

English offer for Erasmus students 2026/2027

WINTER SEMESTER

Public Speaking Training.

TEACHER:

dr Dawid Kutryn

e-mail: dawid.kutryn@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 40h, ECTS - 3

SHORT DESCRIPTION OF THE COURSE:

The aim of the subject is to develop students' public speaking skills and prepare them to create effective presentations in their future professional career. The subject focuses on important aspects related to the content of speeches (structure) and behavior during public speaking. Prepares you to independently construct a presentation in terms of structure, persuasion, aesthetics and media. Self-presentation skills during speeches are also developed, especially the ability to build effective interactions with the audience.

LITERATURE:

- J. Weissman, The power presenter, 2009,
- J. Weissman, Presenting to win: The Art of Telling Your Story, 2006,
- S.E. Lucas, The art of public speaking, 2019.

Starting Own Business (start-up).

TEACHER:

dr Bogdan Piątkowski

e-mail: bogdan.piatkowski@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30h, ECTS - 2

SHORT DESCRIPTION OF THE COURSE:

How to start a business in 7 steps. Making a business plan. Secure funding. Surround yourself with the right people. Establish a location. Develop a marketing plan. Build your customer plan – how to sell your product or service. How to be successful in business. How to win and get a lot of profits from your business.

LITERATURE:

- Allen, Richard G., Multiple Streams of Income, the USA 2009.
- Czarnecki, Leszek, Simply Business, Studia Emka, Warszawa 2011.
- Czarnecki, Leszek, Simply Business: The Next Step, Muza SA, Warszawa 2012.
- Tracy, Brian, The Psychology of Selling, Harper Collins Focus 2006.

Personal Branding.

TEACHER:

dr Edyta Pieniacka

e-mail: edyta.pieniacka@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS -2

SHORT DESCRIPTION OF THE COURSE:

Personal branding is the deliberate practice of defining and promoting one's unique value, skills, and identity. It involves strategically presenting oneself to highlight individual strengths and differentiate from others. In today's digital age, personal branding encompasses managing one's online presence, including social media profiles and professional networks, to ensure a consistent and authentic representation. Effective personal branding can lead to enhanced career opportunities, stronger professional relationships, and a clearer understanding of personal goals and values.

LITERATURE:

- You Are The Brand, M.Kim.
- Me 2.0, D. Schwabel.
- BrandingPays: The Five-Step System to Reinvent Your Personal Brand, K. Kang.
- Platform: The Art and Science of Personal Branding, C. Johnson.

Theory and Methodology of Educational Balls Eduball and Floorball.

TEACHER:

dr Sara Wawrzyniak

e-mail: sara.wawrzyniak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

The course presents an innovative, interdisciplinary teaching approach to physical education in preschool and elementary school education. The EDUball method combines physical activity and academic learning. The concept relies on developing and improving children's motor and academic performance through movement and play. The approach uses a didactic teaching aid in the form of educational balls called EDUballs to integrate various subjects, such as language, mathematics, geography, history, etc., into physical education. Children participating in activities with educational balls can develop and improve their physical fitness, motor, and fundamental movement skills while simultaneously learning and improving their academic performance. During the course, students learn to teach physical activities using EDUballs and to organize engaging games and exercises to improve children's motor and academic performance, according to the motto "I learn while playing". The course program also includes the theory and methodology of floorball. During the course, students learn how to teach individual skills (running with the ball, passing and receiving the ball, shooting, protecting the ball, etc.) and team tactics (offensive and defensive actions). Students learn about regulations for organizing floorball events (matches and tournaments), and then organize and participate in such events.

LITERATURE:

- Rokita A., Cichy I., Wawrzyniak S., Korbecki M. (2017). Eduball games and sports: a guide for primary school teachers and cooperating physical education teachers carrying out the "Little Champion" program. Ministry of Sport and Tourism; Marshal Office of the Lower Silesia Region; School Sports Association "Dolny Śląsk", Wrocław.
- Rokita, A., S. Wawrzyniak, I. Cichy (2018). *Learning by Playing! 100 Games and Exercises of Brainballs*. Wrocław, Poland: AWF.
- Wawrzyniak, S., Cichy, I., Matias, A. R., Pawlik, D., Kruszwicka, A., Klichowski, M., & Rokita, A. (2021). Physical Activity With Eduball Stimulates Graphomotor Skills in Primary School Students. *Frontiers in Psychology*, 12, 606.
- Basic IFF Referee Educational Material (2018), International Floorball Federation
- Learn, Start, Play; Floorball Youth Start Up Kit; Individual Technique and Tactics; Team Tactics; Special Situations and Goalkeeping, International Floorball Federation, Materials (books and presentation) available at <https://floorball.sport/materials/downloads/>

Theory and Methodology of Basketball.

