



2025/2026 Erasmus+ Offer in English

Faculty of Health Sciences and Physical Education

Lecturer	LP	Subject	ECTS	Form of conduction					Semester
				L	P	C	Lab	S	
	FALL semester - BASIC OFFER								
dr hab. Alicja Głębocka, prof. ucz.	1.	Psychology of eating disorders and obesity	2	X		X			winter
mgr Łukasz Kabelis-Szostakowski	2.	Endurance and strenght training	3	X		X			winter
mgr Łukasz Kabelis-Szostakowski	3.	Functional training	2	X		X			winter
dr Ewa Szura	4.	Fitness	3	X		X			winter
dr Ewa Szura	5.	Relaxation techniques and yoga	2			X			winter
dr hab. Alicja Głębocka, prof. ucz.	6.	Psychology of stress and quality of life	2	X					winter

*L-lecture, P- Project, C- Practical classes, Lab- Laboratory, S- Seminar

Lecturer	LP	Subject	ECTS	Form of conduction					Semester
				L	P	C	Lab	S	
	SPRING Semester - BASIC OFFER								
dr hab. Alicja Głębocka, prof. ucz.	1.	Psychology of eating disorders and obesity	3	X		X			summer
mgr Łukasz Kabelis-Szostakowski	2.	Endurance and strenght training	2	X		X			summer

mgr Łukasz Kabelis-Szostakowski	3.	Functional training	4	X		X			summer
dr Ewa Szura	4.	Fitness	2			X			summer
dr hab. Alicja Głębocka, prof. ucz.	5.	Psychology of stress and quality of life	2	X					summer