

| Suma godzin | Suma ECTS |
|-------------|-----------|
| | |
| 30 | 2 |
| 15 | 1 |
| 120 | 8 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| | |
| 60 | 6 |
| 30 | 3 |
| 30 | 3 |
| 60 | 6 |
| 75 | 5 |
| 30 | 2 |
| 45 | 3 |
| 45 | 3 |
| 375 | 31 |
| 45 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 15 | 1 |
| 70 | 4 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 25 | 2 |
| 65 | 4 |
| 75 | 5 |
| 75 | 5 |
| 50 | 4 |
| 50 | 3 |
| 50 | 3 |
| 50 | 4 |
| 40 | 2 |
| 30 | 2 |
| 56 | 3 |
| 56 | 3 |

| | |
|----|----|
| 80 | 6 |
| 80 | 6 |
| 30 | 1 |
| 15 | 1 |
| 55 | 2 |
| 10 | 1 |
| 10 | 1 |
| 72 | 8 |
| 30 | 2 |
| 30 | 3 |
| 40 | 2 |
| 30 | 1 |
| 30 | 2 |
| 60 | 18 |

| | |
|-------------|------------|
| 15 | 1 |
| 30 | 1 |
| 15 | 1 |
| | |
| 36 | 2 |
| 36 | 3 |
| 36 | 4 |
| 72 | 8 |
| 20 | 1 |
| 2092 | 180 |
| 2092 | 180 |

| Suma godzin | Suma ECTS |
|-------------|-----------|
| | |
| 30 | 2 |
| 15 | 1 |
| 120 | 8 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| | |
| 60 | 6 |
| 30 | 3 |
| 30 | 3 |
| 60 | 6 |
| 75 | 5 |
| 30 | 2 |
| 45 | 3 |
| 45 | 3 |
| 375 | 31 |
| 45 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 15 | 1 |
| 70 | 4 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 25 | 2 |
| 65 | 4 |
| 75 | 5 |
| 75 | 5 |
| 50 | 4 |
| 50 | 3 |
| 50 | 3 |
| 50 | 4 |
| 40 | 2 |
| 30 | 2 |
| 56 | 3 |
| 56 | 3 |

| | |
|----|----|
| 25 | 2 |
| 25 | 1 |
| 30 | 2 |
| 30 | 2 |
| 15 | 1 |
| 15 | 1 |
| 20 | 1 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 30 | 2 |
| 72 | 8 |
| 30 | 2 |
| 30 | 3 |
| 40 | 2 |
| 30 | 1 |
| 30 | 2 |
| 60 | 18 |

| | |
|-------------|------------|
| 15 | 1 |
| 30 | 1 |
| 15 | 1 |
| | |
| 36 | 2 |
| 36 | 3 |
| 36 | 4 |
| 72 | 8 |
| 20 | 1 |
| 2092 | 180 |
| 2092 | 180 |

