



Państwowa Akademia
Nauk Stosowanych
w Krośnie

Course catalogue for Erasmus students

Physical Education

Academic year 2025/2026

Winter semester 2025/2026

Course name in English (in Polish)	Year of study, semester of study in the cycle	Number of hours, form of classes	ECTS	Form of credit	Language of the subject
Anatomy (Anatomia)	1, I	lecture 15 h class 15 h	3	credit	PL/ENG
Physical Anthropology (Antropologia)	2, III	lecture 15 h class 15 h	3	exam	PL/ENG
Biochemistry and biology (Biochemia z biologią)	1, I	lecture 15 h class 15h	3	exam	PL/ENG
Physiology (Fizjologia)	2, III	lecture 15 h class 15 h	2	credit	PL/ENG
Kinanthropology (Antropomotoryka)	3, V	lecture 15 h class 30 h	4	exam	PL/ENG
Compensation-corrective exercises (Ćwiczenia kompensacyjno- korekcyjne)	2, III	lecture 15 h class 15 h	2	exam	PL/ENG
Voice emission (Emisja głosu)	2, III	class 30 h	2	credit	PL/ENG
Fitness (Fitness i aerobic)	1, I	class 15 h	1	credit	PL/ENG
History of physical culture (Historia kultury fizycznej)	1, I	lecture 15 h	1	credit	PL/ENG
First Aid (Pierwsza pomoc przedmedyczna)	2, III	class 15 h	1	credit	PL/ENG
Music, rythm, dance (Muzyka, rytm, taniec)	3, V	class 10 h	1	credit	PL/ENG
Theory and Methodology of Gymnastics (Teoria i metodyka gimnastyki)	1, I 2, III	class 15 h class 15 h	1	credit	PL/ENG
Theory and methodology of track and field (Teoria i metodyka lekkoatletyki)	1, I 2, III	class 30 h class 15 h	2 1	credit	PL/ENG
Theory and methodology of swimming (Teoria i metodyka pływania)	1, I 2, III	class 30 h class 15 h	2 1	credit	PL/ENG
Theory and methodology of volleyball (Teoria i metodyka piłki siatkowej)	1, I	class 20 h	2	credit	PL/ENG
Theory and methodology of football (Teoria i metodyka piłki nożnej)	1, I	class 20 h	2	credit	PL/ENG
Theory and methodology of basketball (Teoria i metodyka koszykówki)	2, III	class 20 h	2	credit	PL/ENG
Theory and methodology of handball (Teoria i metodyka piłki ręcznej)	2, III	class 20 h	2	credit	PL/ENG

Movement games and activities (Zabawy i gry ruchowe)	1, I	class 30 h	2	credit	PL/ENG
Winter camp (Obóz zimowy)	2, III	class 56 h	3	credit	PL/ENG
Mortal art (Sporty walki)	2, III	class 20 h	2	credit	PL/ENG
Rackets sport (Sporty z rakieta)	2, III	class 20 h	2	credit	PL/ENG
Winter individual sports (Zimowe sporty indywidualne)	3, V	class 20 h	2	credit	PL/ENG
Basics of developing exercise capacity (Podstawy kształtowania zdolności wysiłkowych)	3, V	lecture 10 h class 15 h	2	credit	PL/ENG
Strength training and body building (Trening siłowy z elementami kulturystyki)	2, III	class 30 h	1	credit	PL/ENG
Supporting the training proces (Wspomaganie procesu treningowego)	3, V	lecture 10 h class 15 h	2	credit	PL/ENG
Relaxation methods (Techniki relaksacyjne)	3, V	class 10 h	1	credit	PL/ENG
Health training (Trening zdrowotny)	2, III	class 15 h	1	credit	PL/ENG
Senior training (Trening seniora)	3, V	class 15 h	1	credit	PL/ENG
Targeted training (Trening ukierunkowany)	3, V	class 10 h	1	credit	PL/ENG

