Kierunek: Trener personalny z elementami fitness semestr I+II

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DATA** |  | |  | |  | |  | |  | |  |  |  |  |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** |
|  | **8.00-**  **8.45** | **8.50-**  **9.35** | **9.40-**  **10.25** | **10.30-**  **11.15** | **11.20-**  **12.05** | **12.10-**  **12.55** | **13.00-**  **13.45** | **13.50-**  **14.35** | **14.40-**  **15.25** | **15.30-**  **16.15** | **16.15-**  **17.00** | **17.00-**  **17.45** | **17.50-**  **18.35** | **18.40-**  **19.20** |
| 21.09. |  |  |  |  | C | C | C | C | C | C |  |  |  |  |
| 22.09. |  | P | P | P | P | P | P | P | P |  |  |  |  |  |
| 19.10. |  |  |  |  | M | M | M | B | B | B | B | B |  |  |
| 20.10. |  | C | C | C | C | C | C |  |  |  |  |  |  |  |
| 16.11. |  |  |  |  | M | M | M | M | M | B | B | B |  |  |
| 17.11. |  | C | C | C | C | C | C | C | C | C | C |  |  |  |
| 14.12. |  |  |  |  | P | P | P | P | P | P | P | P |  |  |
| 15.12. |  | C | C | O | O | O | O | O | O | O | O |  |  |  |
| 25.01. |  |  |  |  |  | T | T | T | T | D | D | D | D |  |
| 26.01. |  |  |  |  |  | T | T | T | T | D | D | D | D |  |

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| **PRZEDMIOT** | | **NAUCZYCIEL** | **MIEJSCE ZAJĘĆ** |
| **O** | Opracowanie indywidualnych programów treningowych |  | Siłownia Gallaxy  ul. Niepodległości 47 |
| **M** | Metodyka ćwiczeń fitness | M. Chudzińska |
| **B** | Biomechanika i fizjologia wysiłku |  |
| **P** | Prowadzenie zajęć indywidualnych z fitnessu z wykorzystaniem muzyki |  |
| **C** | Ćwiczenia siłowe, aerobowe, rozciągające i wyciszające |  |
| **T** | Trening umiejętności interpersonalnych | T. Ignaszewski | ul. Kurpińskiego 2, sala 103 |
| **D** | Podstawy działalności gospodarczej |