

Course Catalogue in English



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Jan Amos Komeński State University of Applied Sciences in Leszno

Institute of Health and Physical Education

Studies	Subject	Academic Teacher	ECTS
Nursing	Future of Nursing	Adam Adamek, PhD in Health Sciences	5
	Physical Examination	Monika Zysnarska, PhD	5
		Maciej Górecki, PhD in Health Sciences	
	Clinical Nutrition and Nutritional Care	Adam Adamek, PhD in Health Sciences	5
	Food Sense and Health	Adam Adamek, PhD in Health Sciences	5
	Health Innovation and Medical Entrepreneurship	Adam Adamek, PhD in Health Sciences	5
	Nutrition for Healthy Aging	Adam Adamek, PhD in Health Sciences	5
	Medical Microbiology: a basic course	prof. dr hab. Andrzej Szkaradkiewicz	5

Studies	Subject	Academic Teacher	ECTS
Physiotherapy	Bodywork for Physical and Mental Health	Zuzanna Maćkowiak, PhD	5
	Bodywork in Injury Prevention	Zuzanna Maćkowiak, PhD	5
	Body & Mind	Katarzyna Stachowiak, PhD	5
	Palpatory Anatomy	Zuzanna Maćkowiak, PhD	3
	Physical Activity for Adults	Waldemar Kabat, Msc	3

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	Fundamentals of Rehabilitation and Fascial Massage	Waldemar Kabat, Msc	5
	Functional Diagnosis for Children	Anna Wieczorek-Baranowska, PhD	5

Studies	Subject	Academic Teacher	ECTS
Physical Education	Sports Marketing	Mikołaj Zgaiński, PhD	5
	Event Management and Leadership	Mikołaj Zgaiński, PhD	5
	Leadership and Project Management	Mikołaj Zgaiński, PhD	5
	Body & Mind	Katarzyna Stachowiak, PhD	5
	Aqua Gym	Katarzyna Stachowiak, PhD	5
	Rhythm & Dance	Katarzyna Stachowiak, PhD	5
	Fitness	Katarzyna Stachowiak, PhD	5
	Swimming	Marta Nowaczyk, PhD	5
	Nordic walking	Marta Nowaczyk, PhD	5
	Biomechanics	Dr hab. Joanna Gorwa,	3
	Biomechanics of Dance	Dr hab. Joanna Gorwa	3
	Judo	Tomasz Kusior, MSc	5