

**Plan 3-letnich studiów I stopnia licencjackich - profil praktyczny
na kierunku WYCHOWANIE FIZYCZNE
studia stacjonarne**

obowiązuje od roku akademickiego 2023/24

| Lp. | Przedmiot | D | Wymiar godzin | | | | Forma zal. | Godziny przy 25-30h=1 ECTS | Liczba godzin samokształce- nia | Procent samokształce- nia | Sem. 1 | | | Sem. 2 | | | Sem. 3 | | | Sem. 4 | | | Sem. 5 | | | Sem. 6 | | | ECTS godz. bezp. | ECTS godz. sam. | ECTS | |
|---|--|---|---------------|----|-----|-------------------|---------------|----------------------------------|---------------------------------------|---------------------------------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|------------------------|-----------------------|------|---|
| | | | Razem | w. | ćw. | Zajęcia prakt. | | | | | 15 tyg. | | | 15 tyg. | | | 15 tyg. | | | 10 tyg. | | | 10 tyg. | | | 10 tyg. | | | | | | |
| | | | | | | | | | | | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | | | | |
| A. PRZEDMIOTY KSZTAŁCENIA OGÓLNEGO - 375 H (31 ECTS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A.1 | Etyka | O | 15 | 5 | 10 | 0 | ZO | 25 | 8 | 32% | | | | | | | 5 | 10 | 1 | | | | | | | | | | 0,7 | 0,3 | 1 | |
| A.2 | Filozofia | O | 15 | 15 | 0 | 0 | ZO | 25 | 8 | 32% | | | | 15 | 0 | 1 | | | | | | | | | | | | | 0,7 | 0,3 | 1 | |
| A.3 | Język obcy (do wyboru: angielski, niemiecki) | W | 90 | 0 | 90 | 90 | ZO/E | 200 | 108 | 54% | 0 | 45 | 4 | 0 | 45 | 4 | | | | | | | | | | | | | 3,7 | 4,3 | 8 | |
| A.4 | Ochrona własności intelektualnych | O | 5 | 5 | 0 | 0 | ZO | 25 | 18 | 72% | 5 | 0 | 1 | | | | | | | | | | | | | | | | 0,3 | 0,7 | 1 | |
| A.5 | Pierwsza pomoc przedmedyczna | O | 20 | 5 | 15 | 15 | E | 50 | 28 | 56% | | | | | | | 5 | 15 | 2 | | | | | | | | | | 0,9 | 1,1 | 2 | |
| A.6 | Prawo oświatowe | O | 10 | 10 | 0 | 0 | ZO | 25 | 13 | 52% | | | | | | | | | | 10 | 0 | 1 | | | | | | | 0,5 | 0,5 | 1 | |
| A.7 | Socjologia | O | 10 | 10 | 0 | 0 | ZO | 25 | 13 | 52% | 10 | 0 | 1 | | | | | | | | | | | | | | | | 0,5 | 0,5 | 1 | |
| A.8 | Technologie informacyjne | O | 30 | 0 | 30 | 30 | ZO | 50 | 18 | 36% | 0 | 30 | 2 | | | | | | | | | | | | | | | | 1,3 | 0,7 | 2 | |
| PRZEDMIOTY PRZYGOTOWANIA PSYCHOLOGICZNO-PEDAGOGICZNEGO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A.9 | Pedagogika ogólna | O | 60 | 30 | 30 | 15 | ZO/E | 125 | 63 | 50% | 15 | 15 | 2 | 15 | 15 | 3 | | | | | | | | | | | | | 2,5 | 2,5 | 5 | |
| A.10 | Pedagogika wczesnoszkolna | O | 30 | 15 | 15 | 15 | ZO | 50 | 18 | 36% | | | | 15 | 15 | 2 | | | | | | | | | | | | | 1,3 | 0,7 | 2 | |