Spring semester 2025/2026

Course name in English (in Polish)	Year of study, semester of study in the cycle	Number of hours, form of classes	ECTS	Form of credit	Language of the subject
Anatomia (Anatomy)	1, II	lecture 15 h class 15 h	3	exam	PL/ENG
Physiology (Fizjologia)	2, IV	lecture 15 h class 15 h	3	exam	PL/ENG
Theory of Physical Education (Teoria Wychowania Fizycznego)	1, II	lecture 15 h class 30 h	2	credit	PL/ENG
Health education (Edukacja zdrowotna)	1, II	lecture 15 h class 15 h	2	credit	PL/ENG
Fitness (Fitness i aerobik)	1, II	class 15 h	1	credit	PL/ENG
Injury prevention in sport and physical activity (Profilaktyka urazów w wychowaniu fizycznym i sporcie)	3, VI	lecture 15 h	2	credit	ENG
Music, rythm, dance (Muzyka, rytm, taniec)	2, IV	class 15 h	1	credit	PL/ENG

Theory and Methodology of Gymnastics (Teoria i metodyka gimnastyki)	1, II 2, IV	class 15 h class 15 h	1 1	credit	PL/ENG
Theory and methodology of track and field (Teoria i metodyka lekkoatletyki)	1, II 2, IV	class 15 h class 15 h	1	credit	PL/ENG
Theory and methodology of swimming (Teoria i metodyka pływania)	1, II 2, IV	class 15 h class 15 h	1	credit	PL/ENG
Theory and methodology of volleyball (Teoria i metodyka piłki siatkowej)	1, II	class 20 h	2	credit	PL/ENG
Theory and methodology of football (Teoria i metodyka piłki nożnej)	1, II	class 20 h	2	credit	PL/ENG
Theory and methodology of basketball (Teoria i metodyka koszykówki)	2, IV	class 20 h	2	credit	PL/ENG
Theory and methodology of handball (Teoria i metodyka piłki ręcznej)	2, IV	class 20 h	2	credit	PL/ENG
The theory of sport children and youth (Teoria sportu dzieci i młodzieży)	2, IV	lecture 20 h class 20 h	2	exam	PL/ENG
Summer camp (Obóz letni)	1, II	class 56 h	3	credit	PL/ENG
Bicycle tourism (Turystyka rowerowa)	2, IV	class 35 h	2	credit	PL/ENG
Water tourism (Turystyka wodna)	2, IV	class 35 h	2	credit	PL/ENG
Team sports (Sporty zespołowe)	2, IV	class 20 h	2	credit	PL/ENG
Lifetime sports (Sporty całego życia)	3, VI	class 20 h	2	credit	PL/ENG
Basics of developing exercise capacity (Podstawy kształtowania zdolności wysiłkowych)	2, IV	lecture 5 h class 15 h	1	credit	PL/ENG
Functional training (Trening funkcjonalny)	2, IV	class 20 h	2	credit	PL/ENG
Aqua Fitness Training (Aqua Fitness Trening)	3, VI	class 15 h	1	credit	PL/ENG
Supporting the training process (Wspomaganie procesu treningowego)	3, VI	lecture 10 h class 15 h	2	exam	PL/ENG

The courses which are marked **yellow** are the courses that required additional fee. The university is founding most part of the classes, but the participant is also required to pay up to ~1000 PLN.

Optional courses

Courses are implemented in the winter semester and summer semester, provided a minimum of 5 students participate.

Course name in English (in Polish)	Year of study, semester of study in the cycle	Number of hours, form of classes	ECTS	Form of credit	Language of the subject
Polish for Foreigners	For Erasmus students only	15 class	2	credit	ENG
Introduction to Poland	For Erasmus students only	15 class	2	credit	ENG
Lean management	For Erasmus students only	15 class	2	credit	ENG
Work improvements with AI solutions	For Erasmus students only	15 class	2	credit	ENG