

**Lectures and classes in English as teaching language
or with English support**

**PHYSICAL EDUCATION
(Biała Podlaska)**

WINTER TERM

1. **Rhythm and dancing [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year I, 3 ECTS
Teacher: dr Marcin Bochenek

2. **Theory and methodics of gymnastics [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year I, 3 ECTS
1st-degree studies, 26 h (classes), year II, 2 ECTS
2nd-degree studies, 26 h (classes), year I, 3 ECTS
Teacher: dr Tomasz Niźnikowski

3. **Theory and methodics of basketball [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year I, 3 ECTS
2nd-degree studies, 26 h (classes), year II, 3 ECTS
Teacher: M.A. Janusz Zieliński

4. **Theory and methodics of athletics [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year II, 2 ECTS
Teacher: dr Hubert Makaruk

5. **Athletics [PRACTICAL CLASSES]**
2nd-degree studies, 39 h (classes), year II, 3 ECTS
Teacher: dr Hubert Makaruk

6. **Theory and methodics of volleyball [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year II, 2 ECTS
Teacher: dr Anna Bodasińska

7. Volleyball [PRACTICAL CLASSES]

2nd-degree studies, 26 h (classes), year I, 3 ECTS

Teacher: dr Anna Bodasińska

8. Team Games - Volleyball [PRACTICAL CLASSES]

2nd-degree studies, 26 h (classes), year I, 3 ECTS

Teacher: dr Anna Bodasińska

9. Theory and methodics of football [PRACTICAL CLASSES]

1st-degree studies, 26 h (classes), year II, 2 ECTS

Teacher: dr Tomasz Buraczewski

10. Theory and methodics of handball [PRACTICAL CLASSES]

1st-degree studies, 26 h (classes), year I, 3 ECTS

Teacher: dr Agnieszka Jadach

11. Theory and methodics of handball [PRACTICAL CLASSES]

1st-degree studies, 13 h (classes), Year III, 1 ECTS

Teacher: dr Agnieszka Jadach

SPRING TERM

1. **Theory and methodics of sport for children and youth**

1st-degree studies, 13 h (lectures), 26 h (classes), year II, 4 ECTS

Teacher: prof. Jerzy Sadowski

2. **Training theory**

2nd-degree studies, 13 h (lectures), 26 h (classes), year II, 4 ECTS

Teacher: prof. Jerzy Sadowski

3. **Corrective exercises with elements of movement rehabilitation [PRACTICAL CLASSES]**

1st-degree studies, 13 h (lectures), year II, 1 ECTS

26 h (classes), year III, 1 ECTS

Teacher: dr Małgorzata Lichota

4. **Biochemistry**

1st-degree studies, 13 h (lectures), 26 h (classes), year I, 3 ECTS

Teachers: prof. Robert Charmas; dr Małgorzata Charmas

5. **Biochemistry of Sport**

1st-degree studies, 13 h (lectures), 13 h (classes), year II, 1 ECTS

Teacher: dr Małgorzata Charmas

6. **Theory of sport**

1st-degree studies, 26 h (classes), year II, 3 ECTS

Teacher: dr Artur Litwiniuk

7. **Rhythm and dancing [PRACTICAL CLASSES]**

1st-degree studies, 26 h (classes), year I, 2 ECTS

Teacher: dr Marcin Bochenek

8. School tourism

2nd-degree studies, 13 h (classes), 13 h (lectures), year II, 2 ECTS

Teacher: prof. Krzysztof H. Wojciechowski

9. Theory and methodics of gymnastics [PRACTICAL CLASSES]

1st-degree studies, 26 h (classes), Year I, 2 ECTS

Teacher: dr Tomasz Niźnikowski

10. Theory and methodics of basketball [PRACTICAL CLASSES]

1st-degree studies, 13 h (classes), year III, 1 ECTS

Teacher: M.A. Janusz Zieliński

11. Theory and methodics of athletics [PRACTICAL CLASSES]

1st-degree studies, 26 h (classes), year I, II, 2 ECTS

Teacher: dr Hubert Makaruk

12. Personal coach - athletics [PRACTICAL CLASSES]

2nd-degree studies, 26 h (classes), Year I, 1 ECTS

Teacher: dr Hubert Makaruk

13. Fitness jogging [PRACTICAL CLASSES]

1st-degree studies, 26 h (classes), year I, 1 ECTS

Teacher: dr Hubert Makaruk

14. Theory and methodics of volleyball [PRACTICAL CLASSES]

1st-degree studies, 13 h (classes), year III, 1 ECTS

Teacher: dr Anna Bodasińska

15. Team Games – Volleyball [PRACTICAL CLASSES]

2nd-degree studies, 26 h (classes), year II, 3 ECTS

Teacher: dr Anna Bodasińska

- 16. Theory and methodics of football [PRACTICAL CLASSES]**
1st-degree studies, 13 h (classes), year III, 1 ECTS
Teacher: dr Tomasz Buraczewski
- 17. Football (optional) [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year III, 1 ECTS
Teacher: dr Tomasz Buraczewski
- 18. Theory and methodics of football [PRACTICAL CLASSES]**
2nd-degree studies, 26 h (classes), year II, 3 ECTS
Teacher: dr Tomasz Buraczewski
- 19. Theory and methodics of handball [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), Year I, 3 ECTS
Teacher: dr Agnieszka Jadach
- 20. Handball [PRACTICAL CLASSES]**
1st-degree studies, 26 h (classes), year I, 3 ECTS
Teacher: dr Agnieszka Jadach
- 21. Theory and methodics of handball [PRACTICAL CLASSES]**
1st-degree studies, 26 h (lectures), year II, 1 ECTS
Teacher: prof. Wladimir Ljach