**Plan studiów I stopnia kierunek Sport _ stacjonarne 19.05.2015, 17.05.2016**

| Przedmiot | Ogółem godzin | Wykłady | Ćwiczenia | I stopień | | | | | | | | | | | | | | | | | | | | | | | | | | ECTS ogółem |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | I rok | | | | | | | | II rok | | | | | | | | III rok | | | | | | | | | | |
| | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | | | |
| | | | | I sem | | | | II sem | | | | III sem | | | | IV sem | | | | V sem | | | | VI sem | | | | | | |
| | | | | W | Ćw | Egz | ECTS | W | Ćw | Egz | ECTS | W | Ćw | Egz | ECTS | W | Ćw | Egz | ECTS | W | Ćw | Egz | ECTS | W | Ćw | Egz | ECTS | | | |
| **Grupa przedmiotów podstawowych** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ekonomia | 30 | 15 | 15 | 15 | 15 | E | 3 | | | | | | | | | | | | | | | | | | | | | | | 3 |
| Filozofia klasyczna | 30 | 30 | | | | | | | | | | | | | | | | | | | | | | 30 | | E | 2 | | | 2 |
| Język obcy | 90 | | 90 | | 30 | | 4 | | 30 | | 4 | | 30 | E | 5 | | | | | | | | | | | | | | | 13 |
| Ochrona własności intelektualnej | 15 | 15 | | | | | | | | | | | | | | | | | | | | | | 15 | | | 1 | | | 1 |
| Pierwsza pomoc | 15 | | 15 | | 15 | | 1 | | | | | | | | | | | | | | | | | | | | | | | 1 |
| Technologia informacyjna | 30 | | 30 | | 30 | | 2 | | | | | | | | | | | | | | | | | | | | | | | 2 |
| Zarządzanie i marketing | 30 | 15 | 15 | | | | | | | | | | | | | | | | | 15 | 15 | E | 3 | | | | | | | 3 |
| **Grupa przedmiotów kierunkowych** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Anatomia funkcjonalna | 60 | 30 | 30 | | | | | 30 | 30 | E | 5 | | | | | | | | | | | | | | | | | | | 5 |
| Antropologia w sporcie | 45 | 20 | 25 | | | | | | | | | 20 | 25 | E | 4 | | | | | | | | | | | | | | | 4 |
| Biologia | 30 | 15 | 15 | 15 | 15 | E | 3 | | | | | | | | | | | | | | | | | | | | | | | 3 |
| Biochemia w sporcie | 45 | 20 | 25 | | | | | 20 | 25 | E | 4 | | | | | | | | | | | | | | | | | | | 4 |
| Biomechanika sportu | 60 | 30 | 30 | | | | | | | | | 30 | 30 | E | 5 | | | | | | | | | | | | | | | 5 |
| Fizjologia w sporcie | 90 | 35 | 55 | | | | | | | | | 15 | 30 | | 3 | 20 | 25 | E | 4 | | | | | | | | | | | 7 |
| Medycyna sportu | 45 | 20 | 25 | | | | | | | | | | | | | | | | | 20 | 25 | E | 4 | | | | | | | 4 |
| Neurobiologiczne podstawy sterowania ruchem w sporcie | 30 | 15 | 15 | | | | | | | | | | | | | | | | | 15 | 15 | | 2 | | | | | | | 2 |
| Odnowa biologiczna w sporcie | 30 | 15 | 15 | | | | | | | | | | | | | 15 | 15 | | 2 | | | | | | | | | | | 2 |
| Historia sportu | 30 | 15 | 15 | 15 | 15 | | 2 | | | | | | | | | | | | | | | | | | | | | | | 2 |
| Pedagogika sportu | 45 | 20 | 25 | | | | | | | | | | | | | 20 | 25 | E | 4 | | | | | | | | | | | 4 |
| Prawo sportowe | 30 | 15 | 15 | 15 | 15 | E | 3 | | | | | | | | | | | | | | | | | | | | | | | 3 |
| Psychologia sportu | 45 | 20 | 25 | 20 | 25 | E | 4 | | | | | | | | | | | | | | | | | | | | | | | 4 |
| Teoria sportu | 45 | 20 | 25 | | | | | | | | | | | | | 20 | 25 | E | 4 | | | | | | | | | | | 4 |
| TiM Treningu Sportowego | 90 | 35 | 55 | | | | | | | | | | | | | | | | | 15 | 30 | | 3 | 20 | 25 | E | 4 | | | 7 |
| Zarządzanie przedsięwzięciami sportowymi | 30 | 15 | 15 | 15 | 15 | | 2 | | | | | | | | | | | | | | | | | | | | | | | 2 |
| Żywienie w sporcie | 30 | 15 | 15 | | | | | | | | | | | | | | | | | 15 | 15 | | 2 | | | | | | | 2 |
| **Grupa przedmiotów specjalistycznych** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| TiM wybranej dyscypliny sportu | 270 | 100 | 170 | | | | | 20 | 34 | | 4 | 20 | 34 | | 4 | 20 | 34 | | 4 | 20 | 34 | | 4 | 20 | 34 | E | 4 | | | 20 |
| TiM Gimnastyki | 45 | 5 | 40 | 5 | 10 | | 1 | | 15 | | 1 | | 15 | E | 1 | | | | | | | | | | | | | | | 3 |
| TiM Hokeja na trawie | 45 | 5 | 40 | | | | | | | | | 5 | 10 | | 1 | | 30 | E | 2 | | | | | | | | | | | 3 |
| TiM Koszykówki | 45 | 5 | 40 | 5 | 10 | | 1 | | 30 | E | 2 | | | | | | | | | | | | | | | | | | | 3 |
| TiM Lekkiej atletyki | 45 | 5 | 40 | | | | | 5 | 10 | | 1 | | | | | | 30 | E | 2 | | | | | | | | | | | 3 |
| TiM Piłki nożnej | 45 | 5 | 40 | | | | | | | | | | | | | | | | | 5 | 10 | | 1 | | 30 | E | 2 | | | 3 |
| TiM Piłki ręcznej | 45 | 5 | 40 | | | | | | | | | | | | | 5 | 10 | | 1 | | 30 | E | 2 | | | | | | | 3 |
| TiM Piłki siatkowej | 45 | 5 | 40 | 5 | 10 | | 1 | | 30 | E | 2 | | | | | | | | | | | | | | | | | | | 3 |
| TiM Pływania | 45 | 5 | 40 | | | | | | 30 | | 1 | 5 | 10 | E | 2 | | | | | | | | | | | | | | | 3 |
| Sprawność wszechstronna | 45 | | 45 | | 45 | | 2 | | | | | | | | | | | | | | | | | | | | | | | 2 |
| TiM Tenisa | 30 | | 30 | | | | | | | | | | | | | | 30 | | 2 | | | | | | | | | | | 2 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Sporty do wyboru*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sporty różne# *albo* Sporty walki | **30** | | **30** | | | | | | | | | | | | | | 30 | | **2** | | | | | | | | | **2** |
| Gimnastyka artystyczna *albo* Zabawy ruchowe i gry drużynowe *albo* Jogging | **30** | | **30** | | | | | | | | | | | | | | | | | | 30 | | **2** | | | | | **2** |
| **Proseminarium dyplomowe** | **30** | **30** | | | | | | | | | | | | | | | | | | 15 | | | **2** | 15 | | | **2** | **4** |
| **Egzamin dyplomowy** | | | | | | | | | | | | | | | | | | | | | | | | | | E | **10** | **10** |
| **Praktyki i obozy** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Praktyka w klubie** | **455** | | **455** | | | | | | **105** | | **4** | | | | | | 105 | | **5** | | 105 | | **4** | | 140 | | **6** | **19** |
| **Obóz letni** | **75** | | **75** | | | | | | 75 | | **3** | | | | | | | | | | | | | | | | | **3** |
| **Obóz zimowy - narty lub snowboard** | **60** | | **60** | | | | | | | | | | 60 | | **3** | | | | | | | | | | | | | **3** |