| D Moduł kształcenia specjalnościowego do wyboru - specjalność: Trener osobisty | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|-----|-----|-----|--|----|-----|-----|----------|----|-----|-----|----------|----|-----|-----|---|----|----------|-----|----|--|-----|--|--|--|
| 1 | Podstawy kształtowania zdolności wysiłkowych | E 5 | | | | | | | | | | | 10 | 15 | A | 1 | | 15 | A | 1 | | | | | | |
| 2 | Trening siłowy z elementami kulturystyki | Z | | | | | | 30 | P | 1 | | | | | | | | | | | | | | | | |
| 3 | Trening funkcjonalny | Z | | | | | | | | | | | 30 | P | 2 | | | | | | | | | | | |
| 4 | Aqua fitness trening | Z | | | | | | | | | | | | | | | | 10 | P | 1 | | | | | | |
| 5 | Wspomaganie procesu treningowego | E 6 | | | | | | | | | | | | | | | 5 | 10 | A | 1 | | | | | | |
| 6 | Techniki relaksacyjne | Z | | | | | | | | | | | | | | | | 15 | P | 1 | | | | | | |
| 7 | Metodyka treningu zdrowotnego | E 3 | | | | | | 15 | P | 1 | | | | | | | | | | | | | | | | |
| 8 | Trening seniora | Z | | | | | | | | | | | | | | | | 15 | P | 1 | | | | | | |
| 9 | Trening ukierunkowany | Z | | | | | | | | | | | | | | | | 10 | A | 1 | | | | | | |
| 10 | Zarządzanie klubem fitness | Z | | | | | | | | | | | | | | | | | 15 | A | 1 | | | | | |
| 11 | Psychologia pracy z klientem | Z | | | | | | | | | | | | | | | | | 10 | | 1 | | | | | |
| 12 | Diagnozowanie w treningu indywidualnym | Z | | | | | | | | | | | | | | | | 15 | A | 1 | | | | | | |
| 13 | Nowoczesne formy gimnastyki | Z | | | | | | 15 | P | 1 | | 15 | P | 1 | | | | | | | | | | | | |
| 14 | Praktyka w klubie fitness, siłowni | Z | | | | | | | | | | 36 | (2 tyg.) | 4 | | | | 36 | (2 tyg.) | 4 | | | | | | |
| 15 | Sporty indywidualne* | Z | | | | | | 30 | P | 2 | | | | | | | | | | | | | | | | |
| 16 | Zimowe sporty indywidualne** | Z | | | | | | | | | | | | | | | | 30 | P | 3 | | | | | | |
| 17 | Formy turystyki kwalifikowanej*** | Z | | | | | | | | | | 40 | Wa | 2 | | | | | | | | | | | | |
| 18 | Sporty zespołowe**** | Z | | | | | | | | | | 30 | P | 1 | | | | | | | | | | | | |
| 19 | Sporty całego życia***** | Z | | | | | | | | | | | | | | | | | 30 | P | 2 | | | | | |
| 20 | Seminarium dyplomowe i praca dyplomowa | Z | | | | | | | | | | | | | | | | 30 | Wa | 3 | | | | | | |
| | | | | | | | | | | | | | | | | | | | 30 | Wa | 15 | | | | | |
| E Blok humanistyczno-społeczny | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Socjologia kultury fizycznej | Z | | | | | | | | | | | | | | | | 15 | | 1 | | | | | | |
| 2 | Elementy kultury współczesnej | Z | | | | | 30 | A | 1 | | | | | | | | | | | | | | | | | |
| 6 | Podstawy dydaktyki | Z | | | | | 15 | | 1 | | | | | | | | | | | | | | | | | |
| F Praktyki | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Praktyka metodyczna | Z | | | | | | 36 | (2 tyg.) | 2 | | | | | | | | | | | | | | | | |
| 2 | Praktyka pedagogiczna śródroczna w kl. I-III | Z | | | | | | | | | | 36 | (2 tyg.) | 3 | | | | | | | | | | | | |
| 3 | Praktyka pedagogiczna śródroczna kl.IV-VIII | Z | | | | | | | | | | | | | | | | 36 | (2 tyg.) | 4 | | | | | | |
| 4 | Praktyka pedagogiczna ciągła w kl.IV-VIII | Z | | | | | | | | | | | | | | | | 36 | (2 tyg.) | 4 | | | | | | |
| 5 | Praktyka organizacji imprez sportowo-rekreacyjnych | Z | | | | | | | | | | 20 | (1 tyg.) | 1 | | | | | | | | | | | | |
| Suma | | | 135 | 295 | | 30 | 120 | 331 | | 30 | 60 | 366 | | 30 | 45 | 325 | | 30 | 50 | 165 | | | | | | |
| Ogółem | | | 430 | | | | 451 | | | | 426 | | | | 370 | | | | 215 | | | | 200 | | | |

W - wykład, A - ćwiczenia audytorne, L - ćwiczenia laboratoryjne, P - ćwiczenia praktyczne, Pr - ćwiczenia projektowe, Wa - warsztaty, S - seminarium, Le - lektorat

Sporty indywidualne* (sporty z rakiętą, sporty walki)

Zimowe sporty indywidualne** (łyżwiarstwo, narciarstwo biegowe, narciarstwo zjazdowe, ski touring)

Formy turystyki kwalifikowanej*** (wodna, piesza, rowerowa)

Sporty zespołowe**** (korfball, unihokej, siatkówka plażowa, beach soccer, piłka ręczna plażowa)

Sporty całego życia***** (nordic walking, jogging, ringo, gry i zabawy terenowe)

| Suma godzin | Suma ECTS |
|-------------|-----------|
| | |
| 30 | 2 |
| 15 | 1 |
| 120 | 8 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| | |
| 60 | 6 |
| 30 | 3 |
| 30 | 3 |
| 60 | 6 |
| 75 | 5 |
| 30 | 2 |
| 45 | 3 |
| 45 | 3 |
| | |
| 45 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 30 | 2 |
| 15 | 1 |
| 70 | 4 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 25 | 2 |
| 65 | 4 |
| 75 | 5 |
| 75 | 5 |
| 50 | 4 |
| 50 | 3 |
| 50 | 3 |
| 50 | 4 |
| 40 | 2 |
| 30 | 2 |
| 56 | 3 |
| 56 | 3 |

| | |
|----|----|
| 40 | 2 |
| 30 | 1 |
| 30 | 2 |
| 10 | 1 |
| 45 | 3 |
| 15 | 1 |
| 15 | 1 |
| 15 | 1 |
| 10 | 1 |
| 15 | 1 |
| 10 | 1 |
| 15 | 1 |
| 30 | 2 |
| 72 | 8 |
| 30 | 2 |
| 30 | 3 |
| 40 | 2 |
| 30 | 1 |
| 30 | 2 |
| 60 | 18 |

| | |
|-------------|------------|
| 15 | 1 |
| 30 | 1 |
| 15 | 1 |
| | |
| 36 | 2 |
| 36 | 3 |
| 36 | 4 |
| 72 | 8 |
| 20 | 1 |
| 2092 | 180 |
| 2092 | 0 |

