

**PLAN STUDIÓW STACJONARNYCH**  
**KIERUNEK WYCHOWANIE FIZYCZNE I STOPIEŃ**  
Akademia Wychowania Fizycznego Józefa Piłsudskiego w Warszawie  
Wydział Wychowania Fizycznego i Sportu w Białej Podlaskiej

|     |                                               | Wymiar godzin |     |     | Zajęcia<br>kontakto<br>we** | Praca<br>własna | Łączna<br>liczba<br>godzin | ECTS | Semestralny wymiar godzin |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    | Forma<br>zalicz. |    |    |    |     |     |     |
|-----|-----------------------------------------------|---------------|-----|-----|-----------------------------|-----------------|----------------------------|------|---------------------------|----|----|----|---|----|----|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|------------------|----|----|----|-----|-----|-----|
|     |                                               | 1             |     |     |                             |                 |                            |      | 2                         |    |    |    |   | 3  |    |    |    |   | 4  |    |    |    |    | 5  |    |    |    |    | 6  |    |    |    |                  |    |    |    |     |     |     |
|     |                                               | w             | ćw  | k   |                             |                 |                            |      | pw                        | E  | w  | ćw | k | pw | E  | w  | ćw | k | pw | E  | w  | ćw | k  | pw | E  | w  | ćw | k  | pw | E  | w  | ćw |                  | k  | pw | E  |     |     |     |
| I   | PRZEDMIOTY OGÓLNE                             |               |     |     |                             |                 |                            |      |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     |     |     |
| 1   | Język obcy*                                   | 0             | 120 | 120 | 150                         | 150             | 300                        | 12   | 0                         | 30 | 5  | 15 | 2 | 0  | 30 | 5  | 15 | 2 | 0  | 15 | 5  | 30 | 2  | 0  | 15 | 5  | 30 | 2  | 0  | 15 | 5  | 30 | 2                | 0  | 15 | 5  | 30  | 2   | E-6 |
| 2   | Technologia informacyjna                      | 0             | 30  | 30  | 35                          | 15              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   | 0  | 30 | 5  | 15 | 2  |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-3 |     |
| 3   | Bezpieczeństwo i higiena pracy oraz ergonomia | 15            | 0   | 15  | 20                          | 30              | 50                         | 2    | 15                        | 0  | 5  | 30 | 2 |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-1 |     |
|     | RAZEM                                         | 15            | 150 | 165 | 205                         | 195             | 400                        | 16   | 15                        | 30 | 10 | 45 | 4 | 0  | 30 | 5  | 15 | 2 | 0  | 45 | 10 | 45 | 4  | 0  | 15 | 5  | 30 | 2  | 0  | 15 | 5  | 30 | 2                | 0  | 15 | 5  | 30  | 2   |     |
| II  | PRZEDMIOTY PODSTAWOWE                         |               |     |     |                             |                 |                            |      |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     |     |     |
| 4   | Anatomia                                      | 15            | 30  | 45  | 55                          | 45              | 100                        | 4    | 15                        | 15 | 5  | 40 | 2 | 0  | 15 | 5  | 30 | 2 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | E-2 |     |
| 5   | Fizjologia                                    | 15            | 30  | 45  | 50                          | 25              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   | 15 | 30 | 5  | 0  | 3  |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-3 |     |     |
| 6   | Antropologia                                  | 15            | 30  | 45  | 50                          | 25              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    | 15 | 30 | 5  | 25 | 3  |    |    |    |    |                  |    |    |    |     | E-4 |     |
| 7   | Biochemia                                     | 15            | 30  | 45  | 50                          | 0               | 50                         | 2    |                           |    |    |    |   | 15 | 30 | 5  | 0  | 2 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-2 |     |     |
| 8   | Biologiczne podstawy rozwoju człowieka        | 15            | 15  | 30  | 35                          | 15              | 50                         | 2    | 15                        | 15 | 5  | 15 | 2 |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | Z-1 |     |     |
| 9   | Pedagogika                                    | 30            | 45  | 75  | 80                          | 20              | 100                        | 4    |                           |    |    |    |   | 15 | 15 | 5  | 15 | 2 | 15 | 30 | 0  | 5  | 2  |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-3 |     |     |
