**Plan studiów I stopnia na lata 2019/20 -2021/22, kierunek SPORT (STUDIA NIESTACJONARNE)**

| Lp | Nazwa przedmiotu | Ogółem godz. | | | | SUMA GODZ. | ECTS | I rok 2019/20 | | | | | | II rok 2020/21 | | | | | | III rok 2021/22 | | | | |
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| | | | | | | | | Sem. 1 | | | Sem. 2 | | | Sem. 3 | | | Sem. 4 | | | Sem. 5 | | | Sem. 6 | |
| | | W | Ćw. | Ogół. | PW | | | w | ćw | ECTS | w | ćw | ECTS | W | ćw | ECTS | w | ćw | ECTS | w | ćw | ECTS | w | ćw |
| I | **Moduł przedmiotów ogólnoakademickich** | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | **Anatomia** | 9 | 18 | 27 | 27 | 90 | **5** | 9 | 18 | **5E** | | | | | | | | | | | | | | |
| 2 | **Antropologia fizyczna** | 6 | 18 | 24 | 46 | 70 | **4** | 6 | 18 | **4E** | | | | | | | | | | | | | | |
| 3 | **Biochemia** | 9 | 9 | 18 | 42 | 60 | **3** | | | | 9 | 9 | **3** | | | | | | | | | | | |
| 4 | **Technologie informacyjne** | | 15 | 15 | 35 | 50 | **2** | | | | | 15 | ***2*** | | | | | | | | | | | |
| 5 | **Fizjologia** | 9 | 9 | 18 | 42 | 60 | **3** | | | | | | | 9 | 9 | **3** | | | | | | | | |
| 6 | **Psychologia** | 9 | 9 | 18 | 42 | 60 | **3** | | | | | | | | | | 9 | 9 | 3 | | | | | |
| 7 | **Pedagogika** | 9 | 9 | 18 | 42 | 60 | **3** | | | | | | | | | | | | | | | | 9 | 9 |
| II | **Moduł przedmiotów kierunkowych** | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | **Podstawy marketingu** | 9 | 12 | 21 | 49 | 70 | 3 | 9 | 12 | **3** | | | | | | | | | | | | | | |
| 9 | **Historia sportu** | 18 | | 18 | 47 | 65 | **3** | 18 | | **3** | | | | | | | | | | | | | | |
| 10 | **Podstawy zarz ądzania** | 18 | | 18 | 52 | 70 | **4** | 18 | | **4E** | | | | | | | | | | | | | | |
| 11 | **Ekonomia** | 12 | 9 | 21 | 54 | 75 | **4** | | | | 12 | 9 | **4E** | | | | | | | | | | | |
| 12 | **Podstawy zarz ądzania kadrami** | 9 | 12 | 21 | 57 | 78 | **3** | | | | 9 | 12 | **3E** | | | | | | | | | | | |
| 13 | **Teoria sportu** | 12 | 12 | 24 | 56 | 80 | **4** | | | | 12 | 12 | **4E** | | | | | | | | | | | |
| 14 | **Wymowa i impostacja g łosu** | | 9 | 9 | 16 | 25 | **1** | | | | | 9 | 1 | | | | | | | | | | | |
| 15 | **Antropomotoryka** | 9 | 9 | 18 | 32 | 50 | **2** | | | | | | | 9 | 9 | **2** | | | | | | | | |
| 16 | **Metody i techniki zarz ądzania przedsiębiorstwem sportowym** | 6 | 9 | 15 | 35 | 50 | **2** | | | | | | | | | | | | | 6 | 9 | 2 | | |
| 17 | **Organizacja zawodów i zgrupowa ń** | 9 | 9 | 18 | 32 | 50 | **2** | | | | | | | | | | | | | 9 | 9 | 2 | | |
| 18 | **Podstawy treningu personalnego** | 9 | 9 | 18 | 32 | 50 | **2** | | | | | | | 9 | 9 | **2** | | | | | | | | |
| 19 | **Biomechanika sportu** | 9 | 19 | 27 | 63 | 90 | **4** | | | | | | | | | | 9 | 18 | 4E | | | | | |
| 20 | **Pierwsza pomoc przedmedyczna** | **9** | **9** | **18** | **42** | **60** | **3** | | | | | | | | | | **9** | **9** | **3** | | | | | |
| 21 | **Podstawy teorii treningu sportowego** | 6 | 18 | 24 | 56 | 80 | **4** | | | | | | | | | | 6 | 18 | 4E | | | | | |
