

| | | | | | | | | | | | | | | | | | | | | | | |
|---|----|----|----|----|----|---|---|----|----|---|---|----|----|---|---|---|---|----|---|---|----|----|
| blok III - sem. 4 (2 z 5) | | | | | | | | | | | | | | | | | | 36 | | 4 | 4 | |
| <i>Piłka Siatkowa</i> | 18 | | 18 | | | | | | | | | | | | | | | | | | | |
| <i>Lekka Atletyka</i> | 18 | | 18 | | | | | | | | | | | | | | | | | | | |
| <i>Hokej na Trawie</i> | 18 | | 18 | | | | | | | | | | | | | | | | | | | |
| <i>kulturystryka i trójbój siłowy</i> | 18 | | 18 | | | | | | | | | | | | | | | | | | | |
| <i>sporthy neolimpijskie</i> | 18 | | 18 | | | | | | | | | | | | | | | | | | | |
| Grupa przedmiotów specjalistycznych | | | | | | | | | | | | | | | | | | | | | | |
| Dietetyka i suplementacja w sporcie | 27 | 12 | 15 | 12 | 15 | E | 4 | | | | | | | | | | | | | | | 4 |
| Komunikacja interpersonalna w sporcie | 27 | 12 | 15 | | | | | | | | | 12 | 15 | | 3 | | | | | | | 3 |
| Trening propriocepcji | 27 | 12 | 15 | | | | | 12 | 15 | E | 4 | | | | | | | | | | | 4 |
| Elementy relaksacji | 12 | 6 | 6 | 6 | 6 | | 3 | | | | | | | | | | | | | | | 3 |
| Metodyka przygotowania motorycznego w dyscyplinach sportu* | | | | | | | | | | | | | | | | | | | | | | |
| zespołowych | 27 | 12 | 15 | | | | | 12 | 15 | E | 5 | | | | | | | | | | | 5 |
| indywidualnych | 27 | 12 | 15 | 12 | 15 | E | 5 | | | | | | | | | | | | | | | 5 |
| Urządzenia i sprzęt sportowy | 18 | 9 | 9 | | | | | | | | | | | | | 9 | 9 | | | | 2 | 2 |
| Doping w sporcie | 18 | 9 | 9 | | | | | | | | | 9 | 9 | | 2 | | | | | | | 2 |
| Kontrola lekarska w sporcie | 27 | 12 | 15 | | | | | | | | | 12 | 15 | E | 4 | | | | | | | 4 |
| Seminarium magisterskie | 18 | 18 | | | | | | | | | | 9 | | | 2 | 9 | | | | | 2 | 4 |
| Egzamin magisterski | | | | | | | | | | | | | | | | | | | E | | 13 | 13 |

| Praktyki i obozy | | | | | | | | | | | | | | | | | | | | |
|------------------------------------|---------------|---------|-----------|--|----|-----|------|---|-----|-----|------|--|-----|-----|------|--|----|-----|------|-------------|
| Praktyka trenerska | 60 | | 60 | | | | | | 30 | | 2 | | 30 | | 2 | | | | 4 | |
| Obóz wędrowny [#] | 55 | | 55 | | | | | | 55 | | 2 | | | | | | | | 2 | |
| R A Z E M | | | | | | | | | | | | | | | | | | | | |
| Przedmiot | Ogółem godzin | Wykłady | Ćwiczenia | II stopień | | | | | | | | | | | | | | | | ECTS ogółem |
| | | | | I rok | | | | | | | | II rok | | | | | | | | |
| | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | 15 tyg | | | | |
| | | | | I sem | | | ECTS | II sem | | | ECTS | III sem | | | ECTS | IV sem | | | ECTS | |
| | | | | w | ćw | Egz | | w | ćw | Egz | | w | ćw | Egz | | W | ćw | Egz | | |
| Obciążenie semestralne / ECTS | 811 | 323 | 488 | 112 | 80 | 4 | 30 | 84 | 184 | 4 | 30 | 76 | 146 | 3 | 29 | 51 | 78 | 3 | 31 | 120 |
| Liczba godzin w semestrze | | | | 192 | | | | 268 | | | | 222 | | | | 129 | | | | |
| Liczba egzaminów w semestrze | | | | 4 | | | | 4 | | | | 3 | | | | 3 | | | | |
| Suma punktów ECTS w roku akadem. | | | | 60 | | | | | | | | 60 | | | | | | | | 120 |
| Liczba godzin w roku akadem. | | | | 460 | | | | | | | | 351 | | | | | | | | |
| Razem godzin na II stopniu studiów | | | | 811 | | | | | | | | | | | | | | | | |
| Egzaminy | | | | Diagnostyka - metody biochemiczne | | | | Etyka w sporcie | | | | Język obcy | | | | Diagnostyka psychologiczna w sporcie | | | | |
| | | | | Dietetyka i suplementacja w sporcie | | | | Diagnostyka - metody biomechaniczne | | | | Projektowanie, realizacja i kontrola treningu sportowego | | | | Specjalizacja sportowa - instruktorska | | | | |
| | | | | Diagnostyka - metody fizjologiczne | | | | Metodyka przygotowania motorycznego w dyscyplinach sportu zespołowych | | | | Kontrola lekarska w sporcie | | | | Egzamin magisterski | | | | |
| | | | | Metodyka przygotowania motorycznego w dyscyplinach sportu indywidualnych | | | | Trening propriocepcji | | | | | | | | | | | | |

[#] do wyboru obóz: pieszy, kajakowy, rowerowy, żeglarski