



TOWARDS EDUCATION PROGRAM FOR PHYSICAL EDUCATION

STUDY PLAN (Divided into semesters)

FIELD OF STUDY : Physical Education Degree

Specialization: Teaching

Academic year 2024/2025

Semester I

No.	Course name	Number of hours				Number of ECTS credits	Form of Examination
		L	P	L/S	Total		
1.	Health, Safety and Ergonomy	15			15	1	Assesment
2.	Anatomy part I	15	15		30	2	Assesment
3.	Biology	15	15		30	2	Assesment
4.	Pedagogy part I	30	30		60	3	Assesment
5.	Psychology part I	30	30		60	3	Assesment
6.	Eurythmics and dance		30		30	2	Assesment
7.	Didactics	30	30		60	3	Exam
8.	Theory and Meth. Swimming part I		15		15	1	Assesment
9.	Motor Games and Play		30		30	2	Assesment
10.	History of Physical Culture	30			30	2	Exam
11.	Theory of physical education	15	30		45	3	Exam
12.	Organization and Law in Education	15			15	1	Exam
13.	Foreign Language part I		30		30	2	Assesment
14.	Theory and meth. Gymnastics part I		30		30	2	Assesment
15.	Voice emission		15			1	Assesment

16.	Physical education		30			0	Assesment

Semester II

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 subject

Semester III

No.	Course name	Number of hours				Number of ECTS credits	Form of Examination
		L	P	L/S	Total		
1.	Foreign Language part III		30		30	2	Assesment
2.	Theory and Meth. Volleyball part I		30		30	2	Assesment
3.	Biomechanics	15	30		45	3	Exam
4.	Theory and Meth. Swimming part III		15		15	1	Assesment
5.	Fizjology	15	30		45	3	Exam
6.	Biochemistry	15		30	45	3	Exam
7.	Winter Camp		60		60	4	Assesment
8.	Theory and Meth. Basketball part I		30		30	2	Assesment
9.	Antropology	15	30		45	3	Exam
10.	Theory and Meth. Athletics part I		30		30	2	Assesment
11.	Methodology of Physical Education part II	15	15		30	3	Exam*

* Exam – part I and II of subject

Semester IV

No.	Course name	Number of hours				Number of ECTS credits	Form of Examination
		L	P	L/S	Total		
1.	Foreign Language part IV		15		15	2	Assesment
2.	Theory and Meth. Basketball part II		15		15	1	Assesment
3.	Rackets sports		30		30	2	Assesment
4.	Theory and Meth. Swimming part IV		15		15	2	Exam**
5.	Theory and Meth. Athletics part II		30		30	3	Exam*
6.	Theory and Meth. Volleyball part II		15		15	1	Assesment
7.	Summer Camp		60		60	4	Assesment
8.	Information and communication technologies		30			2	Assesment

* Exam – part I and II of subject

** Exam – part I, II, III and IV of subject

Semester V*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.	Anthropomotorics	15	30		45	3	Exam
2.	First aid		15		15	1	Assesment
3.	Theory and Meth. Handball part I		30		30	2	Assesment
4.	Information and communication technologies		30		30	2	Assesment
5.	Theory of sport	15	30		45	3	Exam
6.	Sport for all part II		30		30	2	Assesment
7.	Theory and Meth. Football part I		30		30	2	Assesment
8.	Combat sports		30		30	2	Assesment
9.	Theory and Meth. Table tennis		30		30	2	Assesment
10.	Foreign Language part V		15		15	3	Exam***
11.	Health Education	15	15			2	Assesment

*** Exam – part I, II, II, IV and V of subject

*Semester VI**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.	The theory of sports training	30	15		45	3	Assesment
2.	Sport Instructor specialization part II		100		100	5	Exam*
3.	Theory and Meth. Football part II		15		15	1	Assesment
4.	Physiotherapy in sport	15	30		45	3	Exam
5.	Theory and Meth. Handball part II		15		15	1	Assesment
6.	Nutrition and supplementation in sport	15	30		45	3	Exam

* Exam – part I and II of subject