| A.11 | Psychologia ogólna | O | 75 | 30 | 45 | 15 | ZO/E | 150 | 73 | 49% | 15 | 30 | 3 | 15 | 15 | 3 | | | | | | | | | | | | | 3,1 | 2,9 | 6 | |
| A.12 | Psychologia dziecka | O | 15 | 15 | 0 | 0 | ZO | 25 | 8 | 32% | | | | 15 | 0 | 1 | | | | | | | | | | | | | 0,7 | 0,3 | 1 | |
| B. PRZEDMIOTY KSZTAŁCENIA PODSTAWOWEGO - 230 H (21 ECTS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B.1 | Anatomia | O | 40 | 10 | 30 | 8 | E | 100 | 58 | 58% | 10 | 30 | 4 | | | | | | | | | | | | | | | | 1,7 | 2,3 | 4 | |
| B.2 | Antropologia | O | 30 | 10 | 20 | 10 | ZO | 75 | 43 | 57% | | | | | | | | | | 10 | 20 | 3 | | | | | | | 1,3 | 1,7 | 3 | |
| B.3 | Antropomotoryka | O | 30 | 15 | 15 | 10 | E | 75 | 43 | 57% | | | | | | | | | | | | | | | 15 | 15 | 3 | 1,3 | 1,7 | 3 | | |
| B.4 | Biochemia | O | 30 | 10 | 20 | 5 | ZO | 50 | 18 | 36% | 10 | 20 | 2 | | | | | | | | | | | | | | | | 1,3 | 0,7 | 2 | |
| B.5 | Biomechanika | O | 30 | 15 | 15 | 10 | ZO | 75 | 43 | 57% | | | | 15 | 15 | 3 | | | | | | | | | | | | | 1,3 | 1,7 | 3 | |
| B.6 | Fizjologia | O | 40 | 10 | 30 | 10 | E | 100 | 58 | 58% | | | | | | | 10 | 30 | 4 | | | | | | | | | | 1,7 | 2,3 | 4 | |
| B.7 | Podstawy biologii człowieka | O | 30 | 10 | 20 | 15 | ZO | 50 | 18 | 36% | 10 | 20 | 2 | | | | | | | | | | | | | | | | 1,3 | 0,7 | 2 | |
| C. PRZEDMIOTY KSZTAŁCENIA KIERUNKOWEGO - 855 H (71 ECTS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C.1 | Edukacja zdrowotna | O | 20 | 5 | 15 | 4 | ZO | 50 | 28 | 56% | | | | | | | 5 | 15 | 2 | | | | | | | | | | 0,9 | 1,1 | 2 | |
| C.2 | Higiena szkolna | O | 40 | 10 | 30 | 10 | E | 100 | 58 | 58% | | | | | | | 10 | 30 | 4 | | | | | | | | | | | 1,7 | 2,3 | 4 |
| C.3 | Historia kultury fizycznej | O | 30 | 15 | 15 | 0 | E | 75 | 43 | 57% | 15 | 15 | 3 | | | | | | | | | | | | | | | | 1,3 | 1,7 | 3 | |
| C.4 | Olimpizm | O | 10 | 10 | 0 | 0 | ZO | 25 | 13 | 52% | | | | | | | | | | 10 | 0 | 1 | | | | | | | 0,5 | 0,5 | 1 | |
| C.5 | Rytmika i taniec | O | 15 | 0 | 15 | 15 | ZO | 25 | 8 | 32% | 0 | 15 | 1 | | | | | | | | | | | | | | | | 0,7 | 0,3 | 1 | |
| C.6 | Teoria i metodyka gimnastyki | O | 45 | 5 | 40 | 40 | ZO/E | 125 | 78 | 62% | | | | 5 | 10 | 1 | 0 | 10 | 1 | 0 | 10 | 1 | 0 | 10 | 2 | | | | 1,9 | 3,1 | 5 | |
| C.7 | Teoria i metodyka lekkoatletyki | O | 50 | 0 | 50 | 50 | ZO/E | 125 | 73 | 58% | | | | 0 | 15 | 1 | 0 | 15 | 1 | 0 | 10 | 1 | 0 | 10 | 2 | | | | 2,1 | 2,9 | 5 | |

| Lp. | Przedmiot | D | Wymiar godzin | | | | Forma zal. | Godziny przy 25-30h=1 ECTS | Liczba godzin samostanowienia a | Procent samostanowienia a | Sem. 1 | | | Sem. 2 | | | Sem. 3 | | | Sem. 4 | | | Sem. 5 | | | Sem. 6 | | | ECTS godz. bezp. | ECTS godz. sam. | ECTS | |