TEACHER:

mgr Dominik Tomczyk

e-mail: dominik.tomczyk@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 30h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

The classes includes practical basketball classes.

The aim of the classes is to provide students with knowledge and practical skills related to the planning, organization, and implementation of basketball lessons. Students will learn to define the objectives and purposes of basketball games and exercises. They will acquire the ability to conduct basketball classes, including the warm-up, the main part of the lesson involving exercises and games, and the concluding part of the class, in accordance with the theory and methodology of sports games and the educational process.

LITERATURE:

- Jerry V Krause, Craig Nelson, Basketball Skills & Drills, Fourth edition
- Radu A., “Basketball: a guide to skills, techniques and tactics”. The Crowood Press, 2010.
- FIBA, Official Basketball Rules 2024 r. www.fiba.com
- FIBA, Mini Basketball Rules 2005 r. www.fiba.com

Biology of Exercise.

TEACHER:

dr inż. Joanna Grobelna

e-mail: joanna.grobelna@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

Lectures focus on cell structure and function, bioenergetic balance, skeletal muscle tissue physiology, muscle fiber contraction, hormonal control of human body and adaptation to exercise.

Classes focus on the following topics:

- the role of carbohydrates, proteins, lipids and nucleotides in human body,
- water balance, electrolytic balance, and acid-base balance in human body at rest and during exercise,
- biomarkers in sports and exercise.

LITERATURE:

- Physiology of Sport and Exercise. W. L. Kenney, J. H. Wilmore, D. L. Costill, Human Kinetics 2024

- Biology. E. Solomon, L. R. Berg, Ch. Martin, D. W. Martin, 2019
- Exercise Biochemistry. V. Mougios, Human Kinetics Publishers, 2019.

Biological Regeneration.

TEACHERS:

Dr hab. Sebastian Klich, prof. AWF Wrocław

e-mail: sebastian.klich@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

The course provides knowledge relating to the application of physical medicine, especially in the field of hydrotherapy and massage, as well as in training of athletes. Classes during the course are mainly practical. Students will carry out procedures, such as underwater massage, Scottish showers, sauna, salt bath, whirlpool massage of upper and lower limbs and various types of sports massage (regenerative, prophylactic, training, isometric).

LITERATURE:

- Weiss L.D., Weiss J.M., Pobre T., Oxford American Handbook of Physical Medicine and Rehabilitation, Oxford University Press, 2010 1990.
- Sinclair M., Modern Hydrotherapy for the Massage Therapist, Lippincott Williams & Wilkins, 2007.
- McGillicuddy M., Massage for Sport Performance, Human Kinetics, 2011.

Motor Skill Acquisition and Assessment.

TEACHER:

dr hab. Stanisław Czyż, prof. AWF Wrocław

e-mail: stanislaw.czyz@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 40h, ECTS – 3

SHORT DESCRIPTION OF THE COURSE:

This course focuses on the development and diagnosis of specific coordination abilities within the framework of motor learning and motor control. It examines coordination as a key component of motor performance and sport training, drawing on behavioral and information-processing perspectives. Students are introduced to mechanisms underlying movement control, skill acquisition, and coordination, including sensory feedback, motor programs, and adaptation processes. The course emphasizes the use of motor tests and measurement tools to assess coordination abilities relevant to sport performance. Practical components address the interpretation of test results and their application in training planning. Particular attention is given to coordination demands in team sports and complex movement tasks.

LITERATURE:

- Magill R.A. (any after 2007). Motor learning and control: Concepts and applications. Eds.: any above 8th
- Schmidt, R.A., Lee, T.D (2011) Motor Control and Learning. A Behavioral Emphasis. Champaign, IL: Human Kinetics. 5th ed.

Sport Climbing.

TEACHER:

dr Patryk Czermak

e-mail: patryk.czermak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 15h, ECTS – 1

SHORT DESCRIPTION OF THE COURSE:

The course program was prepared for beginners. It includes safety rules of bouldering and indoor climbing in climbing gyms. During the course students learn how to plan their training in the discipline and usage of most popular climbing techniques. The course takes place on a bouldering climbing wall with additional fee.

LITERATURE:

- Horst E. (2016) Training for climbing. Wyd. Rowman & Littlefield, USA.
- Horst E. (2002) How to climb 5.12. Wyd. Rowman & Littlefield, USA.
- Winkler R. (2017) Boulder training. Wyd. Amazon.

Winter Camp.

