

# SELF-ASSESSMENT REPORT ON THE QUALITY OF EDUCATION IN THE DOCTORAL SCHOOL

Szkoła Doktorska Nauk o Kulturze Fizycznej

Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie

Evaluation period: 18-04-2019 to 18-12-2024  
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# TABLE OF CONTENTS

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1. PART A	3
2. VISITING CARD	4
3. INFORMATION ON THE ENTITY'S COOPERATION WITH THE DOCTORAL STUDENTS' COUNCIL	9
4. INFORMATION ON THE DOCTORAL SCHOOL GROUPED BY 8 EVALUATION CRITERIA	10
4.1. Adequacy of the education program and individual research plans to the learning outcomes for qualifications at PRK level 8 and their implementation	11
4.2. Method of verifying learning outcomes for qualifications at PRK level 8	12
4.3. Qualifications of academic teachers or research staff conducting education at the doctoral school	14
4.4. Quality of the recruitment process	15
4.5. Quality of scientific or artistic supervision and support for conducting scientific activities	17
4.6. Integrity of the mid-term evaluation process	18
4.7. Internationalization	19
4.8. Effectiveness of doctoral education	21
5. ATTACHMENTS	23
6. STATEMENTS	26
7. AUTHORIZATIONS	27

# PART A

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# VISITING CARD

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## Basic Information about the Doctoral School

### Year of Creation

2019

### Institution running the doctoral school

Akademia Kultury Fizycznej im. Bronisława Czecha w Krakowie



Field of Education	Education Disciplines
Medical and health sciences	physical culture science

Name/Scope of the Education Program (PL)	Name/Scope of the Education Program (EN)
Program Szkoły Doktorskiej	Doctoral School Programme
Program czteroletniej szkoły doktorskiej	Four-Year Doctoral School Programme

## Additional Information about the Doctoral School

### Educating Staff

Numerical data for the evaluation period

Educating Staff	Instructors	Supervisors	Assistant Supervisors
Number of people	24	24	20

### Doctoral Students

Number of doctoral students (total): 40

Recruitment during the evaluation period	2019/ 2020	2020/ 2021	2021/ 2022	2022/ 2023	2023/ 2024	2024/ 2025	Total
Number of recruited doctoral students	6	10	6	9	2	7	40
Number of doctoral students who completed the doctoral school	3	6	0	0	0	0	9
Number of doctoral students removed from the doctoral student list	0	0	0	0	0	0	0

Mid-term evaluation results	Positive	Negative
Number of Doctoral Students	29	0

Educational Programs	Number of Doctoral Students
Doctoral School Programme	40
Four-Year Doctoral School Programme	0

### Additional Numerical Data on Doctoral Students

Number of foreign doctoral students	0
Number of doctoral students with disabilities	2
Number of doctoral students in the Implementation Doctorate program	1
Number of doctoral students in the EU program	0
Number of doctoral students employed by the institution running the doctoral school as academic teachers or research staff	2

## Graduates

Numerical data for the evaluation period

Number of graduates who applied for initiation of proceedings for the award of a doctoral degree	8
Number of doctoral students who completed the doctoral school	4

