załącznik 2 do programu studiów - Wychowanie fizyczne

**Harmonogram realizacji programu studiów stacjonarnych pierwszego stopnia o profilu praktycznym (dla studentów rozpoczynających studia od roku akademickiego 2022/2023)**

**Kierunek: Wychowanie fizyczne**

**w zakresie: Trener personalny**

| L.p. | Przedmiot | Forma zaliczenia (semestr) | | Ogółem ECTS | Ogółem liczba godzin | | | | | | Ogółem liczba godzin w kontakcie | Ogółem godzin | Semestr 1 | | | | | | | Semestr 2 | | | | | | | Semestr 3 | | | | | | | Semestr 4 | | | | | | | Semestr 5 | | | | | | | Semestr 6 | | | | | | |
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| | | Egzamin | Zaliczenie na ocenę | | Wykłady | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | | | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS |
| **MODUŁ KSZTAŁCENIA PODSTAWOWEGO** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1. | Anatomia | 1 | | 3 | 15 | 0 | 30 | 0 | 0 | 30 | 45 | 75 | 15 | | 30 | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2. | Fizjologia | 2 | | 2 | 15 | 0 | 15 | 0 | 0 | 20 | 30 | 50 | | | | | | | | 15 | | 15 | | | 20 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3. | Antropologia | | 4 | 2 | 15 | 0 | 15 | 0 | 0 | 20 | 30 | 50 | | | | | | | | | | | | | | | | | | | | | 15 | | 15 | | | 20 | 2 | | | | | | | | | | | | | | | |
| 4. | Medycyna wychowania fizycznego | | 6 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | | 10 | 1 |
| 5. | Biochemia | 2 | | 3 | 15 | 0 | 30 | 0 | 0 | 30 | 45 | 75 | | | | | | | | 15 | | 30 | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6. | Biofizyka | | 1 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | 15 | | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7. | Biomechanika | 4 | | 3 | 15 | 0 | 30 | 0 | 0 | 30 | 45 | 75 | | | | | | | | | | | | | | | | | | | | | 15 | | 30 | | | 30 | 3 | | | | | | | | | | | | | | | |
| 8. | Antropomotoryka | 3 | | 3 | 15 | 30 | 0 | 0 | 0 | 30 | 45 | 75 | | | | | | | | | | | | | | | 15 | 30 | | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | |
| 9. | Metodyka nauczania ruchu | | 1 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | 15 | | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10. | Pierwsza pomoc przedlekarska | | 1 | 1 | 0 | 0 | 15 | 0 | 0 | 10 | 15 | 25 | | | 15 | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11. | Technologia informacyjna | | 2 | 2 | 0 | 0 | 30 | 0 | 0 | 20 | 30 | 50 | | | 30 | | | 20 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **RAZEM** | | | | **22** | **135** | **30** | **165** | **0** | **0** | **220** | **330** | **550** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **MODUŁ KSZTAŁCENIA KIERUNKOWEGO** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **Przygotowanie merytoryczne do nauczania pierwszego przedmiotu-grupa zajęć A1** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12. | Teoria treningu sportowego | 4 | | 2 | 10 | 15 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | 10 | 15 | | | | 25 | 2 | | | | | | | | | | | | | | | |
| 13. | Podstawy ratownictwa specjalistycznego | | 6 | 1 | 0 | 0 | 15 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | 10 | 1 |
| 14. | Kajakarstwo | | 4 | 2 | 0 | 30 | 0 | 0 | 0 | 20 | 30 | 50 | | | | | | | | | | | | | | | | | | | | | | 30 | | | 20 | 2 | | | | | | | | | | | | | | | |
| 15. | Zabawy i gry ruchowe | | 1,2 | 2 | 0 | 30 | 0 | 0 | 0 | 20 | 30 | 50 | | 15 | | | | 10 | 1 | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16. | Lekka atletyka | 4 | 3 | 4 | 20 | 40 | 0 | 0 | 0 | 40 | 60 | 100 | | | | | | | | | | | | | | | 10 | 20 | | | | 20 | 2 | 10 | 20 | | | 20 | 2 | | | | | | | | | | | | | | | |
| 17. | Teoria i metodyka gier sportowych | | 2 | 2 | 10 | 15 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | 10 | 15 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18. | Teoria i metodyka gimnastyki korekcyjnej | | 3 | 2 | 15 | 15 | 0 | 0 | 0 | 25 | 30 | 55 | | | | | | | | | | | | | | | 15 | 15 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | |
| 19. | Marketing w sporcie | | 6 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | 10 | 1 |
| 20. | Teoria sportu | | 1 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | 15 | | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21. | Piłka ręczna | | 2 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22. | Koszykówka | | 1 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23. | Piłka siatkowa | | 2 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24. | Piłka nożna | | 3 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | |
| 25. | Pływanie | 2 | 1 | 4 | 10 | 40 | 0 | 0 | 0 | 50 | 50 | 100 | 10 | 15 | | | | 25 | 2 | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 26. | Gimnastyka | 2 | 1 | 4 | 10 | 40 | 0 | 0 | 0 | 50 | 50 | 100 | 10 | 15 | | | | 25 | 2 | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27. | Aquafitness | | 5 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | |
| 28. | Narciarstwo zjadowe | | 1 | 1 | 0 | 30 | 0 | 0 | 0 | 20 | 30 | 50 | | 30 | | | | 20 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29. | Narciarstwo biegowe | | 3 | 2 | 0 | 30 | 0 | 0 | 0 | 20 | 30 | 50 | | | | | | | | | | | | | | | | 30 | | | | 20 | 2 | | | | | | | | | | | | | | | | | | | | | |
| 30. | Gimnastyka korekcyjna w wodzie | | 5 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | |
| 31. | Tenis ziemny | | 6 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 32. | Podstawy usprawniana ruchowego | | 6 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 25 | | | 25 | 2 |
| 33. | Propedeutyka pracy wychowawczej w szkole | | 1 | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | 20 | | | | 30 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34. | Teoria wychowania fizycznego | | 1 | 1 | 10 | 0 | 0 | 0 | 0 | 15 | 10 | 25 | 10 | | | | | 15 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35. | Fizjologia wysiłku | | 4 | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | | | | | | | | | | | | | | | | | | | | | 20 | | | 30 | 2 | | | | | | | | | | | | | | | |
| 36. | Rytmika i taniec /Capoeira* | | 5 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | |
| 37. | Streetball / Biegi na orientację* | | 3 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | |
| 38. | Eduball / Klanza* | | 3 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | |
| 39. | Łyżwiarstwo / Snowboard* | | 5 | 2 | 0 | 25 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | | | | | | | | | |

