

I YEAR 2023/2024
KIERUNEK: Health Trainer
Studies: full-time
First degree studies (Bachelor's degree)

Profile: general academic

Module	Name of course	1 year										2 year						3 year												
		Total		Lecture		Seminar		1 sem			2 sem			3 sem			4 sem			5 sem			6 sem							
Hours	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS					
Major courses																														
I. Basic science	1 Human anatomy	65	5	13	52	13	26	3		26	2														ZO	E				
	2 Exercise Physiology	78	6	26	52			13	26	3	13	26	3												ZO	E				
	3 Biomechanics and kinesiology	78	6	26	52						13	26	3	13	26	3									ZO	E				
	4 Exercise biochemistry	39	3	13	26	13	26	3																	ZO	E				
	5 Epidemiology	13	1	13	0	13		1																	ZO					
	6 Bioethics	13	1	13	0			13			1														ZO					
	7 Psychology	52	4	26	26	26	26	4																	ZO					
II. Healthy lifestyle - education and promotion	8 Health prevention and promotion	78	6	26	52	13	26	3	13	26	3														ZO					
	9 Psychosocial health behaviors	26	2	26	0							26		2											ZO					
III. Physical activity behavior	10 Physical activity for health	78	6	26	52	13	26	3	13	26	3														ZO	E				
	11 Physiotherapy exercises in posture and ergonomic improvement	26	2	0	26																				26	2	ZO			
IV. Nutrition and supplementation	12 Nutrition and supplementation	52	4	52	0	26			2	26	2														ZO	E				
	13 Planning healthy meals	78	6	0	78																				ZO					
	14 Nutrition and peak exercise performance	26	2	0	26						26	2													ZO					
V. Stress management and behavioral modification	15 Psychodietetics	26	2	13	13																				13	13	2	ZO		
	16 Stress and wellbeing – basic concepts	26	2	26	0			26		2															ZO	E				
	17 Psychotherapy and mental training	78	6	26	52					26	2														ZO					
	18 Stress management techniques	13	1	13	0		13		1																ZO					
VI. Health and fitness screening	19 Social skills training	26	2	0	26	26																			ZO					
	20 Clinical psychology	26	2	26	0																				26	2	ZO			
VII. Physical activity for special populations	21 Fitness assessment and functional diagnosis	39	3	13	26					13	26	3													ZO					
	22 Exercise health screening	39	3	13	26			13	26	3															ZO					
VIII. Physical activity for noncommunicable diseases (NCDs)	28 Adapted physical activity	52	4	52	0		26		2	26	2													ZO	E					
	29 Physical activity of children	39	3	13	26																				ZO					
	30 Exercise programming - pregnancy and postpartum	39	3	13	26																				ZO					
	31 Exercise programming - disabled	39	3	13	26																				ZO					
IX. Health training in noncommunicable diseases (NCDs)	32 Health training in cardiovascular diseases	39	3	13	26																				ZO					
	33 Health training in respiratory diseases	39	3	13	26																				ZO					
X. Business in health training	34 Health training in metabolic diseases	39	3	13	26																				13	26	3	ZO		
	35 Health training in cancer	39	3	13	26																				13	26	3	ZO		
XI. Technology in healthcare industry	36 Legal Issues - responsibilities and business planning	39	3	26	13																				26	13	3	ZO		
	37 Protecting intellectual property	13	1	13	0	13		1																		ZO				
XII. First aid	38 Technology in health and fitness industry	39	3	13	26																				13	26	3	ZO		
	39 Online personal training	26	2	0	26																				26	2	ZO			
Speciality: Personal training																														
VII. Developing exercise program	42 Comprehensive program design	26	2	26	0			26		2															ZO	E				
	43 Resistance training program design	39	3	13	26				13	26	3														ZO					
	44 Cardio training program design	39	3	13	26				13	26	3														ZO					
	45 Flexibility program design	39	3	13	26				13	26	3														ZO					
	46 Functional training	39	3	13	26																				13	26	3	ZO		
Self-selected courses																														
XIII. Physical activity practice	47 Self-selected forms of physical activity – in 4 obligatory courses:																										ZO			
	48 a) outdoor activities	52	4	0	52			26		2																ZO				
	49 b) indoor activities	52	4	0	52	26	2	26																	ZO					
	50 c) water activities	52	4	0	52	26	2	26																	26	2	26	ZO		
	51 d) recreational games	52	4	0	52	26	2	26																	ZO					
XIV. Research in health and fitness science	494 Self-selected scientific course in Research center for sport	494	38	0	494												117	9		130	10				117	9		130	10	ZO
	Total	2340	180	676	1664	130	234	28	182	208	30	143	247	30	65	338	31	65	351	32	91	286	29							
									364		390		390		403												416		377	
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