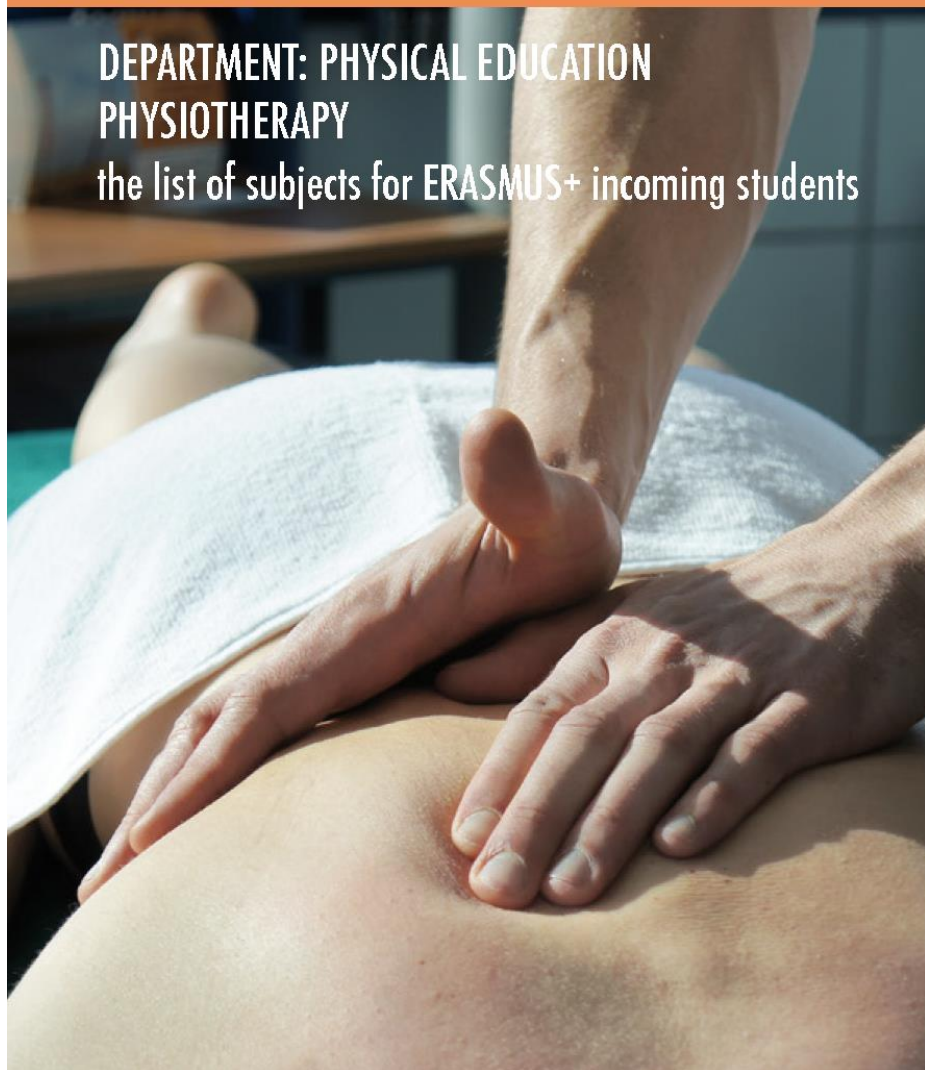




**AKADEMIA WYCHOWANIA FIZYCZNEGO
IM. EUGENIUSZA PIASECKIEGO W POZNANIU**

**DEPARTMENT: PHYSICAL EDUCATION
PHYSIOTHERAPY**

the list of subjects for ERASMUS+ incoming students



FIELD OF STUDY: PHYSIOTHERAPY**LIST OF SUBJECTS 2025/2026****LIST OF SUBJECT ONLY FOR PHYSIOTHERAPY STUDENTS**

No.	SUBJECT	HOURS/ ECTS	FORM OF PASSING
Practical subjects – winter and summer semester			
02-FT-1-ER-17	Clinical practices in physiotherapy I (Praktyki kliniczne z zakresu fizjoterapii)	80/8	Pass
02-FT-1-ER-18	Clinical practice II (Praktyki Kliniczne) - Medical Care and Rehabilitation Centre	80/8	Pass
02-FT-1-ER-22	Clinical practices in physiotherapy III (Praktyki kliniczne z zakresu fizjoterapii)	80/8	Pass
Theoretical subject – summer semester ONLY!			
02-FT-1-ER-21	Modern technologies in physiotherapy (Nowoczesne Technologie w Fizjoterapii)	15/4	Practical exam
02-FT-1-ER-23	Cognicise: cognition & exercise (Cognicise: ćwicz i myśl)	15/4	Practical exam
02-FT-1-ER-24	Kinesiotaping in physiotherapy and sport (Kinesiotaping w fizjoterapii i sporcie)	15/4	Practical exam
02-FT-1-ER-25	Gymnastics for the elderly (Gimnastyka senioralna)	15/4	Practical exam
02-FT-1-ER-01	Functional diagnostic in motor system disorders (Diagnostyka funkcjonalna w dysfunkcjach narządu ruchu)	20/5	Exam
02-FT-1-ER-02	Basics of Rehabilitative Ultrasound Imaging (Podstawy ultrasonografii rehabilitacyjnej)	20/5	Exam
02-FT-1-ER-03	The basics of McKenzie method and diagnostics of gross and fine motor skills with Functional Movement Screen (FMS™) (Podstawowe zagadnienia dotyczące terapii metodą McKenzie)	20/5	Exam
02-FT-1-ER-04	Neurological rehabilitation (Rehabilitacja neurologiczna)	20/5	Pass
02-FT-1-ER-05	Pulmonary rehabilitation (Rehabilitacja pulmonologiczna)	15/4	Pass
02-FT-1-ER-06	Dysfunction of Children Body Posture (Zaburzenia i dysfunkcje postawy ciała u dzieci)	20/5	Pass

02-FT-1-ER-07	Objective physiotherapeutic assessment using motion capture, Zebris System, Delos System and e.t.c. (Obiektywna ocena fizjoterapeutyczna z wykorzystywaniem systemów obrazujących ruch, systemu Zebris, systemy Delos itp.)	20/5	Exam
02-FT-1-ER-09	Adapted Physical Activity of Disabled (Aktywność fizyczna osób niepełnosprawnych)	15/4	Pass
02-FT-1-ER-10	Sherborne Developmental Movement- Therapy for those with minimal movement experience, as well as children with proper development (Metoda ruchu rozwijającego Weroniki Sherborne)	15/4	Exam
02-FT-1-ER-11	Sports Medicine and Traumatology with first aid (Medycyna sportu i traumatologia z elementami pierwszej pomocy)	15/4	Exam
02-FT-1-ER-12	Histology (Histologia)	15/4	Exam
01-WF-1-ER-21	Methodology of Teaching Basic Swimming for Children with Elements of Halliwick Method (Metodyka Nauczania Pływania Podstawowego z Elementami Terapii Wodnej Halliwick)	15/4	Pass
01-WF-1-ER-10	General Physiology (Fizjologia Ogólna)	15/4	Exam
01-WF-1-ER-08	Exercise Physiology (Fizjologia Wysiłkowa)	15/4	Exam
01-WF-1-ER-26	Health Education (Wychowanie Zdrowotne)	15/4	Exam
01-T-1-ER-13	Yoga (Joga)	15/4	Pass
02-FT-1-ER-19	Diagnostic and therapeutic methods for upper extremities disfunctions in neurological conditions (Badanie i rehabilitacja dysfunkcji kończyn górnych w schorzeniach neurologicznych)	15/4	Practical exam
02-FT-1-ER-20	Basics of Proprioceptive Neuromuscular Facilitation PNF (Podstawy Proprioceptywnego Torowania Nerwowo-Mięśniowego PNF)	15/4	Practical exam
01-WF-1-ER-27	Basics of Health Training (Podstawy Treningu Zdrowotnego)	15/4	Pass
01-WF-1-ER-28	Anthropomotorics (Antropomotoryka)	15/4	Pass
01-WF-1-ER-29	Physical Activity of Pregnant Women (Aktywność Fizyczna Kobiet w Cięży)	15/4	Pass

	Eurhythmics for adults and the elderly (Rytmika dla dorosłych i seniorów)	15/4	Practical exam
	Athletes diagnostics in laboratory setting (Kontrola przygotowania motorycznego w warunkach laboratoryjnych)	15/4	Practical exam

OBLIGATIONS

Classes for ERASMUS Incoming Students

All Incoming Students are obliged to respect the following rules:

1. **Students should establish/update** the list of classes/lectures to attend (learning agreements) as soon as possible (within one month of their arrival to Poznań). Student must not make changes in this document during the semester or shortly before the exams because it is the basis for preparation of an Exam Card.
2. Student must not stop attending **classes/lectures during the course. Institutional and Departmental Coordinator and teacher responsible for it should be informed earlier.**
3. Students should come to classes run by Polish teachers **on time.**
4. Within every chosen course an Erasmus Student has the maximum of 15 class-hours of **lectures** (in English) and, besides that, participates in some practical classes together with the Polish students. We offer a **module of subjects in English** with our academic teachers who are responsible for the subject and are obliged to do their best to help students. The module is based on proposals from incoming students (their Learning Agreements). Whether a course will be offered in English is subject to student demand (min. 50% of incoming students). For financial reasons **we can offer a MAXIMUM of 10 subjects per semester from each faculty and 5 subject for physiotherapy students (no more).**
5. The teacher enters points for Erasmus student courses into the USOS system, to which the student has access. The Transcript of Records which **will be sent directly to the coordinator at the partner institution not earlier than one month after the end of semester.**
6. In case of **any problems** an Erasmus Student should immediately contact his/her Polish partner-student, the Institutional or Departmental Coordinator.
7. According to the Bilateral Agreement signed with your university, the IRO will confirm the real time of your study only.