| 10  | Psychologia                                   | 30            | 45  | 75  | 85                          | 15              | 100                        | 4    | 15                        | 15 | 5  | 15 | 2 |    | 15 | 30 | 5  | 0 | 2  |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-2 |     |     |
| 11  | Ochrona własności intelektualnej              | 15            | 0   | 15  | 20                          | 30              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    | 15 | 0  | 5  | 30 | 2  |    |    |    |    |    |                  |    |    |    |     | Z-4 |     |
| 12  | Teoria wf                                     | 15            | 15  | 30  | 35                          | 15              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-5 |     |     |
| 13  | Seminarium dyplomowe*                         | 0             | 30  | 30  | 50                          | 150             | 200                        | 8    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    | 0  | 15 | 10 | 25 | 2                | 0  | 15 | 10 | 125 | 6   | E-6 |
|     | RAZEM                                         | 165           | 270 | 435 | 510                         | 340             | 850                        | 34   | 45                        | 45 | 15 | 70 | 6 | 45 | 90 | 20 | 45 | 8 | 30 | 60 | 5  | 5  | 5  | 30 | 30 | 10 | 55 | 5  | 15 | 30 | 15 | 40 | 4                | 0  | 15 | 10 | 125 | 6   |     |
| III | PRZEDMIOTY KIERUNKOWE                         |               |     |     |                             |                 |                            |      |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     |     |     |
| 14  | Biomechanika                                  | 15            | 30  | 45  | 50                          | 25              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   | 15 | 30 | 5  | 25 | 3  |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-3 |     |     |
| 15  | Antropomotoryka                               | 30            | 15  | 45  | 50                          | 0               | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    | 30 | 15 | 5  | 0  | 2  |                  |    |    |    |     | Z-5 |     |
| 16  | Edukacja zdrowotna                            | 30            | 30  | 60  | 65                          | 10              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    | 30 | 30               | 5  | 10 | 3  |     | Z-6 |     |
| 17  | Metodyka wf                                   | 30            | 75  | 105 | 125                         | 50              | 175                        | 7    |                           |    |    |    |   | 15 | 30 | 5  | 0  | 2 | 15 | 15 | 5  | 15 | 2  | 0  | 15 | 5  | 30 | 2  | 0  | 15 | 5  | 5  | 1                |    |    |    |     | E-5 |     |
| 18  | Trening ogólnorozwojowy/Zaprawa wojskowa*     | 0             | 30  | 30  | 35                          | 15              | 50                         | 2    | 0                         | 30 | 5  | 15 | 2 |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | Z-1 |     |     |
| 19  | Teoria i met. koszykówki                      | 0             | 60  | 60  | 70                          | 30              | 100                        | 4    | 0                         | 30 | 5  | 15 | 2 | 0  | 30 | 5  | 15 | 2 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-2 |     |
| 20  | Teoria i met. p. nożnej                       | 0             | 60  | 60  | 70                          | 30              | 100                        | 4    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    | 0  | 30 | 5  | 15 | 2  | 0  | 30 | 5  | 15 | 2  |                  |    |    |    |     | Z-5 |     |
| 21  | Teoria i met. piłki siatkowej                 | 0             | 60  | 60  | 70                          | 30              | 100                        | 4    |                           |    |    |    |   | 0  | 30 | 5  | 15 | 2 | 0  | 30 | 5  | 15 | 2  |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-3 |     |
| 22  | Teoria i met. piłki ręcznej                   | 0             | 60  | 60  | 70                          | 30              | 100                        | 4    |                           |    |    |    |   |    |    |    |    |   | 0  | 30 | 5  | 15 | 2  | 0  | 30 | 5  | 15 | 2  |    |    |    |    |                  |    |    |    |     | Z-4 |     |
| 23  | Teoria i met. gimnastyki                      | 0             | 75  | 75  | 90                          | 85              | 175                        | 7    | 0                         | 30 | 5  | 40 | 3 | 0  | 30 | 5  | 15 | 2 | 0  | 15 | 5  | 30 | 2  |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | E-3 |     |