| 22 | **Coaching sportowy** | 9 | 9 | 18 | 32 | 50 | **2** | | | | | | | | | | | | | 9 | 9 | 2 | | |
| 23 | **Podstawy dietetyki** | 9 | 9 | 18 | 42 | 60 | **2** | | | | | | | | | | | | | 9 | 9 | 2 | | |

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| **24** | **Podstawy statystyki** | | 9 | 9 | 21 | 30 | **1** | | | | | | | | | | | | | | 9 | 1 | | |
| **25** | **Socjologia sportu** | 18 | | 18 | 47 | 65 | **3** | | | | | | | | | | | | | 18 | | 3E | | |
| **26** | **Teoria i metodyka bezpiecznego upadania** | 15 | 15 | 30 | 30 | 60 | 2 | | | | | | | | | | | | | 15 | 15 | 2 | | |
| **27** | **Podstawy dopingu farmakologicznego** | 9 | | 9 | 21 | 30 | **1** | | | | | | | | | | | | | | | | 9 | |
| **28** | **Odnowa biologiczna** | | 18 | 18 | 42 | 60 | **2** | | | | | | | | | | | | | | | | | 18 |
| **29** | **Komunikacja spo łeczna** | 6 | 9 | 15 | 35 | 50 | **2** | | | | | | | | | | | | | | | | 6 | 9 |
| **30** | **Prawo w sporcie i ochtrona w łasnosci intelektualnej** | 9 | | 9 | 16 | 25 | **1** | | | | | | | | | | | | | | | | 9 | |
| **III** | **Moduł pracy dyplomowej** | | | | | | | | | | | | | | | | | | | | | | | |
| **30** | **Metodologia pracy dyplomowej** | 9 | | 9 | 16 | 25 | **1** | | | | | | | | | | 9 | | 1 | | | | | |
| **31** | **Seminarium pracy dyplomowej** | | | | **[9]** | **[9]** | **1** | | | | | | | | | | | | | | [9] | 1 | | |
| **32** | **Seminarium pracy dyplomowej +ocena pracy dyplomowej** | | | | [18] | [18] | **2** | | | | | | | | | | | | | | | | | [18] |
| **33** | **Egzamin dyplomowy** | | | | | [36] | **8** | | | | | | | | | | | | | | | | | [36] |
| **IV** | **Moduł przedmiotów praktycznych (WF)** | | | | | | | | | | | | | | | | | | | | | | | |
| **34** | **Ćwiczenia siłowe** | | 9 | 9 | 16 | 25 | **1** | | 9 | 1 | | | | | | | | | | | | | | |
| **35** | **Fitness** | | 9 | 9 | 16 | 25 | **1** | | 9 | 1 | | | | | | | | | | | | | | |
| **36** | **LA konkurencje biegowe** | | 9 | 9 | 16 | 25 | **1** | | 9 | 1 | | | | | | | | | | | | | | |
| **37** | **Pływanie** | | 9 | 9 | 16 | 25 | **1** | | 9 | 1 | | | | | | | | | | | | | | |
| **38** | **Gimnastyka z elementami akrobatyki** | | 9 | 9 | 16 | 25 | **1** | | | | | 9 | 1 | | | | | | | | | | | |
| **39** | **Gry i zabawy w etapie wstępnym treningu** | | 9 | 9 | 16 | 25 | **1** | | | | | 9 | 1 | | | | | | | | | | | |
| **40** | **Judo** | | 9 | 9 | 16 | 25 | **1** | | | | | 9 | 1 | | | | | | | | | | | |
| **41** | **Ćwiczenia kompensacyjne w treningu sportowym** | 6 | 12 | 18 | 32 | 50 | **2** | | | | 6 | 12 | 2 | | | | | | | | | | | |
| **42** | **Badminton** | | 9 | 9 | 16 | 25 | **1** | | | | | | | | 9 | 1 | | | | | | | | |
| **43** | **Ju-jitsu** | | 9 | 9 | 16 | 25 | **1** | | | | | | | | 9 | 1 | | | | | | | | |
| **44** | **Tenis** | | 9 | 9 | 16 | 25 | **1** | | | | | | | | | | | 9 | 1 | | | | | |
| **45** | **Teoria i praktyka sportu osób niepełnosprawnych** | 6 | | 6 | 19 | 25 | **1** | | | | | | | | | | | | | | | | 6 | |
| **V** | **Moduł przedmiotów do wyboru** | | | | | | | | | | | | | | | | | | | | | | | |
