



UNIVERSITY
OF ŁOMŻA



Co-funded by
the European Union

TOWARDS EDUCATION PROGRAM FOR PHYSICAL EDUCATION

STUDY PLAN (Divided into semesters)

FIELD OF STUDY : Physical Education Degree

Specialization: Teaching

Semester II (summer)

No.	Course name	Number of hours				Number of ECTS credits	Form of Examination
		L	P	L/S	Total		
1.	Foreign Language part II		30		30	2	Assesment
2.	Anatomy part II		15		15	2	Exam*
3.	Psychology part II	15	15		30	2	Exam*
4.	Methodology of Physical Education part I	15	15		30	2	Assesment
5.	Theory and Meth. Swimming part II		15		15	1	Assesment
6.	Pedagogy part II	15	15		30	2	Exam*
7.	Sport for all I		30		30	2	Assesment

8.	Theory and Meth. Gymnastics part II		30		30	3	Exam*
9.	Hiking Camp		30		30	2	Assesment
10.	Protection of Intellectual Property	15				1	Assesment
11.	Physical education		30		30	0	Assesment

* Exam – part I and II of subje

Semester VI (summer)

Specialization: Sport instructor in individual and team sports

No.	Course name	Number of hours				Number of ECTS credits	Form of Examination
		L	P	L/S	Total		
1.	Theory and Meth. Football part II		15		15	1	Assesment
2.	Physiotherapy in sport	15	30		45	3	Exam
3.	Theory and Meth. Handball part II		15		15	1	Assesment
4.	Nutrition and supplementation in sport	15	30		45	3	Exam
5.	Relaxation and concentration exercises	30	15		45	3	Assesment

6.	Therapeutic Massage	10	10		20	1	Assesment
7.	Corrective Swimming		15		15	1	Assesment
8.	Shaping and corrective exercises		30		30	2	Exam
9.	Theory and methodology of corrective exercises	10	10		20	1	Assesment

* Exam – part I and II of subject