| L.p. | Przedmiot | Forma zaliczenia (semestr) | | Ogółem ECTS | Ogółem liczba godzin | | | | | | Ogółem liczba godzin w kontakcie | Ogółem godzin | Semestr 1 | | | | | | | Semestr 2 | | | | | | | Semestr 3 | | | | | | | Semestr 4 | | | | | | | Semestr 5 | | | | | | | Semestr 6 | | | | | | |
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| | | Egzamin | Zaliczenie na ocenę | | Wykłady | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | | | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS |
| 40. | Badminton / Tenis stołowy* | | 6 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 |
| 41. | Podstawy swobodnego nurkowania / Turystyka rowerowa* | | 6 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 |
| 42. | Siatkówka plażowa / Ringo* | | 2 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 43. | Speedminton / Strzelectwo sportowe* | | 4 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | | 10 | 1 | | | | | | | | | | | | | | | |
| 44. | Golf / Survival z elementami wspinaczki* | | 3 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | |
| 45. | Obóz letni | | 2 | 3 | 0 | 45 | 0 | 0 | 0 | 30 | 45 | 75 | | | | | | | | | 45 | | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 46. | Metodologia badań naukowych | | 5 | 1 | 15 | 0 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | |
| 47. | Seminarium licencjackie | | 5,6 | 3 | 0 | 0 | 0 | 35 | 0 | 40 | 35 | 75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | 30 | 2 |
| 48. | Praca dyplomowa | | 6 | 10 | 0 | 0 | 0 | 0 | 0 | 250 | 0 | 250 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 250 | 10 |
| **RAZEM** | | | | **77** | **130** | **725** | **15** | **35** | **0** | **1050** | **905** | **1955** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| L.p. | Przedmiot | Forma zaliczenia (semestr) | | Ogółem ECTS | Ogółem liczba godzin | | | | | | Ogółem liczba godzin w kontakcie | Ogółem godzin | Semestr 1 | | | | | | | Semestr 2 | | | | | | | Semestr 3 | | | | | | | Semestr 4 | | | | | | | Semestr 5 | | | | | | | Semestr 6 | | | | | | |
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| | | Egzamin | Zaliczenie na ocenę | | Wykłady | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | | | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS |
| **MODUŁ KSZTAŁCENIA OGÓLNEGO** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 49. | Historia kultury fizycznej z olimpizmem | | 1 | 1 | 10 | 0 | 0 | 0 | 0 | 15 | 10 | 25 | 10 | | | | | 15 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 50. | Biomedyczne podstawy rozwoju | | 1 | 1 | 10 | 0 | 0 | 0 | 0 | 15 | 10 | 25 | 10 | | | | | 15 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 51. | Podstawy statystyki | | 6 | 1 | 0 | 0 | 15 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | 10 | 1 |
| 52. | Podstawy filozofii | | 1 | 1 | 10 | 0 | 0 | 0 | 0 | 15 | 10 | 25 | 10 | | | | | 15 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 53. | Język obcy do wyboru (angielski/niemiecki/rosyjski) | 5 | 2,3,4 | 8 | 0 | 120 | 0 | 0 | 0 | 80 | 120 | 200 | | | | | | | | | 30 | | | | 20 | 2 | | 30 | | | | 20 | 2 | | 30 | | | | 20 | 2 | | 30 | | | | 20 | 2 | | | | | | | | |
| **RAZEM** | | | | **12** | **30** | **120** | **15** | **0** | **0** | **135** | **165** | **300** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **MODUŁ KSZTAŁCENIA NAUCZYCIELSKIEGO** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 54. | BHP i ochrona własności intelektualnej | | 1 | 1 | 10 | 0 | 0 | 0 | 0 | 15 | 10 | 25 | 10 | | | | | 15 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 55. | Organizacja wypoczynku dzieci i młodzieży | | 5 | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | | | | 30 | 2 | | | | | | | | |
| | **Przygotowanie psychologiczno-pedagogiczne-grupa zajęć B** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 56. | Psychologia w Kulturze Fizycznej | 3 | 2 | 4 | 10 | 40 | 0 | 0 | 0 | 50 | 50 | 100 | | | | | | | | | 25 | | | | 25 | 2 | 10 | 15 | | | | 25 | 2 | | | | | | | | | | | | | | | | | | | | | | |
| 57. | Psychologia rozwojowa dzieci i młodzieży | 4 | 3 | 4 | 10 | 40 | 0 | 0 | 0 | 50 | 50 | 100 | | | | | | | | | | | | | | | | 25 | | | | 25 | 2 | 10 | 15 | | | | 25 | 2 | | | | | | | | | | | | | | | |
| 58. | WF dzieci o specjalnych potrzebach edukacyjnych | | 5 | 2 | 10 | 15 | 0 | 0 | 0 | 25 | 25 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 10 | 15 | | | | 25 | 2 | | | | | | | | |