| **46** | **Teoretyczny do wyboru** | 27 | | 27 | 63 | 90 | **3** | 18 | | 2 | | | | | | | 9 | | 1 | | | | | |
| **47** | **Język obcy** | | 72 | 72 | 168 | 240 | **9** | | | | | 18 | *2* | | 18 | 2 | | 18 | 2 | | 18 | 3E | | |
| **VI** | **Moduł praktyk** | | | | | | | | | | | | | | | | | | | | | | | |

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| 48 | Zgrupowanie sportowe (obóz) - praktyka terenowa | | 100 | 100 | 30 | 130 | **4** | | | | | | | | 100 | 4 | | | | | | | | |
| 49 | Praktyka zawodowa: trenerska (sp. trener) 8 tyg. / menedżerska (sp. Menedżer) 8 tyg | | 120 | 120 | 180 | 300 | **8** | | | | | | | | 60 | 4 | | | | | 60 | 4 | | |
| | **RAZEM :** | **309** | **686** | **994** | **1853** | **2883** | **129** | 78 | 84 | **25** | 48 | 123 | **24** | 27 | 223 | **19** | 51 | 81 | **19** | 66 | 138 | **22** | 39 | 36 |

| VII | Moduł wyboru specjalności | | | | | | | | | | | | | | | | | | | | | | | |
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| | **TRENERSKI** | W | Ćw. | Ogół. | PW | SUMA GODZ | ECTS | *Sem. 1* | | | *Sem. 2* | | | Sem. 3 | | | Sem. **4** | | | Sem. **5** | | | Sem. **6** | |
| | | | | | | | | *w* | *ćw* | ECTS | *w* | *ćw* | ECTS | W | ćw | ECTS | *w* | *ćw* | ECTS | *w* | *ćw* | ECTS | *w* | *ćw* |
| 50 | Specjalizacja zawodowa (zgodnie z wybraną dyscypliną) | 90 | 90 | 180 | 370 | 550 | **24** | 12 | 12 | 4 | 12 | 12 | 4 | 15 | 15 | 4 | 15 | 15 | 4 | 18 | 18 | 4 | 18 | 18 |
| 51 | LA formy ruchu | | 9 | 9 | 16 | 25 | **1** | | 9 | 1 | | | | | | | | | | | | | | |
| 52 | Podstawy teorii W-F | 12 | 6 | 18 | 32 | 50 | **2** | | | | 12 | 6 | 2 | | | | | | | | | | | |
| 53 | Biochemia wysiłku fizycznego | 9 | 9 | 18 | 42 | 60 | **3** | | | | | | | 9 | 9 | 3E | | | | | | | | |
| 54 | Specyfika sportu dzieci i młodzieży | 6 | 6 | 12 | 28 | 40 | **2** | | | | | | | 6 | 6 | 2 | | | | | | | | |
| 55 | Kontrola auksologiczna | | 9 | 9 | 21 | 30 | **1** | | | | | | | | 9 | 1 | | | | | | | | |
| 56 | Tenis stołowy / LA konkurencje techniczne | | 9 | 9 | 16 | 25 | **1** | | | | | | | | 9 | 1 | | | | | | | | |
| 57 | Fizjologia wysiłku fizycznego | 6 | 12 | 18 | 42 | 60 | **3** | | | | | | | | | | 6 | 12 | 3E | | | | | |
| 58 | Motoryczność sportowca | 12 | 12 | 24 | 56 | 80 | **4** | | | | | | | | | | 12 | 12 | 4E | | | | | |
| 59 | Podstawy komunikacji społecznej | 6 | 6 | 12 | 28 | 40 | **2** | | | | | | | | | | | | | 6 | 6 | 2 | | |
| 60 | Metody wspomagania regeneracji | 9 | 9 | 18 | 32 | 50 | **2** | | | | | | | | | | | | | 9 | 9 | 2 | | |
| 61 | Metodyka autoterapii | 9 | 9 | 18 | 52 | 70 | **3** | | | | | | | | | | | | | | | | 9 | 9 |
| 62 | Podstawy fizjoterapii w sporcie | **9** | | **9** | **21** | **30** | **1** | | | | | | | | | | | | | | | | **9** | |
| 63 | Zarządzanie obiektami i finansami w klubie | 12 | | 12 | 28 | 40 | **2** | | | | | | | | | | | | | | | | 12 | |
| | **RAZEM :** | **180** | **186** | **366** | **784** | **1150** | **51** | 12 | 21 | **5** | 24 | 18 | **6** | 30 | 48 | **11** | 33 | 39 | **11** | 33 | 33 | **8** | 48 | 27 |
