

**TOWARDS EDUCATION PROGRAM FOR PHYSICAL EDUCATION**  
**Education for students starting from the academic year 2017/2018**

**1 Plan Full-time**

The plan of study offered in the form of fixed includes 1,965 hours . Specialization sports instructor and 1905 recreation instructor specialization course in typical forms of teaching (lectures , exercises, fitness , laboratories ), and 150 hours . practices for each specialization.

**STUDY PLAN FIXED (Divided into semesters) FIELD OF STUDY : Physical Education Degree Specialization: Teaching**

**Semester I**

No.	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
3.	Anatomy	15	15		30	3	dr Barbara Długotęcka	Assessment
4.	Biology	15	15		30	2	dr Barbara Długotęcka	Assessment
6.	Psychology	15	30		45	3	dr Anna Turosz	Assessment
9.	Theory and Meth. Basketball			30	30	2	mgr Dariusz Węgrowski	Assessment
10.	Theory and Meth. Gymnastics			30	30	2	dr hab. Tomasz Niżnikowski	Assessment
11.	Theory and Meth. Swimming			15	15	2	dr Jerzy Miller	Assessment
12.	Motor Games and Play			30	30	3	mgr Weronika Łuba	Assessment

## Semester II

No .	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
1.	Foreign Language I (choice)			30	30	2	Wpisać nazwisko	Assessment
2.	Anatomy		15		15	3	dr Barbara Długotęcka	Exam
3.	Biochemistry	15		30	45	3	dr hab. Robert Charmas	Exam
5.	Psychology	30	15		45	3	dr Anna Turosz	Exam
6.	Methodology of Physical Education	15	15		30	2	mgr Weronika Łuba	Assessment
7.	Theory and Meth. Basketball			30	30	2	mgr Dariusz Węgrowski	Assessment
9.	Theory and Meth. Gymnastics			30	30	2	dr hab. Tomasz Niźnikowski	Assessment
10 .	Theory and Meth. Swimming			15	15	1	dr Jerzy Miller	Assessment
11 .	Theory and meth. Athletics			30	30	2	prof. dr hab. Jerzy Sadowski	Assessment
12 .	Motor Games and Play (optional)			15	15	1	mgr Paweł Arnista	Assessment

### Semester III

No .	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
1.	Foreign Language I (choice)			30	30	3	Wpisać nazwisko	Assessment
3.	Physiology	15	30		45	4	dr Barbara Długolecka	Exam
6.	Theory and Meth. Gymnastics			30	30	3	dr hab. Tomasz Niżnikowski	Exam
7.	Theory and Meth. Swimming			15	15	2	dr Jerzy Miller	Assessment
8.	Theory and Meth. Athletics			30	30	3	prof. dr hab. Jerzy Sadowski	Assessment
9.	Winter Camp (optional)			60	60	5	dr Artur Litwiniuk	Assessment

## Semester IV

No .	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
1.	Foreign Language I (choice)			30	30	3	Wpisać nazwisko	Assessment
3.	Methodology of Physical Education	15	15		30	3	mgr Weronika Łuba	Exam
4.	Theory and Meth. Table Tennis			15	15	2	mgr Weronika Łuba	Assessment
6.	Theory and Meth. Swimming			15	15	3	dr Jerzy Miller	Exam
7.	Theory and Meth. Athletics			30	30	3	prof. dr hab. Jerzy Sadowski	Exam
	Eurythmics and dance (optional)			15	15	2	mgr Natalia Fabian	Assessment
	Pre-medical first aid		15		15	1	mgr Paweł Arnista	Assessment
	Summer Camp (optional)			60	60	4	dr Artur Litwiniuk	Assessment

## Semester V

### SPECIALTY INSTRUCTOR SPORT IN THE DISCIPLINES INDIVIDUAL AND TEAM.

No .	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
1.	Foreign Language I (choice)			15	15	2	Wpisać nazwisko	Assessment
2.	Graduate Seminar	15			15	3	prof. dr hab. Jerzy Sadowski	Assessment
6.	Theory and Meth. Handball			30	30	2	mgr Dariusz Węgrowski	Assessment
7.	Eurythmics and dance (optional)			15	15	2	mgr Natalia Fabian	Assessment
8.	Corrective-compensatory exercises	15	15		30	2	mgr Weronika Łuba	Assessment
9.	Theory of Sport	15	30		45	2	prof. dr hab. Jerzy Sadowski	Exam
11 .	Instructor's specialization (optional)			60	60	5	dr hab. Tomasz Niźnikowski	Assessment

## Semester VI

### SPECIALTY INSTRUCTOR SPORT IN THE DISCIPLINES INDIVIDUAL AND TEAM.

No .	Course Name	Number of hours				Number of ECTS credits	Teacher	Form of Examination
		W	C	L/S	Total			
1.	Foreign Language I (choice)			15	15	1	Wpisać nazwisko	Exam
3.	Graduate Seminar		15		15	3	prof. dr hab. Jerzy Sadowski	Exam
5.	Health Education	15	15		30	1	mgr Paweł Arnista	Assessment
7.	Combat Sports (optional)			15	15	1	dr Jerzy Miller	Assessment
9.	Sport for all (your choice)			15	15	1	dr hab. Tomasz Niżnikowski	Assessment
11 .	The theory of sports training	30	15		45	3	prof. dr hab. Jerzy Sadowski	Assessment
12 .	Instructor Specialisations			90	90	4	dr hab. Tomasz Niżnikowski	Exam