**R A Z E M**

| **Przedmiot** | **Ogółem godzin** | **Wykłady** | **Ćwiczenia** | **I stopień** | | | | | | | | | | | | | | | | | | | | | | | | **ECTS ogółem** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | **I rok** | | | | | | | | **II rok** | | | | | | | | **III rok** | | | | | | | | |
| | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | |
| | | | | I sem | | | **ECTS** | II sem | | | **ECTS** | III sem | | | **ECTS** | IV sem | | | **ECTS** | V sem | | | **ECTS** | VI sem | | | **ECTS** | |
| | | | | W | Ćw | Egz | | W | Ćw | Egz | | W | Ćw | Egz | | W | Ćw | Egz | | W | Ćw | Egz | | W | Ćw | Egz | | |
| Obciążenie semestralne / ECTS | 2405 | 600 | 1805 | 110 | 250 | 4 | **29** | 75 | 414 | 4 | **31** | 95 | 244 | 5 | **28** | 100 | 359 | 5 | **32** | 120 | 309 | 3 | **29** | 100 | 229 | 5 | **31** | **180** |
| Liczba godzin w semestrze | | | | **360** | | | | **489** | | | | **339** | | | | **459** | | | | **429** | | | | **329** | | | | |
| Liczba egzaminów w semestrze | | | | **4** | | | | **4** | | | | **5** | | | | **5** | | | | **3** | | | | **5** | | | | |
| Suma punktów ECTS w roku akadem. | | | | **60** | | | | | | | | **60** | | | | | | | | **60** | | | | | | | | **180** |
| Liczba godzin w roku akadem. | | | | **849** | | | | | | | | **798** | | | | | | | | **758** | | | | | | | | |
| Razem godzin na II stopniu studiów | | | | **2405** | | | | | | | | | | | | | | | | | | | | | | | | |
| **Egzaminy** | | | | **Ekonomia** | | | | **Anatomia funkcjonalna** | | | | **Język obcy** | | | | **Fizjologia w sporcie** | | | | **Zarządzanie i marketing** | | | | **Filozofia klasyczna** | | | | |
| | | | | **Biologia** | | | | **Biochemia w sporcie** | | | | **Antropologia w sporcie** | | | | **Pedagogika sportu** | | | | **Medycyna sportu** | | | | **TiM Treningu Sportowego** | | | | |
| | | | | **Psychologia sportu** | | | | **TiM Koszykówki** | | | | **Biomechanika sportu** | | | | **TiM Hokeja na trawie** | | | | **TiM Piłki ręcznej** | | | | **TiM wybranej dyscypliny sportu**** | | | | |
| | | | | **Prawo w sporcie** | | | | **TiM Piłki siatkowej** | | | | **TiM Gimnastyki** | | | | **TiM Lekkiej atletyki** | | | | | | | | **TiM Piłki nożnej** | | | | |
| | | | | | | | | | | | | **TiM Pływania** | | | | **Teoria sportu** | | | | | | | | **Egzamin dyplomowy** | | | | |

* Do wyboru 2 sporty (po jednym w semestrze 4. i 5.)

# Zestaw sportów różnych: nordic walking, fitness - ćwiczenia siłowe, tenis stołowy/ speed badminton, wspinaczka sportowa (student wybiera 2 sporty po 15h)