Załącznik nr 1
Uchwały nr AR001-11-III/2023
Senatu Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach
z dnia 28 marca 2023 r.

Curriculum of the course:

HEALTH TRAINER

Studies: full-time

First degree studies (Bachelor's degree)

Profile: general academic

I. Basic data:

1. **Faculty:** Faculty of Physical Education
2. **Form of study:** full-time
3. **Level of education:** first-degree studies
4. **Education profile:** general academic
5. **Number of semesters:** 6 semesters
6. **Number of ECTS credits:** 180 ECTS
7. **Professional title awarded to graduates**: bachelor's degree
8. **Qualification level (Polish Qualification Framework)**: level 6 of Polish Qualification Framework
9. **Total number of hours of classes conducted with the direct participation of academic teachers or other teaching leaders:** 2340 hours
10. **Assignment of the field of study to scientific disciplines:**

Scientific discipline	Name	Percentage share
1. Leading:	physical culture science	**60%**
2. Additional:	health sciences	**30%**
3. Additional:	medical sciences	**10%**
	Total	**100%**

11. **Specialities:** Personal training
12. **Education standard reference:** not applicable

II. Concept and objectives of education:

The concept of education in the field of Health Trainer is consistent with the Strategy of the Jerzy Kukuczka Academy of Physical Education in Katowice for the years 2020-2040 (Appendix to Senate Resolution No. AR001-001-XI/2021).

The Health Trainer study program is designed to provide students with the skills and knowledge necessary to become effective health educators and promoters. The concept of education in this program is to equip students with comprehensive understanding of health-related issues and the tools to educate individuals and communities on how to improve their health and well-being.

The objectives of education in the Health Trainer study program include:

- To develop an understanding of health-related issues: students will learn about various health-related issues, including disease prevention, nutrition, physical activity, mental health, and environmental health.
- To develop skills in health education: students will learn how to design, implement, and evaluate health education programs and interventions. They will also learn effective communication and interpersonal skills to engage with individuals and communities.
- To promote healthy lifestyles: students will learn how to encourage individuals and communities to adopt healthy behaviors~~,~~ including regular physical activity, healthy eating habits, and stress management.
- To understand public health systems: students will learn about the role of public health systems in promoting health and preventing disease. They will also understand the importance of collaboration and partnership between healthcare professionals, public health agencies, and community organizations.

III. Profile of the graduate*:*

Health trainer is a public health specialist who helps individuals and groups assess their lifestyles and wellbeing, set and achieve health goals, design health and fitness programs and provide theoretical information and practical support that will help people to change their behaviors.

Health trainer's interventions include health risk assessment, modification of health behaviors, counseling and application of lifestyle changes (including nutrition, physical

activity, stress management) to maintain health and wellbeing, prevent and reverse the progression of chronic diseases.

Job prospects as a health trainer range from working in health clubs, wellness centers, fitness centers, gyms and personal training studios, leisure centers, hotels, resorts or spas, and sports clubs. Corporate fitness and wellbeing are growing rapidly, therefore health trainers could work for companies/organizations providing workplace wellness programs or fitness facilities. Graduates will be prepared to set up own or freelance business as a health or personal trainer.

The study program is also designed to prepare students who wish to have personal trainer certification and take exams offered by the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM) and other internationally recognized organizations.

IV. Description of the intended learning outcomes:

Learning outcomes	Upon successful completion of this study program the students will acquire the following knowledge, skills, and social competencies:	Level II characteristics of the Polish Qualifications Framework
Knowledge		
KW01	Provide fundamental background about the biological function of the human body	P6S_WG
KW02	Identify the structure and functions of each body system and explain its role in maintaining homeostasis	P6S_WG
KW03	Understand the physiological and biochemical principles, responses, and adaptations to physical training	P6S_WG
KW04	Explain the underlying biomechanical and kinesiological principles of motor skills and movement patterns, as well as acquire knowledge about the process and dynamics of motor skills learning	P6S_WG
KW05	Understand the key epidemiological concepts, methods and study designs	P6S_WK
KW06	Define the biological, behavioral, cognitive and social determinants of health, risk factors for health-compromising behaviors and strategies for their modification	P6S_WG
KW07	Demonstrate awareness of the key concepts in health promotion, education, and disease prevention	P6S_WG