|--|--|---|---------------|----|-----|-------------------|---------------|----------------------------------|---------------------------------------|---------------------------------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|---------|-----|------|------------------------|-----------------------|------|----|
| | | | Razem | w. | ćw. | Zajęcia prakt. | | | | | 15 tyg. | | | 15 tyg. | | | 15 tyg. | | | 10 tyg. | | | 10 tyg. | | | 10 tyg. | | | | | | |
| | | | | | | | | | | | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | w. | ćw. | ECTS | | | | |
| C.8 | Teoria i metodyka pływania | O | 45 | 0 | 45 | 45 | ZO/E | 100 | 53 | 53% | 0 | 15 | 1 | 0 | 15 | 1 | 0 | 15 | 2 | | | | | | | | | | | 1,9 | 2,1 | 4 |
| C.9 | Teoria i metodyka koszykówki | O | 40 | 0 | 40 | 40 | ZO | 50 | 8 | 16% | | | | | | | 0 | 40 | 2 | | | | | | | | | | 1,7 | 0,3 | 2 | |
| C.10 | Teoria i metodyka siatkówki | O | 40 | 0 | 40 | 40 | ZO | 50 | 8 | 16% | | | | 0 | 40 | 2 | | | | | | | | | | | | | 1,7 | 0,3 | 2 | |
| C.11 | Teoria i metodyka piłki nożnej | O | 40 | 0 | 40 | 40 | ZO | 50 | 8 | 16% | | | | | | | | | 0 | 40 | 2 | | | | | | | | 1,7 | 0,3 | 2 | |
| C.12 | Teoria i metodyka piłki ręcznej | O | 40 | 0 | 40 | 40 | ZO | 50 | 8 | 16% | 0 | 40 | 2 | | | | | | | | | | | | | | | | 1,7 | 0,3 | 2 | |
| C.13 | Teoria i metodyka gier zespołowych | O | 0 | 0 | 0 | 0 | E | 50 | 48 | 96% | | | | | | | | | 0 | 0 | 2 | | | | | | | | 0,1 | 1,9 | 2 | |
| C.14 | Teoria sportu | O | 30 | 15 | 15 | 4 | E | 75 | 43 | 57% | | | | | | | | | | | | 15 | 15 | 3 | | | | | 1,3 | 1,7 | 3 | |
| C.15 | Teoria wychowania fizycznego | O | 40 | 10 | 30 | 0 | ZO/E | 100 | 58 | 58% | | | | 10 | 0 | 1 | 0 | 30 | 3 | | | | | | | | | | 1,7 | 2,3 | 4 | |
| C.16 | Wychowanie fizyczne specjalne | O | 15 | 15 | 0 | 0 | ZO | 50 | 33 | 66% | | | | 15 | 0 | 2 | | | | | | | | | | | | | 0,7 | 1,3 | 2 | |
| C.17 | Zabawy i gry ruchowe | O | 45 | 0 | 45 | 40 | ZO | 100 | 53 | 53% | 0 | 30 | 2 | 0 | 15 | 2 | | | | | | | | | | | | | 1,9 | 2,1 | 4 | |
| C.18 | Zajęcia korekcyjno-kompensacyjne | O | 35 | 10 | 25 | 25 | ZO | 100 | 63 | 63% | | | | | | | | | 5 | 15 | 2 | 5 | 10 | 2 | | | | | 1,5 | 2,5 | 4 | |
| PRZEDMIOTY PRZYGOTOWANIA DYDAKTYCZNEGO | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C.19 | Emisja głosu | O | 20 | 5 | 15 | 11 | ZO | 50 | 28 | 56% | | | | | | | 5 | 15 | 2 | | | | | | | | | | 0,9 | 1,1 | 2 | |
| C.20 | Metodyka wychowania fizycznego | O | 90 | 30 | 60 | 60 | ZO/E | 250 | 158 | 63% | | | | | | | 10 | 15 | 2 | 10 | 15 | 3 | 5 | 15 | 2 | 5 | 15 | 3 | 3,7 | 6,3 | 10 | |