Subject	PRAKTYKI KLINICZNE Z ZAKRESU FIZJOTERAPII I
	CLINICAL PRACTICES IN PHYSIOTHERAPY I
Unit of AWF	Poznańskie Centrum Fizjoterapii Funkcjonalnej sp. z o.o., Mostowa 6 Street, floor 4, Poznań
Teacher's name	Magdalena Goliwąg, PT, PhD
ECTS points	8
Number of hours	80
Methods of estimation	<ul style="list-style-type: none"> •Active participation in the classes (one absence allowed) •Preparation for classes (doing home tasks) •Preparation of a patient treatment plan
Effects/results of education	<p><i>This course is designed for physiotherapy students. Basic knowledge of human anatomy and biomechanics is required. The course will cover basic orthopaedic conditions and various conditions of musculoskeletal system and neurological patient like:</i></p> <ul style="list-style-type: none"> •Degenerative changes in various joints •Disorders of bones and soft tissues (fractures, sprains, strains, inflammations) •Tendons and ligamentous injuries (raptures) •Low back pain •Open and close fractures •Various joints replacements •Reconstructive surgery •Other orthopaedic conditions •Functional assessment of patient after stroke <p><i>Practical classes will be held at the rehabilitation room, where students will be able to observe physiotherapists during their work with the patient, perform some basic procedures / evaluations and carry out exercises with the patient.</i></p> <ul style="list-style-type: none"> •Presentation and supervision of exercises performed by patients recommended by the leading physiotherapist •Operation of equipment and selected measuring devices •Learning to perform basic functional assessment tests •Analysing test results and proper clinical reasoning •Learning techniques to reduce muscle tension <p><i>Participation in the development of a patient treatment plan</i></p>
Topics of the classes	<ul style="list-style-type: none"> • Nonoperative treatment of acute and overuse injuries of lower and upper extremities. • Rehabilitation of the upper extremity (shoulder, elbow, wrist) after common arthroscopic procedures. • Rehabilitation of the lower extremity (hip, knee, ankle) after common arthroscopic procedures.

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- *Practical approach to rehabilitation (demonstration of exercises, justification for selection of exercises and sequence of their execution).*
 - *Differences in rehabilitation of the professional athletes. Biomechanical evaluation and return to sport criteria after injury / surgery.*
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**Recommended
literature**

- *Bobath B.: Adult Hemiplegia: Evolution and Treatment, Oxford 1990*
- *Peter Brukner, Karim Khan "Clinical Sports Medicine" McGraw-Hill Education / Australia 2012, 4th Edition*
- *S. Brent Brotzman, Kevin E. Wilk "Clinical Orthopaedic Rehabilitation" Mosby 2003, 2nd Edition (or new edition: Charles E. Giangarra, Robert C. Manske "Clinical Orthopaedic Rehabilitation: A Team Approach" Elsevier 2017, 4th Edition)*

Subject	PRAKTYKI KLINICZNE II
	CLINICAL PLACEMENT II- MEDICAL CARE AND REHABILITATION
Unit of AWF	Zakład Opiekuńczo - Leczniczy i Rehabilitacji Medycznej, (Medical Care and Rehabilitation Center), Mogileńska 42 Street, 61-044 Poznań
Teacher's name	Jakub Urbanowicz MSc PT , Martyna Reinholz, MSc PT
ECTS points	8
Number of hours	80
Methods of estimation	<ul style="list-style-type: none"> - <i>Active participation in the classes</i> - <i>Preparation of a patient treatment plan, adequate to the type of injury / surgery and rehabilitation period</i>
Effects/results of education	<p><i>Students can:</i></p> <ul style="list-style-type: none"> - <i>examine the functional patient after injury and in the course of neurological diseases</i> - <i>plan and carry rehabilitation procedures</i>
Topics of the classes	<ul style="list-style-type: none"> – <i>Rehabilitation in neurology: Encephalitis, Meningitis, Stroke, Cerebral Palsy, Brain Injuries, Multiple Sclerosis, Parkinson's and Alzheimer's Diseases, SLA</i> – <i>Pathological Manifestation of aging, Musculoskeletal and Neurological disorders and disease, Cognitive disorders, Cardiovascular, Pulmonary, Skin conditions and diseases, Metabolic pathologies</i> – <i>Various condition of Musculoskeletal System: Arthritic conditions, disorders of bones and soft tissues (fractures, sprains, strains, inflammations), upper and lower limb, spinal deformities and disorders, musculoskeletal pain management</i>
Recommended literature	

Subject	PRAKTYKI KLINICZNE Z ZAKRESU FIZJOTERAPII III
	CLINICAL PRACTICES IN PHYSIOTHERAPY III
Unit of AWF	Unit/Department of Sports Medicine and Traumatology, CORE clinic , Droga Dębińska 10c Street, 61-555 Poznań
Teacher's name	Przemysław Lutomski, PT, PhD
ECTS points	8
Number of hours	80
Methods of estimation	<ul style="list-style-type: none"> - Active participation in the classes (one absence allowed) - Preparation for classes (doing home tasks) - Preparation of a patient treatment plan, adequate to the type of injury / surgery and rehabilitation period
Effects/results of education	<p>Knowledge about common injuries in sport and the way of evaluation/examination and treatment; Manual Therapy – diagnosis/evaluation and treatment Orthopedic rehabilitation after knee and feet surgery</p>
Topics of the classes	<p>Definitions: Trauma/injuries/overuse syndromes Manual Techniques in Practice Diagnosis, first aid and treatment in traumatology and manual medicine/physiotherapy Principles of injury prevention Aqua therapy Children posture defects</p>
Recommended literature	<p>Peter Brukner, Karim Khan "Clinical Sports Medicine" McGraw-Hill Education / Australia 2012, 4th Edition S. Brent Brotzman, Kevin E. Wilk "Clinical Orthopaedic Rehabilitation" Mosby 2003, 2nd Edition (or new edition: Charles E. Giangarra, Robert C. Manske "Clinical Orthopaedic Rehabilitation: A Team Approach" Elsevier 2017, 4th Edition)</p>

NOWOCZESNE TECHNOLOGIE W FIZJOTERAPII

MODERN TECHNOLOGIES IN PHYSIOTHERAPY

Unit of AWF**Department of Digital Technologies in Physical Activity/
Zakład Cyfrowych Technologii w Aktywności Fizycznej****Teacher's name****Magdalena Cyma-Wejchenig, PhD****ECTS points****4****Number of hours****15****Methods of estimation**

*PowerPoint presentation:
Physical activation/rehabilitation with the use of modern
technologies for a person with a selected disease entity.*

**Effects/results of
education**

- *Demonstrate knowledge and understanding to the extent appropriate for curriculum, the operation of specialized equipment, and equipment using modern technology used for the needs of physiotherapy for therapeutic purposes.*
- *Has advanced equipment handling skills and specialized diagnostic and measurement equipment for the purpose functional assessment of the patient, necessary in the physiotherapy process.*
- *Can use specialized tools and IT techniques in order to obtain data, and critically analyze and evaluate this data.*
- *Draws conclusions from scientific research and his own observations*

Topics of the classes

- *New Technology Trends in Physical Therapy: Motion Capture Tech, Virtual Reality, Video Games, Rehabilitation Robotics, PT Practice Management Software, Telehealth.*
- *Modern methods of analyzing the progress of the physiotherapy process in relation to body posture. Examples of physiotherapy based on biofeedback in various dysfunctions.*
- *Stabilometric platforms in physiotherapy as a method of examination and biofeedback physiotherapeutic procedure.*
- *Conducting the study, analysis of the results obtained in relation to the patient's functional status with using digital technology.*
- *The use of modern physiotherapy techniques in practice.*
- *A proposal of physiotherapy plan with the use of modern technologies, defining the closer and further therapy goals.*

**Recommended
literature**

Williamson, B. Physical Therapy, Design, and Technology in a Changing World, Physical Therapy, Volume 101, Issue 12, December 2021
Soares, A. et.al. New Technology for Physical Therapy: The Serious Games, Synapse Editora, Compartilhando conhecimento, 2022.