| | **OGÓŁEM (wspólne + specjalność):** | 489 | 872 | 1360 | 2637 | 4033 | 180 | | | | | | | | | | | | | | | | | |
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| | **MENEDŻER SPORTU** | W | Ćw. | Ogół. | PW | SUMA GODZ | ECTS | *Sem. 1* | | | *Sem. 2* | | | Sem. 3 | | | Sem. **4** | | | Sem. **5** | | | Sem. **6** | |
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| 50 | Zachowania uczestników widowisk sport | 3 | 9 | 12 | 28 | 40 | ***2*** | 3 | 9 | 2 | | | | | | | | | | | | | | |
| 51 | Marketing olimpijski | 9 | 9 | 18 | 42 | 60 | **3** | 9 | 9 | 3 | | | | | | | | | | | | | | |

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| 52 | **Zarządzanie finansami w sporcie** | 9 | 9 | 18 | 32 | 50 | ***2*** | | | | 9 | 9 | 2 | | | | | | | | | | | |
| 53 | **Przedmiot teoretyczny do wyboru** | 27 | | 27 | 48 | 75 | ***3*** | | | | 18 | | 2 | 9 | | 1 | | | | | | | | |
| 54 | **Gry integracyjne** | | 18 | 18 | 32 | 50 | **2** | | | | | 18 | 2 | | | | | | | | | | | |
| 55 | **Gry i zabawy terenowe** | 9 | 12 | 21 | 49 | 70 | ***3*** | | | | | | | 9 | 12 | 3 | | | | | | | | |
| 56 | **Podstawy sponsoringu** | 12 | 6 | 18 | 52 | 70 | **3** | | | | | | | 12 | 6 | 3 | | | | | | | | |
| 57 | **Stretching** | | 12 | 12 | 28 | 40 | **2** | | | | | | | | 12 | 2 | | | | | | | | |
| 58 | **Tenis stołowy** | | 12 | 12 | 28 | 40 | **2** | | | | | | | | 12 | 2 | | | | | | | | |
| 59 | **Budowanie i rozwijanie zespo łów sportowych** | 6 | 12 | 18 | 42 | 60 | **3** | | | | | | | | | | 6 | 12 | 3E | | | | | |
| 60 | **Orienteering** | | 12 | 12 | 38 | 50 | **2** | | | | | | | | | | | 12 | 2 | | | | | |
| 61 | **Przedmiot praktyczny do wyboru** | | 9 | 9 | 16 | 25 | **1** | | | | | | | | | | | 9 | 1 | | | | | |
| 62 | **Współczesne formy rekreacji** | | 12 | 12 | 28 | 40 | **2** | | | | | | | | | | | 12 | 2 | | | | | |
| 63 | **Trening mened żerski** | | 24 | 24 | 41 | 65 | **3** | | | | | | | | | | | 24 | 3 | | | | | |
| 64 | **Psychologia zarz ądzania** | 12 | 12 | 24 | 46 | 70 | **3** | | | | | | | | | | | | | 12 | 12 | 3E | | |
| 65 | **Podstawy negocjacji** | 12 | | 12 | 28 | 40 | **2** | | | | | | | | | | | | | 12 | | 2 | | |
| 66 | **Podstawy psychodietetyki** | 15 | | 15 | 20 | 35 | **1** | | | | | | | | | | | | | 15 | | 1 | | |
| 67 | **Taneczne formy ruchu** | | 18 | 18 | 32 | 50 | **2** | | | | | | | | | | | | | | 18 | 2 | | |
| 68 | **Metody regeneracji organizmu** | 9 | 9 | 18 | 52 | 70 | **3** | | | | | | | | | | | | | | | | 9 | 9 |
| 69 | **Zarządzanie procesami w klubie sportowym** | 9 | 9 | 18 | 62 | 80 | **4** | | | | | | | | | | | | | | | | 9 | 9 |
| 70 | **Public relations** | 12 | 9 | 21 | 49 | 70 | **3** | | | | | | | | | | | | | | | | 12 | 9 |
| | **RAZEM:** | **144** | **213** | **357** | **793** | **1150** | **51** | 12 | 18 | **5** | 27 | 27 | **6** | 30 | 42 | **11** | 6 | 69 | **11** | 39 | 30 | **5** | 30 | 27 |
| | **OGÓŁEM (wspólne + specjalno ść):** | **459** | **899** | **1351** | **2646** | **4033** | **180** | | | | | | | | | | | | | | | | | |

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