| 24  | Gimnastyka artystyczna/Sporty walki*          | 0             | 30  | 30  | 35                          | 40              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    | 0  | 30 | 5  | 40 | 3  |    |    |    |    |    |                  |    |    |    |     | Z-4 |     |
| 25  | Teoria i met. pływania                        | 0             | 60  | 60  | 75                          | 150             | 225                        | 9    | 0                         | 15 | 5  | 30 | 2 | 0  | 15 | 5  | 30 | 2 | 0  | 15 | 5  | 30 | 2  | 0  | 15 | 0  | 60 | 3  |    |    |    |    |                  |    |    |    |     | E-4 |     |
| 26  | Teoria i met. lekkoatletyki                   | 0             | 75  | 75  | 90                          | 85              | 175                        | 7    |                           |    |    |    |   | 0  | 30 | 5  | 15 | 2 | 0  | 30 | 5  | 15 | 2  | 0  | 30 | 5  | 15 | 2  | 0  | 15 | 5  | 55 | 3                |    |    |    |     |     | E-4 |
| 27  | Rytmika i taniec*                             | 0             | 45  | 45  | 60                          | 90              | 150                        | 6    | 0                         | 15 | 5  | 30 | 2 | 0  | 15 | 5  | 30 | 2 | 0  | 15 | 5  | 30 | 2  |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-3 |     |
| 28  | Zabawy i gry ruchowe*                         | 0             | 45  | 45  | 55                          | 45              | 100                        | 4    | 0                         | 15 | 5  | 30 | 2 | 0  | 30 | 5  | 15 | 2 |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    |     | Z-2 |     |
| 29  | Ćw. kompensacyjno-korekcyjne                  | 15            | 30  | 45  | 50                          | 0               | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    | 15 | 30 | 5  | 0  | 2                |    |    |    |     | Z-5 |     |
| 30  | Teoria sportu                                 | 15            | 30  | 45  | 50                          | 0               | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    | 15 | 30 | 5  | 0  | 2  |                  |    |    |    | E-5 |     |     |
| 31  | Historia kultury fizycznej                    | 30            | 15  | 45  | 50                          | 25              | 75                         | 3    | 30                        | 15 | 5  | 25 | 3 |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |                  |    |    |    | E-1 |     |     |
| 32  | Emisja głosu                                  | 0             | 15  | 15  | 35                          | 15              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    | 0  | 15 | 20 | 15               | 2  |    |    |     | Z-6 |     |
| 33  | Organizacja i prawo w oświacie                | 30            | 0   | 30  | 35                          | 40              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    | 30 | 0  | 5  | 40 | 3  |    |    |    |    |    |                  |    |    |    |     | Z-4 |     |
| 34  | Pierwsza pomoc przedmedyczna                  | 0             | 15  | 15  | 20                          | 55              | 75                         | 3    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    | 0  | 15 | 5  | 55 | 3  |    |    |    |    |    |                  |    |    |    |     | Z-4 |     |
| 35  | Zywnie człowieka                              | 15            | 15  | 30  | 35                          | 15              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    | 15 | 15 | 5  | 15 | 2  |                  |    |    |    |     | Z-5 |     |
| 36  | Organizacja i kierowanie w kulturze fizycznej | 15            | 0   | 15  | 20                          | 30              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    |    | 15 | 0  | 5                | 30 | 2  |    |     | Z-6 |     |
| 37  | Sociologia                                    | 30            | 0   | 30  | 35                          | 15              | 50                         | 2    |                           |    |    |    |   |    |    |    |    |   |    |    |    |    |    |    |    |    |    |    |    | 30 | 0  | 5  | 15               | 2  |    |    |     | Z-6 |     |

|                      |            |   |   |   |   |   |    |    |
|----------------------|------------|---|---|---|---|---|----|----|
| WF                   | ZALICZENIA | 3 | 4 | 3 | 6 | 6 | 9  | 31 |
|                      | EGZAMINY   | 1 | 3 | 4 | 3 | 3 | 3  | 17 |
| WF<br>w sl.<br>mund. | ZALICZENIA | 4 | 5 | 4 | 7 | 6 | 10 | 36 |
|                      | EGZAMINY   | 1 | 3 | 4 | 3 | 3 | 3  | 17 |

\* zajęcia do wyboru przez studenta: pozycje: 1, 13, 19, 25, 28, 29, 39, 40, 41, 45, specjalności i specjalizacje (zgodnie z ofertami poszczególnych zakładów)

Zajęcia ruchowe (do wyboru): atletyka terenowa, trening funkcjonalny, trening obwodowy, trening koordynacyjny, snorkeling, unihokej, tenis stołowy, skoki na trampolinie, taniec towarzyski, strzelectwo oraz inne propozycje katedr