

TOWARDS EDUCATION PROGRAM FOR PHYSICAL EDUCATION

Education for students starting from the academic year 2018/2019

1 Plan Full-time

The plan of study offered in the form of fixed includes 1965 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		Form of Examination
		W	C	L/S	Total		Teacher	
1.	Anatomy	15	15		30	3	mgr Ewa Waldzińska	Assesment
2.	Methodology of Physical Education	15	15		30	3	dr Marta Remiszewska	Assesment
3.	Theory and Meth. Basketball			30	30	2	mgr Dariusz Węgrowski	Assesment
4.	Theory and Meth. Gymnastics			30	30	2	mgr Paweł Arnista	Assesment
5.	Theory and Meth. Swimming			15	15	2	dr Jerzy Miller	Assesment
6.	Motor Games and Play			30	30	3	mgr Weronika Łuba	Assesment

Semester II

No.	Course name	Number of hours				Number of ECTS credits		Form of Examination
		W	C	L/S	Total		Teacher	
1.	Foreign Language I (choice)			30	30	2	mgr Tomasz Kułaga	Assesment
2.	Anatomy		15		15	3	mgr Ewa Waldzińska	Exam
3.	Biochemistry	15		30	45	3	prof. Robert Charmas	Exam
4.	Methodology of Physical Education	15	15		30	2	dr Marta Remiszewska	Assesment
5.	Theory and Meth. Basketball			30	30	2	mgr Dariusz Węgrowski	Assesment
6.	Theory and Meth. Volleyball			30	30	2	mgr Renata Sobczak	Assesment
7.	Theory and Meth. Gymnastics			30	30	2	mgr Paweł Arnista	Assesment
8.	Theory and Meth. Swimming			15	15	1	dr Jerzy Miller	Assesment
9.	Motor Games and Play			15	15	1	mgr Weronika Łuba	Assesment
10.	Hiking Camp			30	30	3	dr Tomasz Waldziński	Assesment

Semester III

No.	Course name	Number of hours				Number of ECTS credits		Form of Examination
		W	C	L/S	Total		Teacher	
1.	Foreign Language I (choice)			30	30	3	mgr Tomasz Kułaga	Assesment
2.	Theory and Meth. Volleyball			30	30	3	mgr Renata Sobczak	Assesment
3.	Theory and Meth. Gymnastics			30	30	3	mgr Paweł Arnista	Exam
4.	Theory and Meth. Swimming			15	15	2	dr Jerzy Miller	Assesment
5.	Winter Camp			60	60	5	dr Artur Litwiniuk	Assesment

No.	Course name	Number of hours				Number of ECTS credits		Form of Examination
		W	C	L/S	Total		Teacher	
1.	Foreign Language I (choice)			30	30	3	mgr Tomasz Kułaga	Assesment
2.	Antropology	15	15		30	4	dr Tomasz Waldziński	Exam
3.	Metodology of Physical Education	15	15		30	3	dr Marta Remiszewska	Exam
4.	Theory and Meth. Table Tennis			15	15	2	mgr Weronika Łuba	Assesment
5.	Theory and Meth. Swimming			15	15	3	dr Jerzy Miller	Exam
6.	Eurythmics and dance			15	15	2	mgr Natalia Fabian	Assesment
7.	Summer Camp			60	60	4	dr Artur Litwiniuk	Assesment

Semester IV

Semester V

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	mgr Tomasz Kułaga	Assesment
2.	Anthropomotorics	15	15		30	3	dr Tomasz Waldziński	Assesment
3.	Theory and Meth. Handball			30	30	2	mgr Elwira Jabłońska	Assesment
4.	Eurythmics and dance			15	15	2	mgr Natalia Fabian	Assesment
5.	Corrective-compensatory exercises	15	15		30	2	mgr Weronika Łuba	Assesment
6.	Theory of Sport	15	30		45	2	dr Artur Litwiniuk	Exam
7.	Instructor's specialization (optional)		60		60	5	dr Tomasz Waldziński	Assesment

Semester VI

No.	Course name	Number of hours				Number of ECTS credits		Form of Examination
		W	C	L/S	Total		Teacher	
1.	Foreign Language I (choice)			15	15	1	mgr Tomasz Kułaga	Exam
2.	Health Education	15	15		30	1	mgr Paweł Arnista	Assesment
3.	Theory and Meth. Handball			30	30	2	mgr Elwira Jabłońska	Assesment
4.	Combat Sports (optional)			15	15	1	dr Jerzy Miller	Assesment
5.	Sport for all (Tennis)			15	15	1	dr Tomasz Waldziński	Assesment
6.	The theory of sports training	30	15		45	3	dr Artur Litwiniuk	Assesment
7.	Instructor's specialization (optional)		90		90	4	dr Tomasz Waldziński	Exam