

Erasmus Teaching Programme Summer semester 2021/2022

	7	8	9	10	11	12	13	14	15	16	17	18	19	20
MONDAY				Cultural Tourism (15hours) room L-Sport Hall Jordanówka			Theory and teaching methodology of volleyball 2/3 of Hall at TENNIS Hall (15Hours)		Vibration therapy and training room 32 (klubowa) club room 20h		Functional diagnostics and physiotherapy in gynecology and obstetrics (15hours) room 13-Sport Hall Jordanówka			
TUESDAY				Aquatic fitness Basen rekreacyjny- recreational swimming pool (15hours)			Sports Biomechanics (20hours) room 317- pawilion I			Health tourism (20hours) room 105 LA-athletic stadium				
WEDNESDAY				Introduction to Recreation 20hours room K-Sport Hall Jordanówka		Rock Climbing Climbing Wall -New Sport Hall SG2 (2hours) 23.03.2022 and outdoor exercises (13hours) - to be established with teacher		Some Forms and Methods of Strength Training siłownia-body building room (15hours) (23.02.2022- 22.04.2022)						
THURSDAY				Polish Language and Culture 03.03.2022 (2hours) room 13-Sport Hall Jordanówka		Nordic walking outdoor activities (10hours) 14.03.2022		Pilates room 101 LA -athletic stadium (20 hours)		Relaxation Methods 101LA-athletic stadium (20hours)				
FRIDAY				<p style="text-align: center;">Polish Language and Culture (6hours) - 11.03.2022 , 10 a.m. till - 2.30 p.m.</p> <p style="text-align: center;">Speleotherapy and recreation in the Underground Health Resort of Wieliczka Salt Mine - 6 and 13 of May 2022, noon-7.30 p.m.</p> <p style="text-align: center;">Excursion to Wolski Forrest (5hours) - 20.05.2022 3 p.m. -6,45 p.m.</p>										
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Body Building room - until 25/02/2022 classes will be at the University of Physical Education in Krakow, from 28/02/2022 till 22/04/2022r classes are at „Manufaktura Zdrowia Fitness & Gym” 43A Al. Jana Pawła II, 31-864 Kraków