Subject	COGNICISE: ĆWICZ I MYŚL
	COGNICISE: COGNITION & EXERCISE
Unit of AWF	Department of Gymnastics/ Pracownia Gimnastyki
Teacher's name	Jan Adamczyk PhD, Roman Celka PhD
ECTS points	4
Number of hours	15
Methods of estimation	<ol style="list-style-type: none"> 1. <i>Formative assessment:</i> <ol style="list-style-type: none"> a) <i>practical skills test,</i> b) <i>observation during classes, activity.</i> 2. <i>Summative assessment: summary of learning outcomes achieved</i> <ul style="list-style-type: none"> - <i>evaluation of students' abilities based on the results of the examination carried out in the form of a presentation.</i>
Effects/results of education	<ul style="list-style-type: none"> - <i>The graduate understands the nature and purpose of the exercises in the cognicise model.</i> - <i>The graduate is proficient in a wide range of exercises in the cognicise model</i> - <i>The graduate is able to design and implement exercises in the cognicise model according to the training group.</i>
Topics of the classes	<ul style="list-style-type: none"> - <i>Introduction to the nature and purpose of the cognicise model of exercises.</i> - <i>Working with musical accompaniment.</i> - <i>Applying dual-tasking in auditory-motor, visual-motor and verbal-motor forms.</i> - <i>Using of electronic equipment.</i> - <i>Demonstration of a wide range of cognicise exercises in both dual and multi-tasking models.</i> - <i>Self-presentation (by students) of prepared exercises.</i>

Recommended literature

Gronek P., Adamczyk J., Celka R., Gronek J. Cognicise – a new model of exercise. *Trends in Sport Sciences*. 2021;28(1), p5 6p.

Suzuki T., et al. Community-based intervention for prevention of dementia in Japan. *Journal of Prevention Alzheimer Disease*. 2015;2(1):71-76

Shatil E. Dose combined cognitive training and physical activity training enhance cognitive abilities more than either alone? A four-condition randomized controlled trial among healthy older adults. *Frontiers in Aging Neuroscience*. 2013;5:8

Shimada H. Cognicise and anti-aging of cognitive function. *Scientific Meeting of Japanese Society of Anti-Aging Medicine*. 2016;12:315-320

Shimada H., Makizako H., Doi T., Park H., Tsutsumimoto K., Verghese J.,

Suzuki T. Effects of Combined Physical and Cognitive Exercises on Cognition and Mobility in Patients With Mild Cognitive Impairment: A Randomized Clinical Trial. J Am Med Dir Assoc. 2018;19(7):584–91.
Kozaki K. Exercise and prevention of dementia. Neurological Therapeutics. 2015;32:923-926

Subject	KINESIOTAPING W FIZJOTERAPII I SPORCIE
	KINESIOTAPING IN PHYSIOTHERAPY AND SPORT
Unit of AWF	Department of Musculoskeletal Rehabilitation/Zakład Rehabiliacji Narządu Ruchu
Teacher's name	Łukasz Michałowski , PhD PT
ECTS points	4
Number of hours	15
Methods of estimation	<ol style="list-style-type: none"> 1. <i>Practical classes, workshop.</i> 2. <i>The evaluation process consist of preparation to the classes and practical test.</i>
Effects/results of education	<ol style="list-style-type: none"> 1. <i>The aim of the classes is acquiring knowledge in the theory of the Kinesiotaping method</i> 2. <i>Acquiring the ability to effectively apply the tape in specific clinical cases</i> 3. <i>Student after classes has knowledge of the principles of using the Kinesiotaping method, including indications and contraindications</i> 4. <i>Independently performs all types of applications learned on the classes</i> 5. <i>Is able to select the appropriate type of application for a clinical unit.</i>
Topics of the classes	<ol style="list-style-type: none"> 1. <i>Introduction to the concept of the Kinesiotaping method: history, application, properties of Kinesio tape.</i> 2. <i>The impact of Kinesio tape on the skin and superficial and deep fascia.</i> 3. <i>Tape application rules.</i> 4. <i>Tape removal methods.</i> 5. <i>Contraindications, precautions and guidelines for the use of the Kinesio Taping Method</i> 6. <i>Sample applications using kinesio tape for muscle relaxation, muscle stimulation, analgesic, stabilizing and lymphatic.</i>
Recommended literature	<i>Clinical Therapeutic Applications of the Kinesio Taping Method by Kenzo Kase, Jim Wallis, Tsuyoshi Kase.</i>

Subject	GYMNASTICS FOR THE ELDERLY
	GIMNASTYKA SENIORALNA
Unit of AWF	Department of Gymnastics/ Pracownia Gimnastyki
Teacher's name	Jan Adamczyk PhD, Roman Celka PhD
ECTS points	4
Number of hours	15
Methods of estimation	<p>1. <i>Formative assessment:</i></p> <p>a) <i>practical skills test,</i></p> <p>b) <i>observation during classes, activity.</i></p> <p>2. <i>Summative assessment: summary of learning outcomes achieved</i></p> <p>- <i>evaluation of students' abilities based on the results of the examination carried out in the form of a presentation.</i></p>
Effects/results of education	<ul style="list-style-type: none"> - <i>The graduate understands the nature and purpose of gymnastics for the elderly.</i> - <i>The graduate is proficient in a wide range of efficient and safe gymnastics exercises for the elderly.</i> - <i>The graduate is able to design and implement gymnastic exercises for the elderly.</i>
Topics of the classes	<ul style="list-style-type: none"> - <i>The importance of physical activity for older people. Introduction to the nature and purpose of gymnastics for the elderly.</i> - <i>Forming structured schemes, warm-up exercises, marching, stretching exercises, balance exercises, agility exercises and relaxation exercises.</i> - <i>Demonstration of a wide range of fundamental gymnastic exercises designed for the elderly – free shaping exercises on the gym mats.</i> - <i>Gymnastics shaping exercises with hand apparatus – balls.</i> - <i>Gymnastics shaping exercises with hand apparatus – gymnastic sticks.</i> - <i>Gymnastics shaping exercises with hand apparatus – dumb-bells.</i> - <i>Gymnastics shaping exercises with hand apparatus – towels.</i> - <i>Gymnastics shaping exercises on wall ladders</i> - <i>Rhythmic gymnastics for elderly with elements of Dalcroze eurhythmics (with musical accompaniment).</i> - <i>Self-presentation (by students) of prepared exercises.</i>
Recommended literature	<p><i>How much physical activity do older adults need? Centers for Disease Control and Prevention.</i></p> <p><i>https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm,</i></p>

access: 03.03.2023

Physical Activity Guidelines for Americans (2nd edition). U.S. Department of Health and Human Services, 2018.

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf#page=67, access 12.02.2023

Riva L. Rahl. Physical Activity and Health Guidelines. Human Kinetics Publishers, 2010

Peggie L. Williamson. Exercise for Special Populations. Lippincott Williams and Wilkins, 2018

Albert W. Taylor. Physiology of Exercise and Healthy Aging. Human Kinetics Publishers, 2021

Subject	DIAGNOSTYKA FUNKCJONALNA W DYSFUNKCJACH NARZĄDU RUCHU
	FUNCTIONAL DIAGNOSTIC IN MOTOR SYSTEM DISORDERS
Unit of AWF	Chair of Clinical Physiotherapy
Teacher's name	Marcin Grześkowiak PhD
ECTS points	5
Number of hours	20
Methods of estimation	<i>Methods of education: workshops (maximum number of participants: 12), method of evaluation: oral exam</i>
Effects/results of education	<p><i>At the conclusion of this subject students will be able to:</i></p> <ul style="list-style-type: none"> - perform the physical examination of patients with motor system disorders - understand the principles of clinical reasoning - distinguish between disorders of motor system caused by peripheral nervous system and musculoskeletal system - demonstrate orthopedics tests for shoulder, knee, cervical and lumbar spine - demonstrate neurological and neurodynamic evaluation of peripheral nervous system
Topics of the classes	<p>1) <i>Cranial nerve examination guidelines</i></p> <p>2) <i>Upper and lower limb neurological examination guidelines</i></p> <p>3) <i>Shoulder examination guidelines</i></p> <p>4) <i>Knee examination guidelines</i></p> <p>5) <i>Cervical and lumbar spine examination guidelines</i></p>
Recommended literature	<p>1) <i>Jarvis C. Student Laboratory Manual for Physical Examination & Health Assessment</i></p> <p>2) <i>Magee DJ. Orthopedic Physical Assessment</i></p>