| 59. | Pedagogika | 2 | 1 | 4 | 30 | 60 | 0 | 0 | 0 | 10 | 90 | 100 | 15 | 30 | | | | 5 | 2 | 15 | 30 | | | | 5 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **Przygotowanie dydaktyczne w zakresie podstaw dydaktyki i emisji głosu- grupa zajęć C** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60. | Podstawy dydaktyki | | 1 | 2 | 0 | 45 | 0 | 0 | 0 | 5 | 45 | 50 | | 45 | | | | 5 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61. | Emisja głosu | | 1 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | **Przygotowanie do nauczania pierwszego przedmiotu-grupa zajęć D** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 62. | Dydaktyka wychowania fizycznego na pierwszym etapie edukacyjnym | 2 | | 3 | 15 | 30 | 0 | 0 | 0 | 30 | 45 | 75 | | | | | | | | 15 | 30 | | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 63. | Dydaktyka wychowania fizycznego na drugim etapie edukacyjnym | 3 | | 3 | 15 | 30 | 0 | 0 | 0 | 30 | 45 | 75 | | | | | | | | | | | | | | | 15 | 30 | | | | 30 | 3 | | | | | | | | | | | | | | | | | | | | | | |
| 64. | Praktyki zawodowe | | 3,4,5 | 21 | 0 | 0 | 0 | 0 | 540 | 90 | 0 | 630 | | | | | | | | | | | | | | | | | | | 180 | 30 | 7 | | | | | 180 | 30 | 7 | | | | | 180 | 30 | 7 | | | | | | | |
| **RAZEM** | | | | **47** | **100** | **295** | **0** | **0** | **540** | **345** | **395** | **1280** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **MODUŁ KSZTAŁCENIA SPECJALNOŚCIOWEGO W ZAKRESIE TRENERA PERSONALNEGO**** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 65. | Projektowanie treningu indywidualnego | | 5 | 1 | 0 | 15 | 0 | 0 | 0 | 10 | 15 | 25 | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 10 | 1 | | | | | | | | | | | | | | |
| 66. | Podstawy treningu siłowego | | 4 | 2 | 0 | 15 | 0 | 0 | 0 | 35 | 15 | 50 | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 35 | 2 | | | | | | | | | | | | | | |
| 67. | Trening funkcjonalny z elementami cross treningu | | 5 | 2 | 0 | 15 | 0 | 0 | 0 | 35 | 15 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | | 35 | 2 | | | | | | | | |
| 68. | Fitness | | 6 | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | | | 30 | 2 |
| 69. | Marketing w pracy trenera personalnego | | 6 | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | | | 30 | 2 | | | | | | | | |
| 70. | Podstawy żywienia | | 5 | 2 | 0 | 0 | 15 | 0 | 0 | 35 | 15 | 50 | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | 35 | 2 | | | | | | | | | | | | | | |
| 71. | Podstawy mobility i treningu zdrowotnego | | 5 | 2 | 0 | 0 | 15 | 0 | 0 | 35 | 15 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 15 | | | 35 | 2 | | | | | | | |
| 72. | Kształtowanie i kontrola zdolności motorycznych | 5 | | 2 | 0 | 20 | 0 | 0 | 0 | 30 | 20 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 20 | | | | 30 | 2 |
| 73. | Praktyki zawodowe | | 6 | 7 | 0 | 0 | 0 | 0 | 180 | 30 | 0 | 210 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 180 | 30 | 7 |
| **RAZEM** | | | | **22** | **0** | **105** | **30** | **0** | **180** | **270** | **135** | **585** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Liczba godzin ogółem bez pracy własnej** | | | | | **395** | **1275** | **225** | **35** | **720** | **2020** | **2650** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **ECTS ogółem** | | | | **180** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | 15% | 48% | 8% | 1% | 27% | | | | 145 | 210 | 75 | 0 | 0 | 320 | 29 | 70 | 330 | 45 | 0 | 0 | 330 | 31 | 65 | 265 | 0 | 0 | 180 | 280 | 30 | 60 | 175 | 60 | 0 | 180 | 310 | 30 | 25 | 200 | 15 | 15 | 180 | 325 | 29 | 30 | 95 | 30 | 20 | 180 | 455 | 31 |
| **Suma godzin w semestrze bez praktyk zawodowych i pracy własnej** | | | | | | | | | | | | | 430 | | | | | | | 445 | | | | | | | 330 | | | | | | | 295 | | | | | | | 255 | | | | | | | 175 | | | | | | |
| **Suma godzin w semestrze bez praktyk zawodowych (kontakt + praca własna)** | | | | | | | | | | | | | 750 | | | | | | | 775 | | | | | | | 610 | | | | | | | 605 | | | | | | | 580 | | | | | | | 630 | | | | | | |
| **Suma godzin w semestrze z praktykami zawodowymi bez pracy własnej** | | | | | | | | | | | | | 430 | | | | | | | 445 | | | | | | | 510 | | | | | | | 475 | | | | | | | 435 | | | | | | | 355 | | | | | | |
| **Liczba egzaminów w semestrze** | | | | | | | | | | | | | 1 | | | | | | | 5 | | | | | | | 3 | | | | | | | 4 | | | | | | | 1 | | | | | | | 1 | | | | | | |
| **Suma punktów ECTS w semestrze bez praktyk zawodowych** | | | | | | | | | | | | | 29 | | | | | | | 31 | | | | | | | 23 | | | | | | | 23 | | | | | | | 22 | | | | | | | 20 | | | | | | |
| **Suma ECTS w semestrze z praktykami zawodowymi** | | | | | | | | | | | | | 29 | | | | | | | 31 | | | | | | | 30 | | | | | | | 30 | | | | | | | 29 | | | | | | | 31 | | | | | | |
| **Suma ECTS w roku** | | | | | | | | | | | | | 60 | | | | | | | | | | | | | | 60 | | | | | | | | | | | | | | 60 | | | | | | | | | | | | | |

