

Szanowni Studenci!

Przedstawiamy Wam ofertę nowych, ogólnouczelnianych przedmiotów w języku angielskim, które będą realizowane w semestrze zimowym i letnim, w roku akademickim 2021/22

Semestr zimowy, rok akademicki 2021/22

Quantitative Analysis of Human Motion - dr hab. Grzegorz Sobota

Quantitative Analysis of Human Motion - its main area is movement analysis with the help of modern measurement devices and techniques. You will learn how to plan and perform analysis of a different kind of human motion, and how to analyze them (for clinical, sport, and ergonomic purposes). Basic information on human movement, anatomy, biomechanics, and modeling of movement will be presented during the course.

Prophylaxis through movement - mgr Piotr Rodak

The course offers an overview of the newest trends in physical activity from a strictly practical point of view.

Starting from the introduction to the issue of prophylaxis through movement, students will go through training with blood flow restriction (BFR), fascia training, and human movement patterns. Besides participants will be offered classes in a hypoxia chamber (high altitude training) and various trainings with the use of top-level fitness equipment.

The main assumption is to build up knowledge and understanding of the fundamental concepts of health, principles of health promotion and healthy lifestyle, physical education, and health education through movement.

Students will gain a wide understanding of active lifestyle's importance. Series of classes will offer a wide range of topics from the field of sport and physical activity, which remains an attractive low-cost strategy to promote healthy behaviors and lifestyles throughout the lifespan and reduce the burden of chronic diseases on public health systems.

Semestr letni, rok akademicki 2021/22

Pain: From bench to bedside – dr Wacław Adamczyk

The course provides an overview of the physiology and psychophysics of pain perception in humans. Starting from the latest definition of pain updated by the International Association for the Study of Pain, attendees will participate in seminars on pain perception, pain mechanisms, and history of pain research. The main assumption is to teach students about pain while exposing them to different types of

classes. Lectures on neuroanatomy and physiology positioned in the state-of-the-art "pain science" are the essence, however, "hands-on" workshops including pain modulation tests are also in the schedule. Scholars will gain a basic understanding of pain and its neural representation. Series of seminars will address topics ranging from pain theories, physiology, placebos, assessment of pain, and modern evidence-based approaches to acute and persistent pain. This course is recommended to everyone who has an interest in pain research or the clinical implications of basic scientific research.

Cosmetic and SPA treatments, selected issues – dr Laura Piejko

The subject is specifically for students who are interested in spa treatments, especially body massage. The topics regard selected issues of cosmetic and spa modalities with a look at the latest, most effective body shaping procedures.

Interpersonal Relationships – mgr Magdalena Szopa

The subject focuses on the complexity and depth of human communication and interpersonal relationships. Main topics include the maintenance, course, dissolution, and types of relationships, as well as group formations and elementary group processes. Knowledge and skills gained during the course are useful in communicating with clients, patients, coworkers, and in personal relationships.

Coaching competence development – dr Agnieszka Chęcińska – Kopiec

Coaching has been defined in many ways. The essence of coaching is: To help a person change in the way they wish and helping them go in the direction they want to go. Coaching supports a person at every level in becoming who they want to be. Coaching builds awareness, empowers choice, and leads to change.

Nabyta podczas zajęć wiedza może być wykorzystana w projektach naukowo – badawczych, działalności studenckiego ruchu naukowego, jak również stanowić formę integracji środowiska wszystkich wydziałów i kierunków studiów AWF Katowice.

Zajęcia będą prowadzone w soboty, w 6-cio godzinnych blokach, w formie ćwiczeń, w ilości 26 godzin (2punkty ECTS). Wybrany przedmiot może być zamieniony z innym zadeklarowanym wcześniej przedmiotem, o ile pokrywać się będzie liczba godzin i punktów ECTS.

Ilość miejsc ograniczona.

Zachęcamy do wypełnienia zgłoszenia (w załączeniu) i wysłania na adres mailowy : j.kwasniewska@awf.katowice.pl do dnia 27.04.2021r.