Subject	PODSTAWY ULTRASONOGRAFII REHABILITACYJNEJ
	BASICS OF REHABILITATIVE ULTRASOUND IMAGING
Unit of AWF	Chair of Clinical Physiotherapy
Teacher's name	Marcin Grześkowiak PhD
ECTS points	5
Number of hours	20
Methods of estimation	<i>Methods of education: workshops (maximum number of participants: 6), method of evaluation: oral exam</i>
Effects/results of education	<p><i>At the conclusion of this subject students will be able to:</i></p> <ul style="list-style-type: none"> - operate and optimize ultrasound unit - understand the limitations of diagnostic musculoskeletal ultrasound imaging and when further expertise is clinically warranted - image and identify relevant anatomy of the shoulder and lower trunk - demonstrate effective imaging and assessment of various soft tissues, including tendons, muscles etc. - demonstrate muscle contraction and relaxation - utilize ultrasound imaging to help make appropriate management decisions according to the clinical situation
Topics of the classes	<p><i>1) Theoretical background of Rehabilitative Ultrasound Imaging</i></p> <p><i>2) Anatomy, physiology, sonoanatomy and pathology of lateral abdominal wall</i></p> <p><i>3) Anatomy, physiology, sonoanatomy and pathology of anterior abdominal wall</i></p> <p><i>4) Anatomy, physiology, sonoanatomy and pathology of lumbo-sacral complex</i></p> <p><i>5) Anatomy, physiology, sonoanatomy and pathology of shoulder complex</i></p>
Recommended literature	<p><i>1) Jacobson JA. Fundamentals of Musculoskeletal Ultrasound</i></p> <p><i>2) O'Neill JMD. Musculoskeletal Ultrasound: Anatomy and Technique</i></p>

Subject	<p>PODSTAWOWE ZAGADNIENIA DOTYCZĄCE TERAPII METODĄ MCKENZIE ORAZ METODA FUNCTIONAL MOVEMENT SCREEN (FMS™) JAKO PRZYKŁAD GLOBALNEJ DIAGNOSTYKI FUNKCJONALNEJ</p> <p>THE BASICS OF MCKENZIE METHOD AND DIAGNOSTICS OF GROSS AND FINE MOTOR SKILLS WITH FUNCTIONAL MOVEMENT SCREEN (FMS™)</p>
Unit of AWF	Department of Musculoskeletal Rehabilitation/ Zakład Rehabilitacji Narządu Ruchu
Teacher's name	Łukasz Michałowski , PhD PT
ECTS points	5
Number of hours	20
Methods of estimation	<p><i>Practical classes, workshop. The evaluation process consist of preparation to the classes and practical and written tests.</i></p>
Effects/results of education	<p><i>McKenzie Method is a concept based on knowledge of symptoms and the analysis of behavior of complaints and joint mechanics (motion segment), in an interview and physical examination. Examination of the McKenzie Method allows to determine the direction of movement of the damaged tissue so the therapist can determine which body movement can push those tissues back on the right place. McKenzie treatment uniquely emphasizes education and active patient involvement in the management of their treatment in order to decrease pain quickly, and restore function and independence, minimizing the number of visits to the clinic.</i></p> <p><i>The Functional Movement Screen (FMS™) is an assessment technique, which attempts to identify imbalances in mobility and stability during fundamental movement patterns. This assessment tool is thought to exacerbate the individual's compensatory movement problems, allowing for easy identification. It is these movement flaws that may lead to breakdown in the kinetic linking system, causing inefficiency and microtrauma during activity. In many cases, muscle flexibility and strength imbalances along with previous injuries may not be identified. These problems, which have been acknowledged as significant risk factors for injury, will be identified using the FMS™.</i></p>
Topics of the classes	<ol style="list-style-type: none"> <i>The principles of McKenzie Method and Functional Movement Screen (FMS™).</i> <i>Definitions and terms used in the McKenzie Method and Functional Movement Screen (FMS™).</i> <i>Forms and documents used in the McKenzie Method and Functional Movement Screen (FMS™); The ranking and</i>

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- grading system.*
4. *The epidemiology of body disorders; Injury prevention.*
 5. *Pain patterns and mechanism of pain production.*
 6. *The McKenzie classification of spinal pain; Treatment of the anatomical disruption or displacement within the motion segment (Derangement Syndrome). Treatment of the end-range stress of normal structures (Postural Syndrome) and end-range stress of shortened structures (Dysfunction Syndrome).*
 7. *Biomechanics and movement patterns; Limitations of strength, balance and range of motion.*
 8. *Functional Movement Screen (FMS™) - tool for analysing the stability of body segments during movement; Part of the comprehensive physiotherapeutic and biomechanical assessment of physically active persons as an element of primary prevention of sport injuries.*
 9. *Physical examination and assessment in McKenzie Method and Functional Movement Screen (FMS™)*
 10. *The mechanical therapy procedures; education of the patient and patient involvement in the treatment; Corrective exercise to restore movement patterns.*
 11. *Proper movement and building strength on it.*
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**Recommended
literature**

Subject	REHABILITACJA NEUROLOGICZNA
	NEUROLOGICAL REHABILITATION
Unit of AWF	Department of Musculoskeletal Rehabilitation/ Zakład Rehabiliacji Narządu Ruchu
Teacher's name	Magdalena Goliwąg, PhD Lech Furmaniuk, PhD
ECTS points	5
Number of hours	20
Methods of estimation	<i>Active participation in the classes. Practical classes, workshop.</i>
Effects/results of education	<p><i>After completing this course, the student:</i></p> <ul style="list-style-type: none"> - <i>Has the ability to carry out a structural and functional assessment of patient after stroke</i> - <i>Understands the differences between patients with acute and chronic stroke</i> - <i>Knows the techniques applied in increased muscle tension</i> - <i>Knows therapeutic strategies in patients after stroke</i>
Topics of the classes	<ol style="list-style-type: none"> <i>1. Basic assessment of neurological patient (after stroke, cranio-cerebral trauma)</i> <i>2. The test used for functional assessment: Up and Go, Berg Balance Scale, Fugel-Meyer Test, Stroke Rehabilitation Assessment of Movement</i> <i>3. Techniques to reduce muscle tension</i> <i>4. Differences in management of acute and chronic phase after stroke and cranio-cerebral trauma</i> <i>5. Practical training with the patient on the mat</i>
Recommended literature	<ol style="list-style-type: none"> <i>1. Rain S., Meadows L., Lynch-Ellerington M.: Bobath Concept Theory and Clinical Practice I Neurological Rehabilitation. Wiley-Blackwell; 2009</i> <i>2. Bobath B.: Adult Hemiplegia: Evolution and Treatment, 3rd end. Butterworth-Heinemann; Oxford 1990</i>

Subject	REHABILITACJA PULMONOLOGICZNA
	PULMONARY REHABILITATION
Unit of AWF	Chair of Clinical Physiotherapy
Teacher's name	Dorota Dolecińska PhD PT
ECTS points	4
Number of hours	15
Methods of estimation	<ul style="list-style-type: none"> • <i>oral presentation</i> • <i>demonstration of rehabilitation techniques</i>
Effects/results of education	<p><i>After the course student is able to:</i></p> <ul style="list-style-type: none"> • <i>perform a functional examination and evaluation of pulmonary patients paying attention to common signs and symptoms of obstructive and restrictive diseases and red flags,</i> • <i>select techniques and exercises according to the patient's clinical condition: (1) instruct the patient in how to perform exercises and (2) perform techniques used in pulmonary rehabilitation,</i> • <i>plan a rehabilitation program based on the guidelines and recommendations for pulmonary rehabilitation in the most common diseases of the respiratory system.</i>
Topics of the classes	<p><i>1) Functional examination and evaluation of pulmonary patients for physiotherapists. The SOAP note (subjective, objective, assessment, plan).</i></p> <p><i>2) Differential diagnosis for physiotherapists. Assessment of patient-reported symptoms. Red flag signs and symptoms.</i></p> <p><i>3) Exercise training in pulmonary rehabilitation. Breathing exercises. Inspiratory and expiratory muscles training. Breathing control techniques. Alternative methods of exercise therapy (e.g. yoga, tai chi, exergames).</i></p> <p><i>4) Chest physiotherapy. Lung expansion techniques. Mucus clearance techniques in pulmonary rehabilitation (chest percussion, chest compression, chest vibration, postural drainage, modified postural drainage, dynamic drainage, autogenic drainage, active cycle of breathing technique, positive expiratory pressure technique, oscillating positive expiratory pressure technique, forced expiration technique, manually assisted cough).</i></p> <p><i>5) Guidelines and recommendations for rehabilitation in common obstructive and restrictive respiratory diseases in acute and chronic stage of the disease (i.a. chronic obstructive pulmonary disease,</i></p>

**Recommended
literature**

- Pradan L, Mihaltan F, Bansal V (eds.) *Practical Guide for Pulmonary Rehabilitation: The Essential Source for Pulmonary Rehabilitation Programs*. Nova Science Publishers, Incorporated, 2021
- Clini E, Holland AE, Pitta F, Troosters T (eds.) *Textbook of Pulmonary Rehabilitation*. Springer International Publishing AG, 2018