TEACHER:

dr Urszula Szczepanik

e-mail: urszula.szczepanik@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 60h, ECTS – 4

SHORT DESCRIPTION OF THE COURSE:

The aim of the course is to learn about the possibilities of spending physical activity in the natural environment in winter. Students have the opportunity to participate in classes in downhill skiing, cross-country skiing and snowboarding as well as in various forms of activity in the mountains in winter.

LITERATURE:

- Potential Health Benefits From Downhill Skiing Front. *Physiol.*, 2019; Martin Burtscher*, Peter A. Federolf, Werner Nachbauer and Martin Kopp.
- How To Ski: Master The Basics Of Skiing Quickly And Easily - The Ultimate Beginner's Guide To Skiing; 2015; Dan Davis.
- Go Snowboard: Read It, Watch It, Do It (GO SERIES); 2006; Neil McNab.

Fitness in Jumping Shoes.

TEACHER:

dr Zofia Niekurzak

e-mail: zofia.niekurzak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 15h, ECTS – 1

SHORT DESCRIPTION OF THE COURSE:

FITNESS IN JUMPING SHOES classes are an effective full-body workout, specially designed to shape muscles and improve posture. Exercises in jumping shoes help maintain fitness and can burn up to 30% more calories than traditional workouts. The classes in jumping shoes include jumps, simple choreographed routines, and running in place to the rhythm of energetic music. This bouncy workout is ideal for people who are not fond of muscle soreness, and it can also become an excellent addition to any training plan. The shoes feature a specially designed IPS system that ensures safety.

LITERATURE:

- Pietrzyk D., Fitness Modern Forms of Gymnastics: A Guide for Recreational Exercise Instructors. Society for the Promotion of Physical Culture, Warsaw [n.d.].
- ACSM's Guidelines for Exercise Testing and Prescription. American College of Sports Medicine.
- Exercise Physiology: Nutrition, Energy, and Human Performance – William D. McArdle, Frank I. Katch, Victor L. Katch.

Relaxation Techniques.

TEACHER:

dr Katarzyna Gębura

e-mail: katarzyna.gebura@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

Program of this course covers practical and theoretical knowledge how to applied relaxation techniques in daily life. Students can learn how to recognize and deal with stress, calming the body and mind by using relaxation techniques as Schultz's Autogenic Training, Jacobson Progressive Muscle Relaxation, Mindfulness practice, selected breathing relaxation techniques, bodywork in static yoga poses, dynamic rhythmic breathing practice in an asana sequence - sun salutation, regenerative poses using equipment (bolsters, blankets, blocks, straps), interpersonal work based on Wintrebert's relaxation and Zen-Shiatsu elements, Introduction to deep relaxation and visualization, concentration and meditation exercises based on the dominant stimulus of movement - meditation in motion. Practical introduction to noninvasive

technique for general improving feelings of well-being and stress management. To develop skills in designing and conducting relaxation activities.

LITERATURE:

- Payne's Handbook of Relaxation Techniques, 4th Edition, A Practical Guide for the Health Care Professional, Rosemary Payne, Marie Donaghy, 2010
- The relaxation response, Herbert Benson, 2000
- Relaxation and Stress Reduction Workbook, Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay, 2019

Adapted Physical Activity.

TEACHERS:

dr hab Marta Wieczorek, prof. AWF Wrocław

e-mail: marta.wieczorek@awf.wroc.pl

dr Wojciech Wiliński

e-mail: wojciech.wilinski@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

Equipping students with theoretical and practical knowledge related to adapted physical activity. With regard to people with disabilities and people with special functional and health needs. Sport for people with disabilities - mission, objectives, types. Enabling students to acquire the social skills necessary to include people with disabilities or special functional and health needs in recreational and sports activities.

LITERATURE:

- Auxter D., Pyfer J. and Huettig C. H. (2009). Principles and methods of adapted physical education and recreation, St. Louis, MO: Mosby..
- Sherrill C. (2004). Adapted physical activity, recreation and sport: Crossdisciplinary and lifespan. Madison, Brown and Benchmark.
- Steadward R.D., Wheeler G.D., Watkinson E.J. (red.) (2003). Adapted Physical Activity. The University of Alberta Press and The Steadward Centre.
- Winnick J.P. (ed.) (2010). Adapted physical education and sport, Human Kinetics.

Motor Play Activities.

TEACHERS:

dr Anna Malska-Śmiałowska

e-mail: anna.malska-smialowska@awf.wroc.pl

dr Małgorzata Krzak

e-mail: malgorzata.krzak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 25h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

The student will be able to justify the importance of fun and movement games in the process of physical education; select and conduct activities and games in various conditions, appropriate to the purpose, age and capabilities of the person;

In the first part of the semester, students participate in activities and games led by the teacher, and in the second part of the semester, they organize and participate in activities and games organized by students.

