

Faculty of Health Sciences – winter semester

Name of subject	Field of study	Form of classes	ECTS points	Short summary
Wellness Basics	Physical Education	Lecture Laboratory classes	1 2	To familiarize students with the theoretical foundations of overload and overtraining a player and their impact on the athlete's health and performance. To familiarize students with the processes of post-exercise restitution. To familiarize students with the use of methods and means used in the athlete's wellness.
Movement education and the methodology of teaching physical movement	Physiotherapy	Lecture Practical class	1	Basic goals, tasks, principles, methods, forms and means of teaching movement activities in healthy and disabled people. General characteristics of the process of physical education, learning and teaching.
Functional and Palpation Anatomy	Physiotherapy	Practical class	2	Palpation examination of musculoskeletal system with particular emphasis on the verification of the correctness of localization and evaluation of selected structures and the use of this knowledge in the performance of functional tests.
Yoga Basics	Physiotherapy	Specialist exercise	1	Mastering knowledge and practical skills related to the use of yoga elements for recreational and therapeutic activities.
Pilates Basics	Physiotherapy	Specialist exercise	1	Mastering knowledge and practical skills related to the use of elements of Pilates exercises during recreational and therapeutic classes.

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Clinical Physiotherapy in Musculoskeletal Disorders in Neurology and Neurosurgery	Physiotherapy	Specjalist exercise	3	Physiotherapeutic management in diseases of the central and peripheral nervous system.
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