Subject	ZABURZENIA I DYSFUNKCJE POSTAWY CIAŁA U DZIECI
	DYSFUNCTION OF CHILDREN BODY POSTURE
Unit of AWF	Department of Musculoskeletal Rehabilitation/ Zakład Rehabilitacji Narządu Ruchu
Teacher's name	Marta Flis-Masłowska, PhD (NMT, European Neuromuscular Therapist)
ECTS points	5
Number of hours	20
Methods of estimation	<i>Practical classes, workshop. The evaluation consists on practical tests and powerpoint presentation.</i>
Effects/results of education	<p><i>The objective of this course is to provide students with knowledge on the types of body dysfunctions, use of functional assessment of children posture, physical examination and education of the patient. Moreover students are able to practical use of Thera-Band exercise bands and basic myofascial therapeutic techniques.</i></p> <p>Objectives of the subject:</p> <ul style="list-style-type: none"> - diagnosis with shaping body posture and postural control in ontogenesis; - learning individual and team preventive and corrective actions, adequate to postural disorders and various rehabilitation method.
To pics of the classes	<p>Program content:</p> <ol style="list-style-type: none"> 1. Analysis of the formation and changes within the body posture and anatomic-physiological conditions. 2. The mechanism of shaping the body posture - biomechanical interpretation. 3. Characteristics of the correct posture. 4. Muscle balance and dysbalance in the pelvic, thoracic, dorsal, abdominal and knee areas. 5. Diagnostic various methods used in the assessment of postural disorders. 6. Disfunction of the posture in the sagittal plane: the concave back, the round one, the back round - concave, flat back. 7. Individual and team corrective procedures. Use of Thera- Band tapes in posture defects therapy.
Recommended literature	Articles in scientific body posture journals are recommended

Subject	OBIEKTYWNA OCENA FIZJOTERAPEUTYCZNA Z WYKORZYSTYWANIEM SYSTEMÓW OBRAZUJĄCYCH RUCH, SYSTEMU ZEBRIS, SYSTEMY DELOS OBJECTIVE PHYSIOTHERAPEUTIC ASSESSMENT USING MOTION CAPTURE, ZEBRIS SYSTEM, DELOS SYSTEM AND E.T.C.
Unit of AWF	Department of Musculoskeletal Rehabilitation/Zakład Rehabiliacji Narządu Ruchu
Teacher's name	Daniel Choszczewski, MSc PT
ECTS points	5
Number of hours	20
Methods of estimation	<i>-practical classes, workshop</i> <i>- participation in laboratory demonstrations</i> <i>- final written test</i>
Effects/results of education	<i>The result of education will be the ability to use the device for objective functional analysis of the human body and the ability to use results to diagnose defects of posture and dysfunctions</i>
Topics of the classes	<i>The following devices will be presented:</i> <i>1. Tri-plane traffic analysis using Vicon Nexus and BTS Smart-D</i> <i>2. Analysis of body posture parameters for postural and scoliosis defects using the MORA 4G device</i> <i>3. Analysis of arching of the foot using the CQ-ST pod</i> <i>4. Analysis of postural stability on stable substrate using CQ-Stab</i> <i>5. Analysis of postural stability on unstable substrate using Delos</i> <i>6. Analysis and posture of the body using Zebris FDM-T treadmill</i>
Recommended literature	<i>- Whittle's Gait Analysis; David Levine, PhD, PT, Jim Richards, BEng, MSc, PhD and Michael W. Whittle, BSc, MSc, MB, BS, PhD</i> <i>- Gait Analysis, Normal and Pathological Function; Jacquelin Perry.</i>

Subject	AKTYWNOŚĆ FIZYCZNA OSÓB NIEPEŁNOSPRAWNYCH
	ADAPTED PHYSICAL ACTIVITY OF DISABLED
Unit of AWF	Department of Adapted Physical Activity/ Zakład Adaptowanej Aktywności Fizycznej
Teacher's name	Maciej Wilski. PhD, MSc PT
ECTS points	4
Number of hours	15
Methods of estimation	<i>Student's presentation. Practical classes, workshop.</i>
Effects/results of education	<p><i>After completing this course, the student:</i></p> <ul style="list-style-type: none"> <i>- develops the competences necessary to work with disabled athletes</i> <i>- develops teaching, training, and coaching skills, needed for a well-balanced approach in educational and sports environment</i> <i>- develops knowledge of Paralympic sports and adaptive activities.</i>
Topics of the classes	<p><i>A. Foundational topics in APA (Adapted Physical Activity), history, purposes, aims, goals, and objectives of sports for disabled persons, disability based sport organizations, disability sport terminology.</i></p> <p><i>B. Winter and summer Paralympic sports, team sports for disabled persons. Practical training:</i></p> <ul style="list-style-type: none"> <i>- Goalball</i> <i>- Wheelchair Rugby</i> <i>- Boccia</i> <p><i>C. Active rehabilitation – history, purposes, aims, goals, organizations and practical training.</i></p> <p><i>D. Social and psychological advantages of sports of the disabled</i></p>
Recommended literature	<p><i>Sherill C.: Adapted physical activity, recreation and sport. The McGraw-Hill Companies, 1998</i></p> <p><i>Winnick, J., & Porretta, D. (Eds.). (2016). Adapted Physical Education and Sport, 6E. Human Kinetics.</i></p>

Subject	METODA RUCHU ROZWIJAJĄCEGO WERONIKI SHERBORNE
	SHERBORNE DEVELOPMENTAL MOVEMENT- THERAPY FOR THOSE WITH MINIMAL MOVEMENT EXPERIENCE, AS WELL AS CHILDREN WITH PROPER DEVELOPMENT
Unit of AWF	Faculty of Physical Culture in Gorzów Wlkp. (Zamiejscowy Wydział Kultury Fizycznej w Gorzowie Wlkp.) ul. Orłąt Lwowskich 4–6, 66-400 Gorzów Wielkopolski
Teacher's name	Katarzyna Rosicka, MSc
ECTS points	4
Number of hours	15
Methods of estimation	<ul style="list-style-type: none"> - <i>Active participation in the classes, workshop.</i> - <i>Students' presentation</i>
Effects/results of education	<p>Sherborne Developmental Movement is an approach to teaching and working with movement that is both accessible, by people with minimal movement experience, as well as children with proper development.</p> <p>Benefits of using Sherborne Developmental Movement</p> <ul style="list-style-type: none"> •Develop good self esteem, form positive relationships •Improve emotional and physical literacy •Extend and improve communication and creative expression •Build learning power, challenge thinking and increase problem solving <p>At the end of this course, the candidate will be able to:</p> <ol style="list-style-type: none"> 1. Define and understand principles of Sherborne Developmental Movement 2. Apply such knowledge in practice.
Topics of the classes	<ol style="list-style-type: none"> 1. <i>The principles of Sherborne Developmental Movement.</i> 2. <i>Benefits of using Sherborne Developmental Movement</i> 3. <i>Practical Training.</i>
Recommended literature	<ol style="list-style-type: none"> 1. Sherborne W., Developmental Movement for Children, Worth Publishing, 2001 2. https://www.sherbornemovementuk.org/about/sherborne-developmental-movement/

Subject	MEDYCYNĄ SPORTU I TRAUMATOLOGIA Z ELEMENTAMI PIERWSZEJ POMOCY
	SPORTS MEDICINE AND TRAUMATOLOGY WITH FIRST AID
Unit of AWF	Department of Sports Medicine and Traumatology/ Zakład Medycyny Sportu i Traumatologii
Teacher's name	Przemysław Lutomski, PT, PhD Maciej Jurasz MSc, PT OMT, FDM IC
ECTS points	4
Number of hours	15
Methods of estimation	<i>Practical classes, workshop.</i> Written test
Effects/results of education	<i>Knowledge about common injuries in sport and the way of evaluation/examination and treatment. Manual Therapy – diagnosis/evaluation and treatment. Knowledge and skills in BLS field (first aid in both posttraumatic and non traumatic situations).</i>
Topics of the classes	<i>Definitions: Trauma/injuries/overuse syndromes Classifications of most common injuries Manual Techniques in Practice Diagnosis, first aid and treatment in traumatology and manual medicine/physiotherapy [BLS/ (Basic Life Support) according to ERC (Europ. Resuscitation Council)]</i>
Recommended literature	

Subject	HISTOLOGIA
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HISTOLOGY

Unit of AWF	Department of Biology and Anatomy/ Zakład Biologii i Anatomii
Teacher's name	Wojciech Jarosz, PhD
ECTS points	4
Number of hours	15
Methods of estimation	<i>Practical classes, workshop . Exam format: The test with some multiple choice, and matching.</i>
Effects/results of education	<p><i>At the end of the course student will be able to:</i></p> <p><i>Cognitive:</i></p> <ol style="list-style-type: none"> <i>1. Describe the microscopic structure of human tissues –their morphological differentiation in relation to the function and location.</i> <i>2. Described the possibility of regeneration of individual tissues.</i> <i>3. Describe the role of different types of tissues in structural and functional integrity of human body.</i>
Topics of the classes	<ol style="list-style-type: none"> <i>1. Introduction and cell – microscopy.</i> <i>2. The structure, functions and regeneration of different types of epithelial tissues. Types of intercellular connections.</i> <i>3. The structure, functions and regeneration of different types of connective tissues, specific structure and role of adipose tissue.</i> <i>4. The structure, functions and regeneration of different types of cartilaginous tissues and bone tissues; the role of perichondrium and periosteum.</i> <i>5. Blood and lymph: characteristic of plasma and morphological elements: number and structure of erythrocytes – the role of hemoglobin in transport of oxygen, number and structure and functions of leucocytes (lymphocytes, monocytes and granulocytes), immunological role of lymphocytes, number structure and functions thrombocytes. The role of blood and lymph.</i> <i>6. The structure, functions and regeneration smooth, striated muscle, myocardial fibre</i> <i>7. The structure, functions and regeneration of nerves tissue in different part of nervous system; reflexes – conditioned and unconditioned, bisynaptic reflex arc.</i> <p><i>This course is designed for physiotherapy students who should have a basic knowledge about the tissues of human body. The program covers structure, function, location and regeneration of : epithelium, connective tissue (specific, cartilage and bone), blood and lymph,</i></p>

muscle tissue, nervous tissue.

