



Institute of Sport,
Tourism, and
Nutrition at the
University of Zielona
Góra

Structure



Faculty of Exact and Natural Sciences

The six remaining faculties

Institute of Sport, Tourism, and Nutrition

The four remaining Institutes

Department of Sport and Health Promotion

Department of Tourism and Recreation

Department of Human Nutrition and Diet Therapy

Department of Sport and Health Promotion

On February 1, 1999, by resolution of the Senate of the Tadeusz Kotarbiński University of Pedagogy, the Department of Physical Education was established.

In 2016, the Department of Physical Education changed its name to the Department of Sport and Health Promotion, and since October 2024 it has been part of the Faculty of Exact and Natural Sciences.

The Department of Sport and Health Promotion conducts scientific research in physical culture sciences and provides education in the field of Physical Education.





Research profile of the Department's staff

- Conditions for human biological development at different stages of ontogenesis.
- Trends in physical development and motor skills among children and adolescents in Zielona Góra in the light of social stratification.
- Health behaviors at different stages of human life.
- Sexual dimorphism of morpho-functional traits.
- Optimization of the teaching-learning process in motor skills.
- Quality of physical education teacher training.
- Motor skills and health behaviors of seniors.
- Safety in physical activity.
- Conditions affecting athletic performance in various sports disciplines.



Levels of education

1

First-cycle studies (Bachelor's degree)

3 years, full-time and part-time. Teaching specialization with a choice of coaching or instructing specialization

2

Second- cycle studies (master's degree)

2 years, full-time and part-time. Teaching degree with specializations

Postgraduate studies

currently: nutrition and personal training (one year)



Specializations in first-cycle studies



Basketball coach



Soccer coach



Handball coach



Volleyball instructor



Swimming instructor

Specializations in second-cycle studies

Personal trainer

Physical activity among seniors

Nutrition and supplementation in sports



Cooperation



For years, the department has been actively cooperating with the social and economic community, including sports schools, clubs, sports organizations, and sports and recreation centers.

International Cooperation



Students at our university can take advantage of the Erasmus+ program, which is funded by the European Union. The University of Zielona Góra cooperates with nearly 160 partners from Europe and around the world. Every year, as part of international exchange programs, we welcome students and staff of many nationalities to the University of Zielona Góra.



Erasmus Offer



Summer semester (9 subject, 44 ECTS)	Winter semester (9 subject, 44 ECTS)
Functional training	Biomechanics of sport
First aid	Health gymnastics
Aqua aerobics	Human physiology
Human physiology	Pedagogy
Physics of sport	Psychology
Sociology of sports	Special physical education
Sport in Politics and International Sphere	Strength training
Swimming Theory and Methodology	Swimming Theory and Methodology
Theory and methodology of gymnastics	Theory and methodology of gymnastics

Student achievements

Natalia Dominiak

Modern pentathlon – Olympian from Paris 2024

Kamil Kasperczyk

Modern pentathlon – Olympian from Paris 2024





Institute of Sport, Tourism, and Nutrition

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