LITERATURE:

- Uppal Herjinder Play Activities for the Early Years - Practical Ways to Promote Purposeful Play across the Foundation Stage.
- Huberta Wiertse 101 Movement Games for Children: Fun and Learning with Playful Moving.
- Christy Isbel Mighty Fine Motor Fun.
- White Rachel Helping Children to Improve Their Gross Motor Skills: The Stepping Stones Curriculum.
- Vonnie Colvin, Nancy J. Egnor Markos,... Teaching Fundamental Motor Skills.

Physical Medicine - Physical Therapy, Balneoclimatology and Wellness.

TEACHER:

dr Aneta Demidaś

e-mail: aneta.demidas@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 45h, ECTS – 3

SHORT DESCRIPTION OF THE COURSE:

Winter semester: In these lectures and classes, students learn about different types of therapy used in physical medicine. They understand the importance of electrotherapy, electrostimulation, magnetic fields, hot and cold treatment and the use of low- and high-energy lasers in modern physical medicine and sports medicine. Students learn about the physiological benefits of using cold by using it in local and whole body treatments, thanks to the use of a cryochamber.

They will know the effects of sauna treatments on the body, and learn about the influence of hot and cold baths on the human body. They will be able to use liquid paraffin treatments.

LITERATURE:

- Electrophysical Agents. Evidence-Based Practice. Tim Watson, Ethne L. Nussbaum. Edinburgh, London, New York, Oxford, Philadelphia, St. Louis, Sydney, 2021 Elsevier Limited.
- Clinical Electrotherapy. Roger M. Nelson, Dean P. Currier, 1991 Appleton & Lange.
- Magnet Therapy, Second Edition: The Self-Help Guide to Magnets Clinically Proven to Relieve 35 Health Problems. William H. Philpott, Dwight K. Kalita, Linwood Lothrop, November 25, 2011.
- Magnet Therapy: An Alternative Medicine Definitive Guide. William H. Philpott, Dwight K. Kalita, Burton Goldberg, Paperback-October 15, 2000.
- Principles of Musculoskeletal Treatment and Management – A Handbook for Therapists. Nicola J Petty, Kieran Barnard, Elsevier 24 August, 2017.

Manual Therapy.

TEACHER:

dr Adam Paluszak

e-mail: adam.paluszak@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 45h, ECTS – 2

SHORT DESCRIPTION OF THE COURSE:

Developing the skills to select and apply therapy for functional disorders of the musculoskeletal system. Classifying the characteristics and types of functional disorders. Skills in conducting examinations, interpreting results, and planning and performing treatment using manual therapy techniques.

LITERATURE:

- Kaltenborn FM, Evjenth Olaf, Kaltenborn TBaldauf, Morgan Dennis, Vollowitz Eileen. Manual mobilization of the joints: joint examination and basic treatment. Volume II, The spine. Norli; 2018. 342 p.
- Sipko T, Paluszak A, Siudy A., (2018) Effect of sacroiliac joint mobilization on the level of soft tissue pain threshold in asymptomatic women. Journal of Manipulative and Physiological Therapeutics, 41(3), 258-264.
- Olaf Evjenth, Traudi Baldauf Kaltenborn, Dennis Morgan, Eileen Vollowitz; Manual Mobilization of the Joints - Vol. 1: The Extremities, 8th Edition (Book & DVD) 8th Edition, 2014.

Physiology (general physiology, exercise physiology, pain physiology, physiological diagnostics).

TEACHER:

mgr inż. Karolina Lorek

e-mail: karolina.lorek@awf.wroc.pl

NUMBER OF HOURS AND ECTS POINTS: 60h, ECTS – 3

SHORT DESCRIPTION OF THE COURSE:

Physiology is a course that helps you understand how the human body truly works, from the cellular level to the complex responses of the entire organism. It shows how individual organs cooperate at rest, during physical activity, and in situations of stress or pain. The subject is based on the principles of physics and chemistry, aiming to explain how living organisms function. Physiology combines theory with practice; the course includes both lectures and practical classes that teach the interpretation of vital processes and the basics of functional diagnostics. It forms the foundation of medical and sports sciences, transforming the way we understand health, movement, and the potential of the human body.

LITERATURE:

- Silverthorn, D. U. (2018). Human physiology: An integrated approach (Global ed.). Pearson. ISBN 978-1292259543
- Silbernagl, S., & Despopoulos, A. (2015). Color atlas of physiology (7th ed.). Thieme. ISBN 978-3135450070
- Norrbrink, C., Molin, B., & Lundeberg, T. (Eds.). (2013). Pain from a physiological perspective [Polish edition: Ból z perspektywy fizjologii]. Warsaw: Exemplum. ISBN 978-83-62690-11-4.