| L.p. | Przedmiot | Forma zaliczenia (semestr) | | Ogółem ECTS | Ogółem liczba godzin | | | | | | Ogółem liczba godzin w kontakcie | Ogółem godzin | Semestr 1 | | | | | | | Semestr 2 | | | | | | | Semestr 3 | | | | | | | Semestr 4 | | | | | | | Semestr 5 | | | | | | | Semestr 6 | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Egzamin | Zaliczenie na ocenę | | Wykłady | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | | | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS | Wykład | Ćwiczenia | Laboratorium | Seminarium | Praktyka zawodowa | Praca własna | ECTS |
| **Suma godzin w roku bez praktyk zawodowych i pracy własnej** | | | | | | | | | | | | | 875 | | | | | | | 625 | | | | | | | 430 | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Suma godzin w roku bez praktyk zawodowych + praca własna** | | | | | | | | | | | | | 1525 | | | | | | | 1215 | | | | | | | 1210 | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Suma godzin w roku z praktykami zawodowymi +praca własna** | | | | | | | | | | | | | 1525 | | | | | | | 1575 | | | | | | | 1570 | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Liczba godzin ogółem z praktykami zawodowymi (bez pracy własnej)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **2650** |
| **Liczba godzin ogółem z praktykami zawodowymi + praca własna** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **4670** |
| **ECTS ogółem** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | **180** |

* przedmiot do wyboru

** wybrany zakres kształcenia