KW08	Demonstrate knowledge of lifestyle definition and role of health behaviors for health	P6S_WG
KW09	Describe the main components and benefits of healthy lifestyle (including physical activity, healthy eating and sleeping habits, stress management and mental wellbeing)	P6S_WG
KW10	Demonstrate knowledge of principles of behavior change, effective communication, goal setting and teaching techniques	P6S_WG
KW11	Demonstrate knowledge of behavioral strategies and methods of motivation to enhance exercise and health behavior changes	P6S_WG
KW12	Demonstrate how to screen, diagnose, and monitor a lifestyle-related condition	P6S_WG
KW13	Demonstrate knowledge in core principles of nutritional science	P6S_WG
KW14	Discuss general recommendations for healthy eating and physical activity	P6S_WG
KW15	Demonstrate knowledge of energy balance in weight management and effects of diet and exercise on body composition and health	P6S_WG
KW16	Demonstrate knowledge of the principles and periodization of health training programs, including individual needs, health condition and limitations	P6S_WG
KW17	Describe the major evidence for the physical activity components (aerobic, strength, flexibility, and balance)	P6S_WG
KW18	Demonstrate knowledge of key concepts and areas of health psychology. Understand the nature of abnormal behaviors and mental health conditions	P6S_WG
KW19	Demonstrate knowledge of cardiovascular, pulmonary, metabolic, and musculoskeletal risk factors or conditions that may require consultation with medical personnel before testing or training	P6S_WG
KW20	Identify and understand appropriate methodologies in health research studies	P6S_WG
KW21	Demonstrate knowledge and understanding of the core doctrines of intellectual property law	P6S_WK
KW22	Identify future trends that will affect the health and fitness industry and personal training	P6S_WK
KW23	Know how to deal with an emergency health situation	P6S_WG
KW24	Identify the basic processes, approaches, and interventions that address the major health-related needs of populations	P6S_WG
Skills		
KU01	Apply an integrated knowledge of exercise physiology, motor control, and biomechanics to problems related to physical	P6S_UW

	inactivity in diverse populations by using an evidence-based approach	
KU02	Design, develop, implement and evaluate health education and promotion programs	P6S_UW
KU03	Apply biomechanical principles to both efficient movement in daily life activities and to exercise training	P6S_UW
KU04	Screen all ages for fitness using appropriate tests and technology, and adapt testing protocols according to health appraisal and the individual's medical history	P6S_UW
KU05	Evaluate health, performance, and fitness levels to develop physical activity and exercise programs	P6S_UW
KU06	Prescribe and implement exercise training programs specific to age, functional ability and health conditions, and in accordance with benefits, precautions, and contraindications of progressive exercise	P6S_UW
KU07	Apply behavior theories and models and use counseling skills to promote healthy behaviors in individuals	P6S_UK
KU08	Formulate specific recommendations regarding lifestyle modification adequate to-the individual's health condition and level of motivation	P6S_UK
KU09	Implement, monitor, and revise appropriate stress management techniques and tools	P6S_UW
KU10	Create and develop nutrition plans for different individuals and contexts	P6S_UW
KU11	Select, synthesize, and interpret important information from health sciences literature	P6S_UK
KU12	Provide and maintenance a safe environment, and emergency procedures in health and fitness settings	P6S_UO
KU13	Use appropriate technologies to support scientific inquiry and application for professional practice in health and fitness industry	P6S_UO
KU14	Apply appropriate methodologies in health research studies	P6S_UO
KU15	Appropriately utilize laboratory equipment, data acquisition systems, and virtual simulations	P6S_UO
KU16	Develop a plan to change a personal lifestyle with respect to nutrition, physical activity, or stress management to decrease health risk	P6S_UW
KU17	Prepare health and fitness industry business plan	P6S_UO
KU18	Demonstrate competence in movement skills and strategies needed to perform a variety of physical activities	P6S_UU

