Jan Kochanowski University of Kielce

Academic year 2021/2022

Collegium Medicum

Institute of Health Sciences

Field of study: Physical Education (Sports)

Academic coordinator: Magdalena Lipińska-Stańczak

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| PHYSICAL EDUCATION (SPORTS) |
| Course unit | Przedmiot | Type | ECTS | Completion requirements  | Academic hours per semester |
| WINTER SEMESTER (1) |
| Anthropology | Antropologia | lecture/classes | 3 | Exam/graded credit | 40 |
| Theory and methodology of basketball | Teoria i metodyka koszykówki | classes | 2 | graded credit | 25 |
| Theory and methodology of gymnastics | Teoria i metodyka gimnastyki | classes | 2 | graded credit | 25 |
| Theory and methodology of athletics | Teoria i metodyka lekkiej atletyki | classes | 2 | graded credit | 25 |
| Theory and methodology of swimming | Teoria i metodyka pływania | classes | 1 | graded credit | 15 |
| Theory and methodology of handball | Teoria i metodyka piłki ręcznej | classes | 2 | graded credit | 25 |
| Theory and methodology of volleyball | Teoria i metodyka piłki siatkowej | classes | 2 | graded credit | 25 |
| Rhythm and dance | Rytmika i taniec | classes | 2 | graded credit | 25 |
| Theory and methodology of football | Teoria i metodyka piłki nożnej | classes | 2 | graded credit | 25 |
| Table tennis | Tenis stołowy | classes | 2 | graded credit | 25 |
| Ice-skating | Łyżwiarstwo | classes | 2 | graded credit | 25 |
| Fitness-strength exercise | Fitness - ćwiczenia siłowe | classes | 2 | graded credit | 25 |
| Monographic lecture of physical culture | Wykład monograficzny z nauk o kulturze fizycznej | lecture | 1 | graded credit | 15 |
| Swimming with elements of medical rescue | Pływanie z elementami ratownictwa | classes | 2 | graded credit | 25 |
| Handball | Piłka ręczna | classes | 2 | graded credit | 25 |
| SUMMER SEMESTER (2) |
| Theory and methodology of basketball | Teoria i metodyka koszykówki | classes | 2 | graded credit | 25 |
| Theory and methodology of gymnastics | Teoria i metodyka gimnastyki | classes | 2 | graded credit | 25 |
| Theory and methodology of athletics | Teoria i metodyka lekkiej atletyki | classes | 2 | graded credit | 25 |
| Theory and methodology of swimming | Teoria i metodyka pływania | classes | 1 | graded credit | 15 |
| Theory and methodology of volleyball | Teoria i metodyka piłki siatkowej | classes | 2 | graded credit | 25 |
| Theory and methodology of football | Teoria i metodyka piłki nożnej | classes | 2 | graded credit | 25 |
| Theory and methodology of handball | Teoria i metodyka piłki ręcznej | classes | 2 | graded credit | 25 |
| Bicycle touring | Turystyka rowerowa | classes | 2 | graded credit | 25 |
| Fitness aerobics | Fitness aerobik | classes | 2 | graded credit | 25 |
| Athletics | Lekkoatletyka | classes | 2 | graded credit | 25 |
| Volleyball | Piłka siatkowa | classes | 2 | graded credit | 25 |
| Basketball | Koszykówka  | classes | 2 | graded credit | 25 |
| Monographic lecture of physical culture | Wykład monograficzny z nauk o kulturze fizycznej | lecture | 1 | graded credit | 15 |
| Football | Piłka nożna | classes | 2 | graded credit | 25 |
| Strength exercises | Ćwiczenia siłowe | classes | 1 | graded credit | 15 |
| Aerobic | Aerobik | classes | 1 | graded credit | 15 |