During individual work with microscope in lab students will analyze the structure of all human tissues including: flat, cylindrical, cuboid and transient epithelium, fibrous tissue, areolar tissue, hyaline cartilage, elastic cartilage, fibrocartilage, spongy bone, compact bone, blood cells: leucocytes and erythrocytes, smooth fibre, striated muscle fibre, myocardial fibre, different shape of neurons.

**Recommended
literature**

1. *Netter's Essential Histology, 2nd ed. Ovalle WK and Nahirney PC. Saunders, Elsevier.*
 2. *Inderbir Singh's Textbook of Human Histology With Colour Atlas and Practical Guide. Neelam Vasudeva , Sabita Mishra. Jaypee B.M.P. New Delhi.*
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Subject	METODYKA NAUCZANIA PŁYWANIA PODSTAWOWEGO Z ELEMENTAMI TERAPII WODNEJ HALLIWICK METHODOLOGY OF TEACHING BASIC SWIMMING FOR CHILDREN WITH ELEMENTS OF HALLIWICK METHOD
Unit of AWF	Laboratory of Swimming and Water Lifesaving / Pracownia Pływania i Ratownictwa Wodnego
Teacher's name	Krystian Wochna, PhD
ECTS	4
Number of hours	15
Methods of estimation	<i>Pass practical classes</i> <i>Prepare lesson plans</i>
Effects/results of education	<ol style="list-style-type: none"> <i>The aim of the subject is to educate students in methodology of teaching basic swimming for children.</i> <i>Staging the process of teaching swimming.</i> <i>Describing of using the Halliwick method.</i>
Topics of the classes	<i>3 classes – lectures:</i> <i>Water environmental features</i> <i>Educational aspects of the swimming teaching process</i> <i>Assumptions of the Halliwick Method</i> <i>8 classes – exercises:</i> <i>Methods, forms and principles of teaching children swimming,</i> <i>practical use of a play form, stroke mechanics, The</i> <i>Halliwick Ten Point Programme, Plans preparation</i> <i>8 classes – exercises:</i> <i>Conducting classes by students according to their plans</i>
Recommended literature	<ol style="list-style-type: none"> <i>Peden, A.E.; Franklin, R.C. Learning to Swim: An Exploration of Negative Prior Aquatic Experiences Among Children. Int. J. Environ. Res. Public Health 2020, 17:3557</i> <i>Jerszyński, D.; Antosiak-Cyrak, K.; Habiera, M.; Wochna, K.; Rostkowska, E. Changes in selected parameters of swimming technique in the back crawl and the front crawl in young novice swimmers. Journal of Human Kinetics 2013, 37:161-171.</i> <i>Tripp, F.; Krakow, K. Effects of an aquatic therapy approach (Halliwick-Therapy) on functional mobility in subacute stroke patients: a randomized controlled trial. Clin Rehabil 2014, 28(5):432-9.</i>

Subject	FIZIOLOGIA OGÓLNA
	GENERAL PHYSIOLOGY
Unit of AWF	Department of Athletics, Strength and Conditioning/ Zakład Lekkiej Atletyki i Przygotowania Motorycznego
Teacher's name	Barbara Pospieszna, PhD
ECTS points	4
Number of hours	15
Methods of estimation	<i>practical measurements and interpretation of results; exam</i>
Effects/results of education	<p><i>Student will gain knowledge about:</i></p> <ul style="list-style-type: none"> - <i>about the functions of main organs and systems</i> - <i>human aging</i> - <i>human functioning in different environmental conditions</i> <p><i>Students will learn how to practically measure physiological parameters and make relevant interpretation</i></p>
Topics of the classes	<ol style="list-style-type: none"> 1. <i>Blood</i> <ol style="list-style-type: none"> a. <i>Blood constituents (plasma, cells)</i> b. <i>Hemoglobin</i> c. <i>Blood functions</i> d. <i>Blood groups</i> 2. <i>Cardiovascular system</i> <ol style="list-style-type: none"> a. <i>Heart</i> b. <i>Vascular system</i> c. <i>Electrical conduction system of the heart</i> d. <i>Heart and blood flow control</i> e. <i>Main parameters: HR, SV, BP, CO</i> 3. <i>Respiratory system</i> <ol style="list-style-type: none"> a. <i>Stages of pulmonary ventilation</i> b. <i>Breathing regulation</i> c. <i>Vital Capacity, pulmonary volumes</i> d. <i>Minute lung ventilation (V_E), breathing frequency</i> e. <i>Pulmonary function tests</i> 4. <i>Muscles</i> <ol style="list-style-type: none"> a. <i>Structure of skeletal muscle</i> b. <i>Sarcomere</i> c. <i>Motor unit and muscle fibers types</i> d. <i>Neuromuscular junction</i> e. <i>Sliding filament theor</i>

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5. *Thermoregulation*
 6. *Physiology of aging*
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**Recommended
literature**

Fox S. Human Physiology. 16th Edition. McGraw-Hill, 2021.

Hoehn K., Marieb E.N. Human Anatomy and Physiology. 12th edition.

Pearson, 2022. Sherwood L. Human Physiology. 9th edition. Cengage Learning; 2015

Tipton M.: Human Environmental Physiology. Routledge, Taylor & Francis Ltd., 2015

Subject	FIZJOLOGIA WYSIŁKOWA
	EXERCISE PHYSIOLOGY
Unit of AWF	Department of Athletics, Strength and Conditioning/ Zakład Lekkiej Atletyki i Przygotowania Motorycznego
Teacher's name	Barbara Pospieszna, PhD
ECTS	4
Number of hours	15
Methods of estimation	<i>practical measurements and interpretation of results, exam</i>
Effects/results of education	<p><i>Students will learn:</i></p> <ul style="list-style-type: none"> - <i>how human body functions under different exercise stimulation</i> - <i>what underlies the efficient training strategy</i> - <i>about the health benefits of exercise</i> - <i>how to estimate physical tolerance and physical capacity at different age and physical level</i>
Topics of the classes	<ol style="list-style-type: none"> 1. <i>Main systems functioning under exercise conditions:</i> <ul style="list-style-type: none"> - <i>blood and acid-base balance</i> - <i>cardiovascular system</i> - <i>respiratory system</i> 2. <i>The health benefits of exercise, exercise prescription</i> 3. <i>Direct and indirect methods of estimating physical tolerance and physical capacity (aerobic, anaerobic)</i>

Bouchard C., Blair S.N., Haskell W.: Physical Activity and Health. Human kinetics 2012.
Hargreaves M., Spriet L. Exercise Metabolism. Human kinetics 2006.
Hoffman J. Physiological Aspects of Sport Training and Performance. Human kinetics 2014.
Kenney W.L., Wilmore J., Costill D. 6E.: Physiology of Sport and Exercise. Human kinetics 2015.
Richardson S., Andersen M., Morris T. Overtraining Athletes. Human kinetics 2008.
Taylor A., Johnson M. Physiology of Exercise and Healthy Aging. Human kinetics 2008.

