

In this subject, the students practice basic movement skills, used in all different lines. The primary objective is to create a common movement base, challenging the student to understand their body and the possibilities for movement in the different lines.

The Art of Sharing (15 lessons of 75 minutes):

This subject is organized by the students, with focus on offering different workshops with a broader scope of topics, such as cultural experiences, movement and games or language classes.

Burst the Bubble (15 lessons of 75 minutes):

Once a week all the students had classes together, focusing on topics related to challenges on our local and global community.