Jan Kochanowski University of Kielce

Academic year 2022/2023

Faculty of Collegium Medicum

Institute of Health Sciences

Field of study: Physical Education

Academic coordinator: dr Agnieszka Przychodni

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Detailed description of the courses below is available at: <https://cm.ujk.edu.pl/index.php/jdownjloads/category/849-physical-education>

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| PHYSICAL EDUCATION |
| Course unit | Przedmiot | Type | ECTS | Completion requirements  | Academic hours per semester |
| WINTER SEMESTER (1) |
| Anthropology | Antropologia | lecture/classes | 3 | Exam/graded credit | 40 |
| Physiology | Fizjologia | lecture/classes | 2 | Exam/graded credit | 30 |
| 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 tenis | Tenis stołowy | classes | 2 | graded credit | 25 |
| Ice-skating | Łyżwiarstwo | classes | 2 | graded credit | 25 |
| Fitness-strength exercises | Fitness - ćwiczenia siłowe | classes | 2 | graded credit | 25 |
| Swimming with elements of medical rescue | Pływanie z elementami ratownictwa | classes | 2 | graded credit | 25 |
| Handball | Piłka ręczna | classes | 2 | graded credit | 25 |
| Physical activity, preventive health care and sport in secondary school | Aktywność fizyczna, profilaktyka zdrowotna i sport w szkole ponadpodstawowej | lecture/classes | 2 | Exam/graded credit | 30 |
| 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 areobik | 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 |
| Football | Piłka nożna | classes | 2 | graded credit | 25 |
| Strenght exercises | Ćwiczenia siłowe | classes | 1 | graded credit | 15 |
| Aerobic | Aerobik | classes | 1 | graded credit | 15 |
| Motor activation of seniors | Aktywizacja ruchowa seniorów | classes | 1 | graded credit | 15 |
| Rocket games | Gry rakietowe | classes | 1 | graded credit | 15 |