Social Competencies		
KS01	Understand the importance of lifestyle modification in treating non-communicable diseases	P6S_KK
KS02	Support community health promotion strategies for active healthy living in the general population	P6S_KO
KS03	Understand the range of responsibility, legal and ethical issues related to performing as a Health Trainer	P6S_KR
KS04	Collaborate with other health professionals, such as dieticians, health educators, fitness trainers, and psychologists	P6S_KK
KS05	Work collaboratively to perform research projects	P6S_KK
KS06	Manage, evaluate and improve own performance	P6S_KR
KS07	Respect and care about individual differences, values, preferences, and needs	P6S_KO
KS08	Show respect and acceptance of own and others' physical and performance limitations	P6S_KO
KS9	Exchange good practices and discuss challenges with other trainers and public health specialists	P6S_KR
KS10	Initiate actions for the public interest and think and act in an entrepreneurial way	P6S_KO
KS11	~~Aware~~ Be aware of the need to ensure the safety of participants	P6S_KO

V. Plan of study:

Attachment number 1

VI. Matrix of learning outcomes:

Attachment number 2

VII. Curriculum content:

1) Basic science

– Human anatomy,
– Exercise Physiology
– Biomechanics and kinesiology
– Exercise biochemistry
– Epidemiology
– Bioethics
– Psychology

2) Healthy lifestyle - education and promotion
   – Health prevention and promotion
   – Psychosocial health behaviors
3) Physical activity behavior
   – Physical activity for health
   – Physiotherapy exercises in posture and ergonomic improvement
4) Nutrition and supplementation
   – Nutrition and supplementation
   – Planning healthy meals
   – Nutrition and peak exercise performance
   – Psychodietetics
5) Stress management and behavioral modification
   – Stress and wellbeing – basic concepts
   – Psychotherapy and mental training
   – Stress management techniques
   – Social skills training
   – Clinical psychology
6) Health and fitness screening
   – Fitness assessment and functional diagnosis
   – Exercise health screening
7) Developing exercise program
   – Comprehensive program design
   – Resistance training program design
   – Cardio training program design
   – Flexibility program design
   – Functional training
8) Special populations
   – Adapted physical activity
   – Physical activity of children
   – Exercise programming - pregnancy and postpartum
   – Exercise programming - disabled individuals
9) Health training in noncommunicable diseases (NCDs)
   – Health training in cardiovascular diseases
   – Health training in respiratory diseases
   – Health training in metabolic diseases
   – Health training in cancer
10) Business in health training

– Legal Issues - responsibilities and business planning
– Protecting intellectual property

11) Technology in healthcare industry
– Technology in health and fitness industry
– Online personal training
– Biostatistics

12) First aid
– Primary and secondary care

13) Physical activity practice
– Self- selected forms of physical activity – in 4 obligatory courses: outdoor activities, indoor activities, water activities, recreational games

14) Research in health and fitness science
– Self- selected scientific course in Research Center for Sport

VIII. Programme indicators:

Aggregate quantitative and percentage indicators	ECTS credits	ECTS Percentage
Total number of ECTS credits a student must obtain in research activities at the university	90	50
Total number of ECTS credits a student earns for through activities in the humanities and social sciences	9	5
Share of the number of ECTS credits in the scientific disciplines:		
a) leading: physical culture science	108	60
b) additional: health sciences	54	30
c) additional: medical sciences	18	10
Total number of ECTS credits a student earns for elective courses	54	30

Courses in elective subjects	ECTS credits
Physical activity practice: Self-selected forms of physical activity – in 4 obligatory courses: outdoor activities, indoor activities, water activities, recreational games	16
Research in health and fitness science: Self-selected scientific course in Research Center for Sport	38
Total	**54**

IX. Dimension, rules and form of professional internship and the number of ECTS credits a student must obtain as part of this internship:

Not applicable

X. Ways of verifying and assessing the learning outcomes achieved by the student during the whole cycle of studies:

Verification of the assumed learning outcomes for individual courses/modules:

Verification of learning outcomes in terms of knowledge is conducted based on written tests, open-ended questions, essays, reports, case descriptions, publications etc. Oral contributions and presentations are also used. Skills and social competences are mainly verified through practical exams and direct observation of the student's behavior.

Detailed rules for verifying students' performance of learning outcomes are specified in the syllabuses of individual courses/modules. Obtaining a passing grade for a course/module and research work requires achieving all the assumed learning outcomes at the minimum level specified in the study program. The grading scale used to assess the degree of achieving the assumed learning outcomes is determined by the Study Regulations.

