



HUMAN PSYCHOPHYSICAL DEVELOPMENT

Degree: Bachelor's degree
Faculty: Faculty of Health Sciences and Physical Education
Specialisations: strength and conditioning coach, personal trainer, psycho-motor recreation
Duration: 3 years

Personal trainer specialisation at the University of Applied Sciences in Nysa is connected to the physical education programme extended by the knowledge of psychology, dietetics and broad unconventional physical activities. Personal trainers motivate and educate people to keep fit and stay active through various sports events and happenings. They are also taught excellent customer service skills with patients, employees and the public. An innovative set of classes, modern facilities, and equipment make the University of Applied Sciences specialisation in Nysa highly attractive. Personal trainers provide fitness assessments, instruction and supervision to individuals or small groups of clients. They may be employed by fitness centres or work on a freelance basis.

Students' scientific associations

Students' scientific associations functioning at our faculty aim to encourage students and society to participate in group physical activity, giving them advisory support on healthy lifestyle, diet and sustainable human development. Participants also conduct scientific research in dietetics and physical effort physiology and develop their motor abilities in different forms of physical training. They adhere to the motto: "Sport and science bind us together".

Educational goals

- teaching how to organise and conduct sports and recreational classes and how to plan and organise sports training for different age groups
- delivering knowledge and skills on how to make an impact on the human body and personality through sports activities, body care and diet
- training on the effective use of training gyms, fitness halls, sports fields and specialised equipment
- providing knowledge of psychology, nutrition and sport dietetics
- helping students gain formal qualifications as personal fitness trainers



Selected general courses

- elements of human anatomy
- physiology, biochemistry, psychology
- physical effort physiology
- anthropometrics
- theory and methods of physical activity
- fitness and functional training
- strength and endurance training
- sport and recreation marketing and organisation
- psychophysical human development supporting techniques
- nutrition and food technology
- biological regeneration
- individual training

Selected specialisation courses

Personal trainer

- training for seniors and women
- training praxeology
- fit athletics
- nutrition versus human endurance
- sports supplementation
- individual techniques for psychophysical development

Psycho-motor recreation

- group sport and leisure organisation and marketing
- outdoor motoric activity forms and team games
- relaxation techniques with yoga
- overweight prophylactics



Aleksandra, Poland

I'm studying Personal psychophysical Coaching at UAS in Nysa. In my opinion, this field of study is an excellent choice for people who want to live a healthy lifestyle, become a personal trainer or learn about their body from A to Z. Here, you can find many interesting courses like gym, fitness, psychology or human nutrition, so there is no room for boredom at human psychophysical development studies and I strongly recommend them.



Katarzyna, Poland

I consider human psychophysical development studies as a combination of my passion and education. At UAS in Nysa I can gain knowledge from highly-qualified lecturers, who – as I do – love sports. A big number of practical courses, and the way they are conducted, reassures me that I won't have problems in finding a job after graduation. Moreover, taking part in Erasmus+ programme gave me the chance to meet new people, see their cultures and experience unforgettable moments.