| C.21 | Podstawy dydaktyki | O | 40 | 15 | 25 | 0 | E | 75 | 33 | 44% | | | | | | | 15 | 25 | 3 | | | | | | | | | | 1,7 | 1,3 | 3 | |
| PRZEDMIOTY DO WYBORU | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| C.22 | Sport zimowy | W | 30 | 0 | 30 | 30 | ZO | 30 | 0 | 0% | | | | | | | | | | | | 0 | 30 | 1 | | | | | 1,1 | 0,0 | 1 | |
| C.23 | Sporty różne | W | 15 | 0 | 15 | 30 | ZO | 25 | 8 | 32% | | | | | | | | | | | | | | 0 | 15 | 1 | | | 0,7 | 0,3 | 1 | |
| C.24 | Wychowanie fizyczne | W | 60 | 0 | 60 | 60 | ZO | 0 | 0 | 0% | 0 | 15 | 0 | 0 | 15 | 0 | 0 | 15 | 0 | 0 | 15 | 0 | | | | | | | 0,0 | 0,0 | 0 | |
| C.25 | Wykład monograficzny | W | 20 | 20 | 0 | 0 | ZO | 50 | 28 | 56% | | | | | | | | | | | | 10 | 0 | 1 | 10 | 0 | 1 | | 0,9 | 1,1 | 2 | |
| D. INNE PRZEDMIOTY OBOWIĄZKOWE - 60 H (12 ECTS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D.1 | Egzamin dyplomowy | W | 0 | 0 | 0 | 0 | E | 250 | 250 | 100% | | | | | | | | | | | | | | | 0 | 0 | 10 | 0,0 | 10,0 | 10 | | |
| D.2 | Obóz letni | O | 60 | 0 | 60 | 60 | ZO | 60 | 0 | 0% | | | | 0 | 60 | 2 | | | | | | | | | | | | | 2,0 | 0,0 | 2 | |
| E. SPECJALNOŚĆ NAUCZYCIELSKA Z BIOLOGIĄ - 360 H (29 ECTS) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E.1 | Biologia komórki z histologią | o | 30 | 10 | 20 | 15 | ZO | 50 | 18 | 36% | | | | | | | | | | | 10 | 20 | 2 | | | | | | 1,3 | 0,7 | 2 | |
| E.2 | Podstawy botaniki, zoologii i ekologii | o | 30 | 10 | 20 | 10 | E | 75 | 43 | 57% | | | | | | | | | | | | 10 | 20 | 3 | | | | | 1,3 | 1,7 | 3 | |
| E.3 | Dydaktyka i metodologia biologii | o | 60 | 10 | 50 | 50 | ZO/E | 125 | 63 | 50% | | | | | | | | | | | | 5 | 20 | 2 | 5 | 30 | 3 | 2,5 | 2,5 | 5 | | |
| Specjalizacja instruktorska do wyboru | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E.4 | Teoria i praktyka dyscypliny | w | 150 | 60 | 90 | 90 | ZO/E | 250 | 98 | 39% | | | | | | | | | | | 20 | 30 | 3 | 20 | 30 | 3 | 20 | 30 | 4 | 6,1 | 3,9 | 10 |
| E.5 | Anatomia sportu | o | 10 | 0 | 10 | 0 | ZO | 25 | 13 | 52% | | | | | | | | | | | 0 | 10 | 1 | | | | | | 0,5 | 0,5 | 1 | |
| E.6 | Psychologia sportu | o | 10 | 0 | 10 | 0 | ZO | 25 | 13 | 52% | | | | | | | | | | | 0 | 10 | 1 | | | | | | 0,5 | 0,5 | 1 | |
| E.7 | Biochemia sportu | o | 10 | 0 | 10 | 0 | ZO | 25 | 13 | 52% | | | | | | | | | | | 0 | 10 | 1 | | | | | | 0,5 | 0,5 | 1 | |
| E.8 | Biomechanika sportu | o | 10 | 0 | 10 | 5 | ZO | 25 | 13 | 52% | | | | | | | | | | | 0 | 10 | 1 | | | | | | 0,5 | 0,5 | 1 | |
| E.9 | Fizjologia wysiłku sportowego | o | 10 | 0 | 10 | 5 | ZO | 25 | 13 | 52% | | | | | | | | | | | | 0 | 10 | 1 | | | | | 0,5 | 0,5 | 1 | |

