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| **Course catalogue****Field of study (ENG/PL):Physical Education/ Wychowanie fizyczne** **Academic year 2023/2024,** **Semester: spring** |
| **No.** | **Name of course (ENG)** | **Name of course (PL)** | **Semester**  | **Number of ECTS credits** | **Form of class** | **Language** | **Exam****(yes/no)** |
| **Year I** |
|  | Anatomy | Anatomia | spring | 3 | lecture, class | PL/Eng | Yes |
|  | Theory of Physical Education | Teoria Wychowania Fizycznego (B9) | spring | 2 | lecture, class | PL/Eng | No |
|  | Health education | Edukacja zdrowotna (C4) | spring | 2 | lecture, class | PL/Eng | No |
|  | Fitness | Fitness i aerobik (C6) | spring | 1 | practical exercises | PL/Eng | No |
|  | Theory and methodology of track and field | Teoria i metodyka lekkoatletyki (C14) | spring | 1 | practical exercises | PL/Eng | No |
|  | Theory and methodology of swimming | Teoria i metodyka pływania (C15) | spring | 1  | practical exercises | PL/Eng | No |
|  | Theory and methodology of volleyball | Teoria i metodyka piłki siatkowej(C16) | spring | 2 | practical exercises | PL/Eng | No |
|  | Theory and methodology of football | Teoria i metodyka piłki nożnej (C17) | spring | 2 | practical exercises | PL/Eng | No |
|  | Summer camp | Obóz letni (C23) | spring | 3 | practical exercises | PL/Eng | No |
| **Year II** |
|  | Theory and Methodology of Gymnastics  | Teoria i metodyka gimnastyki (C13) | spring | 1 | practical exercises | PL/Eng | No |
|  | Physiology | Fizjologia (B4) | spring | 3  | lecture, class | PL/Eng | Yes |
|  | Theory and methodology of track and field | Teoria i metodyka lekkoatletyki (C14) | spring | 1 | practical exercises | PL/Eng | No |
|  | Theory and methodology of swimming | Teoria i metodyka pływania (C15) | spring | 1  | practical exercises | PL/Eng | No |
|  | Theory and methodology of basketball | Teoria i metodyka koszykówki (C18) | spring | 2 | practical exercises | PL/Eng | No |
|  | Music, rythm, dance | Muzyka, rytm, taniec (C12) | spring | 1 | practical exercises | PL/Eng | No |
|  | Theory and methodology of handball | Teoria i metodyka piłki ręcznej (C19) | spring | 2 | practical exercises | PL/Eng | No |
|  | The theory of sport children and youth | Teoria sportu dzieci i młodzieży (C20) | spring | 2 | lecture, class | PL/Eng | Yes |
|  | Bicycle tourism | Turystyka rowerowa (C26) | spring | 2 | practical exercises | PL/Eng | No |
|  | Water tourism | Turystyka wodna  | spring | 2 | practical exercises | PL/Eng | No |
|  | Team sports | Sporty zespołowe (C27) | spring | 2 | practical exercises | PL/Eng | No |
|  | Basics of developing exercise capacity | Podstawy kształtowania zdolności wysiłkowych (D2/1) | spring | 1  | lecture, class | PL/Eng | No |
|  | Functional training | Trening funkcjonalny (D2/3) | spring | 2 | practical exercises | PL/Eng | No |
| **Year III** |
|  | Biomechanics | Biomechanika (C2) | spring | 2 | lecture, class | PL/Eng | Yes |
|  | Injury prevention in sport and physical activity | Profilaktyka urazów w wychowaniu fizycznym i sporcie (C11) | spring | 2 | lecture | Eng | No |
|  | Lifetime sports | Sporty całego życia (C28) | spring | 2 | practical exercises | PL/Eng | No |
|  | Aqua Fitness Training | Aqua Fitness Trening(D2/4) | spring | 1 | practical exercises | PL/Eng | No |
|  | Supporting the training process | Wspomaganie procesu treningowego (D2/5) | spring | 2 | lecture, class | PL/Eng | Yes |

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| Optional coursesAcademic year 2023/2024Semester: spring |
| **No** | **Name of course (ENG)** | **Name of course (PL)** | **Semester**  | **Number of ECTS credits** | **Form of class** | **Language** | **Exam****(yes/no)** |
|  | Polish for Foreigners | Język polski dla obcokrajowców | spring | 4 | auditorium exercises | English | no |
|  | Introduction to Poland | Wprowadzenie do nauki o Polsce | spring | 4 | auditorium exercises | English | no |