**Recommended
literature**

Subject	EDUKACJA ZDROWOTNA
	HEALTH EDUCATION
Unit of AWF	Department of Physical Activity Sciences and Health Promotion/ Zakład Nauk o Aktywności Fizycznej i Promocji Zdrowia
Teacher's name	Ida Laudańska-Krzemińska, Ass. Professor
ECTS points	4
Number of hours	15
Methods of estimation	assessment
Basic information about the subject	<p><i>The course's objective includes following issues: ways of understanding and defining the health; holistic concept of health as an alternative to the biomedical model; models and methods of health education and its adoption in physical education classes (eg. experiential learning); basics of health didactics in context of physical educator's/ coach's work.</i></p>
Topics of the classes	<ol style="list-style-type: none"> 1. <i>Theoretical foundation and aspects of application of health promotion and health education (biopsychosocial model of health and sickness, setting theory, health promotion models, health education models)</i> 2. <i>Health education and physical education – associations and dependences, terminology, basic, concepts, models</i> 3. <i>Health behavior</i> <ol style="list-style-type: none"> a. <i>Concepts and definitions, models for changing (Health Belief Model, HAPA, Transtheoretical Model), application for school</i> b. <i>Characteristic of the main important behavior: physical activity, nutrition, smoking cigarettes, drinking alcohol, self-control</i> 4. <i>Interactive teaching and learning of attitude (relation) for body and health in physical education</i> <ol style="list-style-type: none"> a. <i>Active learning – principle and model, constructivism as theoretical basis</i> b. <i>Experiencing teaching – principle, Kolb' cycle</i> c. <i>Workshop as a methodical procedure in health and physical education</i>

- d. *Examples techniques and methods of active learning using in health and physical education – methods of integrate, diagnostic, planning, developing creative reflection, discussion, creative solving of problem*
5. *Employment of interactive teaching in physical education teacher work– elaboration outline (draft) and conducting of the health education lesson with pupils in primary or secondary school*

Recommended literature

1. *Puza R.F. Health education. Ideas and activites. Human Kinetics. 2008*
2. *Page R.M, Page T.S. Promoting health and emotional well-being in your classroom. Jones and Barlett Learning 2015*
3. *Physical education and health education – common didactic goals and interdependencies. Eds. Bronikowski M., Krawański A., Osiński W. AWF Poznań, 2011*
4. *A guide for incorporating health & wellness into school improvement plans. CDC, 2016*
5. *MORSE L.L., ALLENSWORTH, F.D Placing Students at the Center: The Whole School, Whole Community, Whole Child Model. Journal of School Health, November2015, Vol.85,No.11p. 785*
6. *Laudańska-Krzemińska I. Health education as a challenge for physical education teachers - a Polish perspective. [W:] Fachdl.ktik "Bewegung und Sport" im Kontext (pod red.) Kleiner K. Purkersdorf: Verlag Brüder Hollinek, 2012, 237-247*
7. *Krawański A. Intellectual challenges of physical education Studies in Physical Culture and Tourism 2009 t. 16 nr 3 s. 281-290*
8. *Krawański A. Pedagogical challenges of physical education Studies in Physical Culture and Tourism 2009 t. 16 nr 4 s. 401-412*
9. *JOURNALS:*
 - a. *European Journal of Physical and Health Education*
 - b. *Education for Health: Change in Training & Practice*
 - c. *Health Education Research*
 - d. *Physical & Health Education Journal*
 - e. *Global Health Promotion*
 - f. *Health Promotion International*
10. *Health behavior and health education: theory, research, and practice / Karen Glanz, Barbara K. Rimer, Frances Marcus Lewis, editors ; foreword by Noreen M. Clark.*
11. *Health Promotion Planning. An Educational and Enviromental Approach/ LW Green, MW Kreuter*

Subject	JOGA
	THE BREATH IN CONNECTION WITH PERFORMED ASANAS
Unit of AWF	Zakład Tańca i Fitnessu / Department of Dance and Fitness
Teacher's name	Andrzej Adamczak
ECTS points	4
Number of hours	15
Methods of estimation	<i>1. Introduction to yoga</i>
	<i>2. Concentration on the breath in connection with performed asanas</i>
	<i>3. How to use muscles in yoga positions</i>
Effects/results of education	<i>1. Student knows the basics of yoga's asana</i>
	<i>2. Student knows how to use the breath when correctly performing asanas</i>
	<i>3. Student can perform strengthening and stretching exercises</i>
Topics of the classes	<i>1. Teaching selected asanas</i>
	<i>2. Using the breath correctly</i>
	<i>3. Teaching the exact exercise of individual asanas</i>
Recommended literature	

Subject	BADANIE I REHABILITACJA DYSFUNKCJI KOŃCZYN GÓRNYCH W SCHORZENIACH NEUROLOGICZNYCH
	DIAGNOSTIC AND THERAPEUTIC METHODS FOR UPPER EXTREMITIES DISFUNCTIONS IN NEUROLOGICAL CONDITIONS
Unit of AWF	Department of Neuromuscular Physiotherapy
Teacher's name	Joanna Małecka MA PT
ECTS points	4
Number of hours	15
Methods of estimation	<i>The evaluation consists of practical examination</i>
Effects/results of education	<i>The aim of this course is to familiarized students with upper extremity neurological examination and skilled them how to create rehabilitation program in such as conditions.</i>
	<i>Objectives of the subject:</i> - student should be able to find and use proper evidence-based outcome measures to assess upper extremities disfunctions among neurological patients; - student should learn how to treat upper extremities disfunctions using neurodevelopmental treatment methods
Topics of the classes	Program content: 1. Evidence-based diagnostic tools for upper extremities assessment 2. Characteristics of the upper extremities disfunctions in neurological conditions 3. Cognitive Therapeutic Exercises in upper extremities rehabilitation 4. Elements of NDT-Bobath for adults in upper extremities neurorehabilitation 5. Elements of PNF method in upper extremities rehabilitation
Recommended literature	<i>Bobath Concept: Theory and Clinical Practice in Neurological Rehabilitation; Raine, Meadows, Lynch–Ellerington; Wiley-Blackwell, 2009</i> <i>PNF in Practice; Adler, Susan S.; Beckers, Dominiek; Buck, Math; Springer-Verlag GmbH, 2021</i> <i>Physical Rehabilitation, O'Sullivan, Schmitz, Fulk; F.A.Davis Company, 2014</i> <i>Articles in neurological rehabilitaion topics</i> <i>neuropt.org</i> <i>sralab.org</i>

Subject	PODSTAWY PROPRIOCEPTYWNEGO TOROWANIA NERWOWO-MIĘŚNIOWEGO (PNF)
	BASICS OF PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)
Unit of AWF	Department of Neuromuscular Physiotherapy
Teacher's name	Joanna Małecka MA PT
ECTS points	4
Number of hours	15
Methods of estimation	<i>The evaluation consists of practical examination</i>
Effects/results of education	<p><i>The aim of this course is to familiarized students with PNF method and skilled them how to use this method in future PT work.</i></p> <p><i>Objectives of the subject:</i></p> <ul style="list-style-type: none"> - <i>student should be able to present patterns and techniques of PNF method</i> - <i>student should applied PNF method principals in clinical practise</i>
Topics of the classes	<p>Program content:</p> <ol style="list-style-type: none"> 1. <i>Theoretical background of PNF method</i> 2. <i>Pelvis and scapula patterns</i> 3. <i>Upper and lower extremity patterns</i> 4. <i>Trunk and head patterns</i> 5. <i>Clinical examples – functional approach using PNF method</i>
Recommended literature	<p><i>PNF in Practice; Adler, Susan S.; Beckers, Dominiek; Buck, Math; Springer-Verlag GmbH, 2021</i></p> <p><i>ipnfa.org</i></p>

Subject	PODSTAWY TRENINGU ZDROWOTNEGO
	BASICS OF HEALTH TRAINING
Unit of AWF	Department of Physical Activity Sciences and Health Promotion/ Zakład Nauk o Aktywności Fizycznej i Promocji Zdrowia
Teacher's name	Aneta Worska, MSc, Julia Ciężyńska, PhD,
ECTS points	4
Number of hours	15
Methods of estimation	Test of practical and theoretical skills Participating in the course actively
Effects/results of education	<ul style="list-style-type: none"> - Student is able to describe the essence and structure of health training, along with justification of the role of lifelong health training in human physical culture. - Student is able to construct a health training implementation plan taking into account individual needs and specific conditions. - Student accepts a positive attitude towards physical culture and appreciates the necessity of lifelong health training.
Topics of the classes	<ul style="list-style-type: none"> - Health training - concept, meaning, place in physical culture. The concept of "health - related fitness" as the theoretical basis of physical fitness training in health training. - Health training - basics of creating physical activity programs for people of different ages and differentiated recommendations of physical activity levels. Measurement of physical fitness in preparation for planning and implementation of health training - Measuring physical activity in preparation for planning and implementing health coaching - Constructing and using health-related physical fitness standards (H-RF) - Designing programs (class handouts) of physical activity in health training targeting cardiorespiratory endurance - Designing programs (class handouts) of physical activity in health training aimed at flexibility - Designing programs (course handouts) of physical activity in health training focused on body mass and body composition - Designing programs (class handouts) of physical activity in health training targeting strength and muscular endurance
Recommended literature	<i>Provided by a teacher.</i>

