

## WYCHOWANIE FIZYCZNE

### 1 stopień, semestr letni / 1st degree, summer term

Lp.	Nazwa przedmiotu	Subject name	Kod przedmiotu / Subject code	Punkty ECTS / ECTS credits	Język wykładowy / Lecture language	Rok / Year	Semestr / Semester	Opis treści omawianych w ramach przedmiotu / Description of the subject content
1	Techniki multimedialne w sporcie	Multimedia techniques in sport	WF25PIJ119_23S	3	English	1	letni / summer	Editing computer programs for creating e-outlines. Creating e-outlines, video editing and graphics. The use of multimedia techniques in coaching work.
2	Teoria i metodyka lekkiej atletyki	Theory and methodology of athletics	WF25PIJ2985_16S	2	English	1	letni / summer	Acquainting with the technique of performing individual athletics competitions. Methodology of teaching athletics competition. Work with various groups and organization of sporting events in the field of athletics.
3	Teoria i metodyka gimnastyki	Theory and methodology of gymnastics	WF25PIJ2995_5S	2	English	1	letni / summer	Group work. Seeing the relationship and interaction between theoretical knowledge and its practical application. Ability to work with different groups with different levels of physical fitness.
4	Teoria i metodyka piłki ręcznej	Theory and methodology of handball	WF25PIJ2986_6s	1	English	1	letni / summer	Basic methodology for teaching technical elements and handball rules. Skills in the performance and teaching of technical elements in handball. Conducting handball classes, team work and various roles, e.g. a referee, based on the principles of occupational health and safety.
5	Wioślarstwo	Rowing	WF25PIJ2985_22S	1	English	1	letni / summer	Techniques and methods of teaching rowing, organization of classes as well as safety rules and regulations in force in rowing. Determining physical capacity for use during sports training and the ability to evenly distribute forces in group sports. Acquaintance with individual physiological processes occurring during rowing training. Group work skills and learning the importance of interpersonal relationships in the implementation of the training process in team and group disciplines.
6	Teoria i metodyka koszykówki	Theory and methodology of basketball	16.1WK25PIJ2986_69N	2	English	2	letni / summer	Performing and teaching the basic elements of game technique and tactics necessary to conduct basketball classes in the early stages of school education.
7	Teoria i metodyka piłki siatkowej	Theory and methodology of volleyball	16.1WK25PIJ2986_83N	2	English	2	letni / summer	Performing and teaching the basic elements of the technique and tactics of the game, necessary to conduct volleyball classes in elementary school.
8	Teoria i metodyka piłki nożnej	Theory and methodology of football	16.1WK25PIJ2986_84N	1	English	2	letni / summer	Performing and teaching the basic elements of game technique and tactics necessary to conduct football classes at an early stage of school education.

Wszystkie przedmioty dla studentów przyjeżdżających prowadzone są w języku angielskim / All items for incoming students are taught in English



**WYCHOWANIE FIZYCZNE**  
**2 stopień, semestr letni / 2nd degree, summer term**

Lp.	Nazwa przedmiotu	Subject name	Kod przedmiotu / Subject code	Punkty ECTS / ECTS credits	Język wykładowy / Lecture language	Rok / Year	Semestr / Semester	Opis treści omawianych w ramach przedmiotu / Description of the subject content
1	Badminton	Badminton	WF25PIJ2986_21S	1	English	1	letni / summer	Understanding the basic principles of badminton and programming skills for sports activities and recreational events with badminton carried out in accordance with the principles of safety.
2	Plazowe formy sportowe	Beach sports forms	WF25PIJ2986_19S	1	English	1	letni / summer	Presentation of beach games as an attractive form of physical activity that has a comprehensive impact on the body, familiarization with physical activities characteristic of playing beach soccer, beach volleyball, beach handball. Getting to know the rules of beach games.
3	Unihokej	Unihokej - Floorball	WF25PIJ2986_22S	1	English	1	letni / summer	Basic rules of floorball games and programming of sports activities and recreational events from floorball carried out in accordance with safety rules.
4	Fitness szkolny	School fitness	5.1WK25PIJ2995_63S	3	English	2	letni / summer	Exercise, teaching and conducting basic forms of fitness at every stage of school education.
5	Taniec nowoczesny	Modern dance	5.1WK25PIJ2995_64S	3	English	2	letni / summer	Learning modern dance, working on team dance systems, training body expression and shaping the stage imagination.

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