

Faculty
of Physical Education
Gdansk University of Physical Education and Sport
in GDAŃSK

Curricula for elective specialisations

Field of study: Physical Education
(educational cycle 2018-2020)

Level of education: second

Profile of education: practical

Mode of study: full-time

APPROVED

Module of classes (classes or a group of classes)	ECTS pts	Hours															
		Total	including			sem. III					sem. IV						
			L	CI	P/S	L	ECTS	C	ECTS	S	ECTS	L	ECTS	CI	ECTS	S	ECTS
Instructing specialization																	
Instructing specialization – Dance Sport	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Dance	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Handball	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Bodybuilding	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Judo	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Motor preparation in combat sports	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Rowing	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Canoeing	10	125	25	100	25	2	100	8				25	2	100	8		
Instructing specialization – Basketball	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Downhill skiing	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Tennis	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Volleyball	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Football	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Table tennis	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Artistic gymnastics	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Equestrian sport	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Athletics	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Swimming	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Squash	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Sports sailing	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Board sailing (windsurfing and kiteboarding)	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Sailing	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Fitness	20	250	50	200	25	2	100	8				25	2	100	8		
Instructing specialization – Karate	20	250	50	200	25	2	100	8				25	2	100	8		
History of traditional karate	2	25	25		25	2											
Ethics in the profession of the traditional karate instructor	1	13	13									13	1				
Basics of sports law	1	12	12									12	1				
Methodology of traditional karate	14	175		175			100	8						75	6		
Practice	2	25		25											25	2	
Specialization – Instructor of Motor Preparation	20	250	50	200	25	2	100	8				25	2	100	8		
Programming and diagnostics of motor preparation	5	63	13	50	13	1	50	4									
Planning of training loads in various sport disciplines	5	63	13	50								13	1	50	4		
Physiological aspects of motor preparation	5	62	12	50								12	1	50	4		
Shaping motor skills in various sports disciplines	5	62	12	50	12	1	50	4									
Coaching specialization - continuation from the 1st cycle																	
Coaching specialization – Dance Sport	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Dance	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Handball	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Bodybuilding	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Judo	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Motor preparation in combat sports	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Rowing	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Basketball	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Tennis	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Volleyball	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Football	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Table tennis	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Artistic Gymnastics	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Equestrian sport	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Athletics	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Swimming	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization – Sport and board sailing coach	20	250	50	200	25	2	100	8				25	2	100	8		
Coaching specialization - without the need to be an instructor																	
Coaching specialization – Rowing	20	250	50	200	25	2	100	8				25	2	100	8		
Specialization – Personal Trainer – continuation from the 1st cycle	20	250	50	200	25	2	100	8				25	2	100	8		

Television journalism workshop	2	25	25										25	2		
Internet journalism workshop	2	25	25										25	2		
Practice	2	25	25										25	2		