The system assessing the performance in intended learning outcomes includes:

- final grades awarded for individual courses/modules,
- grade for research work completion,
- grade for the diploma exam.

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Uchwały nr AR001-11-III/2023
Senatu Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach
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Attachment number 1. Plan of study

Health Trainer

Module			Name of course	Total		Lecture	Seminar	1 year						2 year						3 year							
								1 sem			2 sem			3 sem			4 sem			5 sem			6 sem				
				Hours	ECTS			L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS	L	S	ECTS		
Major courses																											
I. Basic science	338	1	Human anatomy	65	5	13	52	13	26	3		26	2													ZO	E
		2	Exercise Physiology	78	6	26	52				13	26	3	13	26	3										ZO	E
		3	Biomechanics and kinesiology	78	6	26	52							13	26	3	13	26	3							ZO	E
		4	Exercise biochemistry	39	3	13	26	13	26	3																ZO	E
		5	Epidemiology	13	1	13	0	13		1																ZO	
		6	Bioethics	13	1	13	0				13		1													ZO	
		7	Psychology	52	4	26	26	26	26	4																ZO	
II. Healthy lifestyle - education and promotion	104	8	Health prevention and promotion	78	6	26	52	13	26	3	13	26	3													ZO	
		9	Psychosocial health behaviors	26	2	26	0							26		2										ZO	
III. Physical activity behavior	104	10	Physical activity for health	78	6	26	52	13	26	3	13	26	3													ZO	E
		11	Physiotherapy exercises in posture and ergonomic improvement	26	2	0	26																	26	2	ZO	
IV. Nutrition and supplementation	182	12	Nutrition and supplementation	52	4	52	0	26		2	26		2													ZO	E
		13	Planning healthy meals	78	6	0	78											26	2		52	4				ZO	
		14	Nutrition and peak exercise performance	26	2	0	26								26	2										ZO	
		15	Psychodietetics	26	2	13	13																13	13	2	ZO	
V. Stress management and behavioral modification	169	16	Stress and wellbeing – basic concepts	26	2	26	0				26		2													ZO	E
		17	Psychotherapy and mental training	78	6	26	52							26		2		26	2		26	2				ZO	
		18	Stress management techniques	13	1	13	0				13		1													ZO	
		19	Social skills training	26	2	0	26		26	2																ZO	
		20	Clinical psychology	26	2	26	0																26		2	ZO	
VI. Health and fitness screening	78	21	Fitness assessment and functional diagnosis	39	3	13	26							13	26	3										ZO	
		22	Exercise health screening	39	3	13	26				13	26	3													ZO	
VIII. Physical activity for special populations	169	28	Adapted physical activity	52	4	52	0				26		2	26		2										ZO	E
		29	Physical activity of children	39	3	13	26										13	26	3							ZO	
		30	Exercise programming - pregnancy and postpartum	39	3	13	26										13	26	3							ZO	
		31	Exercise programming - disabled	39	3	13	26													13	26	3				ZO	
IX. Health training in noncommunicable diseases (NCDs)	156	32	Health training in cardiovascular diseases	39	3	13	26													13	26	3				ZO	
		33	Health training in respiratory diseases	39	3	13	26													13	26	3				ZO	
		34	Health training in metabolic diseases	39	3	13	26																13	26	3	ZO	
		35	Health training in cancer	39	3	13	26																13	26	3	ZO	
X. Business in health training	52	36	Legal Issues - responsibilities and business planning	39	3	26	13																26	13	3	ZO	
		37	Protecting intellectual property	13	1	13	0	13		1																ZO	
XI. Technology in healthcare industry	78	38	Technology in health and fitness industry	39	3	13	26													13	26	3				ZO	
		39	Online personal training	26	2	0	26																	26	2	ZO	
		40	Biostatistics	13	1	13	0							13		1										ZO	
XII. First aid	26	41	Primary and secondary care	26	2	0	26		26	2																ZO	
Speciality: Personal training																											
VII. Developing exercise program	182	42	Comprehensive program design	26	2	26	0				26		2													ZO	E
		43	Resistance training program design	39	3	13	26							13	26	3										ZO	
		44	Cardio training program design	39	3	13	26										13	26	3							ZO	
		45	Flexibility program design	39	3	13	26										13	26	3							ZO	
		46	Functional training	39	3	13	26													13	26	3				ZO	
Self-selected courses																											
XIII.Physical activity practice	208	47	Self-selected forms of physical activity – in 4 obligatory courses:																							ZO	
		48	a) outdoor activities	52	4	0	52					26	2					26	2							ZO	
		49	b) indoor activities	52	4	0	52		26	2		26	2													ZO	
		50	c) water activities	52	4	0	52														26	2		26	2	ZO	
		51	d) recreational games	52	4	0	52		26	2		26	2													ZO	
XIV. Research in health and fitness science	494	52	Self-selected scientific course in Research center for sport	494	38	0	494								117	9		130	10		117	9		130	10	ZO	
			Total	2340	180	676	1664	130	234	28	182	208	30	143	247	30	65	338	31	65	351	32	91	286	29		