Subject	ANTROPOMOTORYKA
	ANTHROPOMOTORICS
Unit of AWF	Department of Physical Activity Sciences and Health Promotion/ Zakład Nauk o Aktywności Fizycznej i Promocji Zdrowia
Teacher's name	Aneta Worska, MSc, Julia Ciężyńska, PhD,
ECTS points	4
Number of hours	15
Methods of estimation	Test of practical and theoretical skills Participating in the course actively
Effects/results of education	<ul style="list-style-type: none"> - Student knows and understands the essence and structure of health training, various methods of activity and physical training in relation to the age and health needs of the patient; - Student knows and understands aspects of the process of learning and teaching motor activities, the use of various forms of activity in teaching motor activities - Student is able to independently carry out the research necessary for the assessment of physical fitness and efficiency, and interpret the results of the research for use in activities that support the formation of health and physical fitness
Topics of the classes	<ul style="list-style-type: none"> - Human motoricity - basic concepts; Form, content and idea of movement; Classification of motoricity in terms of J.Raczek and J.Szopa. - Evaluation of the level of physical activity - Symmetry and asymmetry of human movements - Principles of test construction in the study of physical fitness of motor skills. - Analysis of the test "EUROFIT"- practical classes - Analysis of the "YMCA" test - practical classes - Human motor coordination - practical classes - Body flexibility - its determinants, measurement, training and meaning. - Physical activity in optimization of body mass and composition, Strength abilities and the importance of resistance training
Recommended literature	<i>Provided by a teacher.</i>

Subject	AKTYWNOŚĆ FIZYCZNA KOBIET W CIAŻY
	PHYSICAL ACTIVITY OF PREGNANT WOMEN
Unit of AWF	Department of Physical Activity Sciences and Health Promotion / Zakład Nauk o Aktywności Fizycznej i Promocji Zdrowia
Teacher's name	Ida Laudańska-Krzemińska, Ass. Professor, Aneta Worska, MSc
ECTS points	4
Number of hours	15
Methods of estimation	Test of practical and theoretical skills Participating in the course actively
Effects/results of education	<ul style="list-style-type: none"> - The student will know the recommendations for physical activity in pregnancy and the correct structure of physical activities for each trimester of pregnancy. - The student will be able to select and adjust the recommended forms of physical activity for pregnant women and indicate the non-recommended as well as contraindications to their use. - The student will demonstrate an attitude of interest in lifelong care of the body and health, including at special moments in life like pregnancy.
Topics of the classes	<ul style="list-style-type: none"> - Pregnancy as a unique moment in a woman's life - changes in the body relevant to women's physical activity. Selected health measures of quality of life and activity of pregnant women. - Recommendations of various organizations and societies on physical activity of pregnant and post-pregnant women - a critical analysis. - Indications and contraindications, self-assessment and self-observation of warning signs related to activity during pregnancy and postpartum. - New technologies related to physical activity of pregnant women - where to look for reliable information? The "Instastory" phenomenon - dangers and pitfalls of social media. - Structure of physical activities for pregnant women. Duration, frequency, intensity, type of exercise, exercise positions, childbirth preparation exercises – practical classes. - Physical activity with infants – examples of exercises for postpartum women and their babies – practical classes.
Recommended literature	<ol style="list-style-type: none"> 1. (WHO), W. H. O. WHO guidelines on physical activity and sedentary behavior. World Health Organization: Geneva, 2020 2. Physical Activity and Exercise During Pregnancy and the Postpartum Period: ACOG Committee Opinion, Number 804. Obstet Gynecol 2020, 135 (4), e178-e188. DOI: 10.1097/aog.0000000000003772 From NLM. 3. Evenson, K. R.; Hesketh, K. R. Monitoring Physical Activity Intensity

During Pregnancy. American Journal of Lifestyle Medicine 2023, 17 (1), 18-31. DOI: 10.1177/15598276211052277.

4. Bo, K.; Artal, R.; Barakat, R.; Brown, W.; Davies, G. A. L.; Dooley, M.; Evenson, K. R.; Haakstad, L. A. H.; Henriksson-Larsen, K.; Kayser, B.; et al. *Exercise and pregnancy in recreational and elite athletes: 2016 evidence summary from the IOC expert group meeting, Lausanne. Part 1-exercise in women planning pregnancy and those who are pregnant.; Part 2-the effect of exercise on the fetus, labour and birth; Part 5.*

Recommendations for health professionals and active women; British Journal of Sports Medicine 2016, 50 (10), 571-589. DOI: 10.1136/bjsports-2016-096218.

5. Worska A, Laudańska-Krzemińska I, Ciężyńska J, Józwiak B, Maciaszek J. *New Public Health and Sport Medicine Institutions Guidelines of Physical Activity Intensity for Pregnancy—A Scoping Review. Journal of Clinical Medicine.* 2024; 13(6):1738.

<https://doi.org/10.3390/jcm13061738>

6. Santos-Rocha, Rita & Szumilewicz, Anna & Wegrzyk, Jennifer & Hyvärinen, Mathilde & Silva, Maria-Raquel G. & Jorge, Rui & Oviedo Caro, Miguel. (2023). *ACTIVE PREGNANCY GUIDE -Physical activity, nutrition, and sleep.*

Other references provided by a teacher.

Subject	RYTMIKA DLA DOROSŁYCH I SENIORÓW
	EURHYTHMICS FOR ADULTS AND THE ELDERLY
Unit of AWF	Department of Gimnastic
Teacher's name	Jan Adamczyk, PhD.
ECTS points	4
Number of hours	15
Methods of estimation	<p><i>1. Formative assessment:</i></p> <p><i>a) practical skills test,</i></p> <p><i>b) observation during classes, activity.</i></p> <p><i>2. Summative assessment: summary of learning outcomes achieved - evaluation of students' abilities based on the results of the examination carried out in the form of a presentation</i></p>
Effects/results of education	<ul style="list-style-type: none"> - <i>The graduate understands the nature and purpose of the eurhythmics exercisers</i> -<i>The graduate is aware of the benefits of practicing eurhythmics for adults and the elderly.</i> - <i>The graduate is proficient in a wide range of eurhythmics exercises.</i> -<i>The graduate is able to design and implement eurhythmics exercises according to the training group.</i>
Topics of the classes	<ul style="list-style-type: none"> - <i>Introduction to the nature and purpose of the eurhythmics.</i> - <i>Basic exercises to assess and develop a sense of rhythm</i> - <i>Basics of the Dalcroze Eurhythmics – conducting and physicalizing rhythms.</i> - <i>Basics of rhythmic notation.</i> - <i>.Movement realizations of rhythmic dictations</i> - <i>Rhythm games and activities.</i> - <i>Self-presentation (by students) of prepared exercises.</i>
Recommended literature	<p><i>1. Jaques-Dalcroze, E., The Eurhythmics of Jaques-Dalcroze. Jennings Press 2010, ISBN 1445508060</i></p> <p><i>2. Findlay E. Rhythm and Movement: Applications of Dalcroze Eurhythmics. Alfred Music; 4399, 2nd edition (November 1, 1995), ISBN-10: 087487078X</i></p>

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3. Hars, M., Fernandez, N., Hermann, F., Rizzoli, R., Ferrari, S., Graf, C., Vuilleumier, P., Trombetti, A. *Effects of Dalcroze Eurhythmics Exercise Versus Multicomponent Exercise on Physical and Cognitive Function, and Falls in Older Adults: The EPHYCOS Randomized Controlled Trial*. *Adv Biol (Weinh)*] 2024 May 03, pp. e2400089
 4. van der Merwe, L., *A theory of joyful experiences in Dalcroze Eurhythmics. International journal of qualitative studies on health and well-being [Int J Qual Stud Health Well-being]* 2025 Dec; Vol. 20 (1), pp. 2468050. Date of Electronic Publication: 2025 Feb 23.
 5. Adamczyk J., Celka R., Stemplewski R., Ceynowa K., Maciaszek, J. *Effects of Jaques-Dalcroze eurhythmics program on postural stability in elderly women. Scientific reports [Sci Rep]* 2022 Apr 30; Vol. 12 (1), pp. 7073. Date of Electronic Publication: 2022 Apr 30.

Subject	KONTROLA PRZYGOTOWANIA MOTORYCZNEGO WARUNKACH LABOLATORYJNYCH
	ATHLETES DIAGNOSTICS IN LABOLATORU SETTING
Unit of AWF	Zakład Lekkiej Atletyki i Przygotowania Motorycznego / Department of Athletics, Strength and Conditioning
Teacher's name	Barbara Pospieszna, PhD
ECTS points	4
Number of hours	15
Methods of estimation	<i>Practical measurements and interpretation of results; exam</i>
Effects/results of education	<i>Students will learn:</i>
	<ul style="list-style-type: none"> - <i>the procedures of selected laboratory methods in the athletes' diagnosis</i> - <i>how to analyze and interpret the results of measurements</i>
Topics of the classes	<ol style="list-style-type: none"> 1. <i>Body composition analysis by DXA (dual X-ray absorptiometry) method</i> 2. <i>Basic spirometry tests, their purpose and measurement procedures.</i> 3. <i>Cardiopulmonary exercise testing (CPET)</i> 4. <i>Wingate test</i> 5. <i>Basic and resting metabolic rate analysis.</i>
Recommended literature	<ol style="list-style-type: none"> 1. <i>Wasserman K., Hansen J., Sue D.,Stringer W., Whipp B. Principles of exercises testing and interpretation. Lippincott Williams and Wilkins, 2005.</i> 2. <i>Materials given by the teacher.</i>