



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 & SPRING Semester - BASIC OFFER								
dr hab. Alicja Głębocka, prof. ucz.	1.	Psychology of eating disorders and obesity	3	X		X			
mgr Łukasz Kabelis-Szostakowski	2.	Endurance and strenght training	3	X		X			
mgr Łukasz Kabelis-Szostakowski	3.	Functional training	3	X		X			
dr Ewa Szura	4.	Relaxation techniques and yoga	4			X			
dr Paweł Szewczyk	5.	Dietary supplements	5	X		X			

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