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Senatu Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach
z dnia 28 marca 2023 r.

Attachment number 2. Matrix of learning outcomes

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Uchwały nr AR001-11-III/2023
Senatu Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach
z dnia 28 marca 2023 r.

	Human anatomy	Exercise Physiology	Biomechanics and kinesiology	Exercise biochemistry	Epidemiology	Bioethics	Psychology	Health prevention and promotion	Psychosocial health behaviors	Physical activity for health	Physiotherapy exercises in posture and ergonomic improvement	Nutrition and supplementation	Planning healthy meals	Nutrition and peak exercise performance	Psychodietetics	Stress and wellbeing – basic concepts	Psychotherapy and mental training	Stress management techniques	Social skills training	Clinical psychology	Fitness assessment and functional diagnosis	Exercise health screening	Comprehensive program design	Resistance training program design	Cardio training program design	Flexibility program design	Functional training	Adapted physical activity	Physical activity of children	Exercise programming - pregnancy and postpartum	Exercise programming - disabled	Health training in cardiovascular diseases	Health training in respiratory diseases	Health training in metabolic diseases	Health training in cancer	Legal Issues - responsibilities and business planning	Protecting intellectual property	Technology in health and fitness industry	Online personal training	Biostatistics	Primary and secondary care	Self-selected forms of physical activity	Self-selected scientific course
KW01	x	x																																								
KW02	x	x	x	x																																						
KW03		x		x																																					
KW04			x								x												x	x			x															
KW05					x																																					x
KW06							x	x	x								x																									
KW07								x																																		
KW08								x	x	x						x																										
KW09					x		x	x	x	x						x	x	x																								
KW10															x		x		x																							
KW11															x																											
KW12										x											x																					
KW13												x																														
KW14												x																x	x														
KW15													x									x												x								
KW16																							x	x	x		x	x		x	x	x	x	x								
KW17										x													x	x	x	x	x	x													x	
KW18							x										x			x																						
KW19																						x		x	x						x	x	x	x								
KW20																																								x			x
KW21																																				x						x
KW22																																					x	x				
KW23								x																																x		
KW24																												x		x	x											

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Uchwały nr AR001-11-III/2023
Senatu Akademii Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach
z dnia 28 marca 2023 r.

KU01																									x	x	x																
KU02								x																				x															
KU03			x					x		x	x																x																
KU04			x								x												x	x																	x		x		
KU05		x																					x	x																			
KU06																									x	x	x	x	x			x	x	x	x	x	x						
KU07														x					x				x	x																			
KU08													x			x			x																								
KU09							x										x																										
KU10												x	x																														
KU11				x	x							x																															x
KU12																							x	x	x	x		x	x	x	x	x	x	x	x					x	x		
KU13																																								x	x				x
KU14																																													x
KU15																																								x	x				x
KU16												x					x																										
KU17																																					x						
KU18																									x	x	x															x	
KS01								x	x			x					x			x																							
KS02				x			x	x																																			
KS03						x							x																											x			x			
KS04	x	x	x									x		x																														
KS05																																												x
KS06																		x																										x
KS07																		x	x							x																	
KS08						x					x						x			x				x	x	x	x	x		x	x	x	x	x	x						x	
KS9						x																																		x			x
KS10																																					x						
KS11											x															x	x			x	x										x		