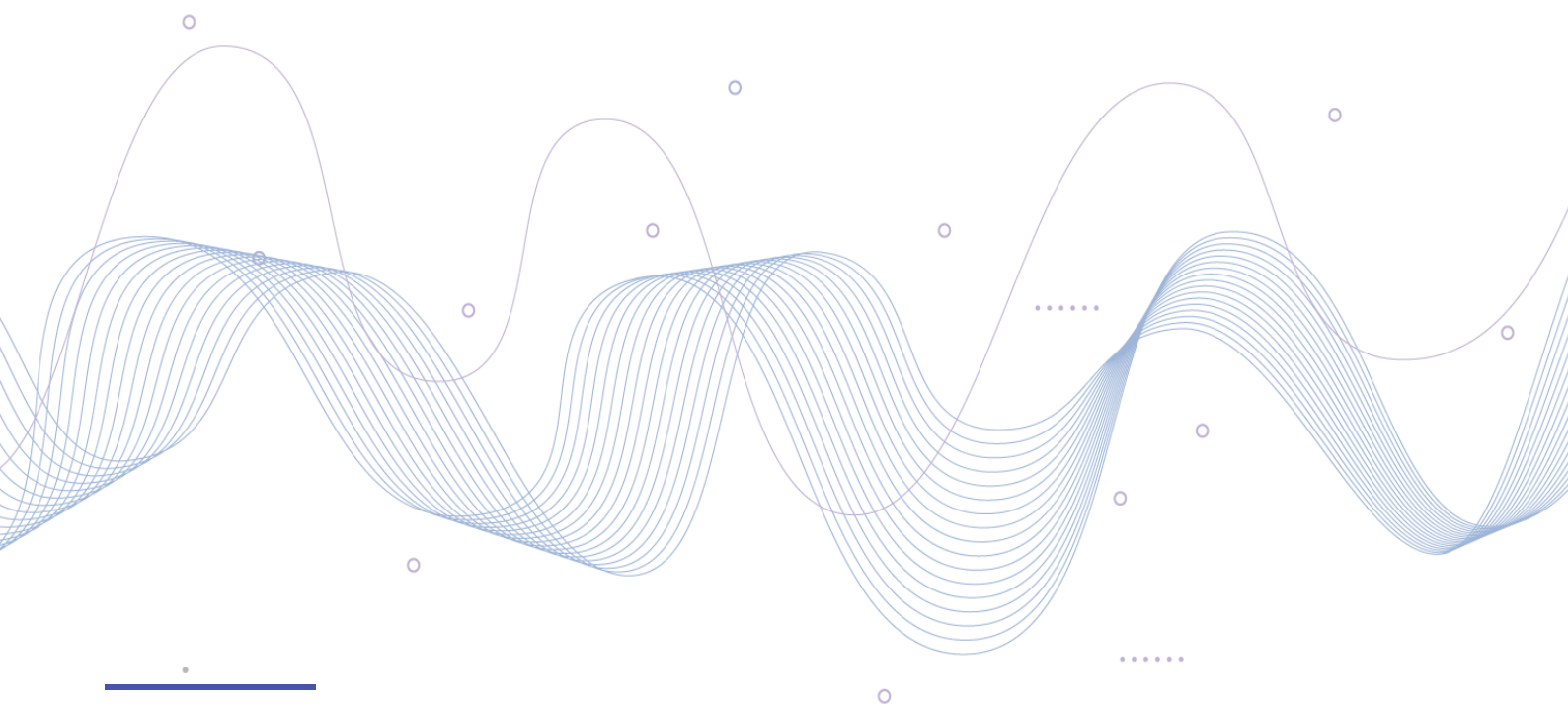
# INFORMATION ON THE ENTITY'S COOPERATION WITH THE DOCTORAL STUDENTS' COUNCIL

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The cooperation of the DS College with the Doctoral Students' Government (URSD), in a way that enables active participation of doctoral students in shaping the educational process based on the principles of partnership and openness to dialogue, is an important element of joint responsibility. It is conducive to building an academic community and relations based on mutual trust and respect, and improving the quality of education. Both formal issues and practical aspects of their implementation are discussed with representatives of the Self-Government, as well as proposals for improvement. The Doctoral Students' representative takes an active part in the meetings of the DS College and may participate in the work of the Recruitment Committee. Consultations with doctoral students take place before introducing changes to the documents concerning the functioning of the DS and the course of the educational process. The task of the URSD is also to represent the doctoral community in matters concerning science, culture and social and living conditions, which is confirmed by numerous meetings and trainings for doctoral students of AKF DS. An example of cooperation is also the cyclical June consultation meetings with the participation of Self-Government representatives, lecturers, supervisors as well as the management of the DS and the University, which allow for solving problems reported by Ph.D. students and constitute an environment for the exchange of experiences and observations, creating a space for the development of interdisciplinary scientific discussions. On the day of the Inauguration of the Academic Year, during the organisational meeting, the rights and obligations of the Ph.D. student are presented. Students are encouraged to represent the DS in the URSD. The AKF URSD in Kraków annually delegates members to local and national bodies.

# INFORMATION ON THE DOCTORAL SCHOOL GROUPED BY 8 EVALUATION CRITERIA

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## 1. Adequacy of the education program and individual research plans to the learning outcomes for qualifications at PRK level 8 and their implementation

Education at the Doctoral School of Physical Culture Sciences at the University of Physical Culture in Kraków, lasts 8 semesters. The first Educational Programme (EP) was created in 2019 based on accreditation standards and was binding with regard to doctoral students from the 2019/20 academic year for 4 years of education. The version of the EP prepared by Director of the DS was presented to the DS Board, Doctoral Students (DSt) and the Vice-Rector for Science. After obtaining a positive opinion, the document was sent for legal acceptance and then introducing amendments and submission for deliberation by the Senate of AWF, which established it on September 26, 2019 (Annex No. 8). The proposed model combine education with scientific research conducted at the University, focus the learning outcomes on the acquisition of in-depth knowledge and research and publication skills by Doctoral Students (DSt), as well as social competences necessary in scientific activity and communication. The final version of the EP included 125 hours of lectures and 515 hours of classes carried out by 20 compulsory, 16 modular and 16 optional subjects, the implementation of teaching internships (40 h), at a scientific journal (20h), at the Central Scientific and Research Laboratory (15 h) and workshops (45 h). The first change to the educational programme was introduced on December 14, 2023 (Annex No. 9), taking the opinions of DSt into account on the subjects and Lecturers, and based on the opinions of the staff conducting classes at the DS. The changes made to the EP were minor, because the results of the survey confirmed the satisfaction of DSt with the high level of education.

The learning outcomes were prepared in accordance with the regulation of the MSHE, based on evaluation standards and described as "Assumed learning outcomes" for qualifications at level 8 of the Polish Qualifications Framework and social competences and "List of learning outcomes assigned to subjects implemented at the DS". These documents were consulted and accepted by the Vice-Rector for Science, presented to the AWF Senate and unanimously adopted by Resolution (Annex No. 12). The wide range of subjects included in the DS EP translates into an extensive pool of learning outcomes in the field of knowledge (24), skills (32) and social competences (16). A key role in improvement of EP is played by regular evaluation of classes and the willingness of the instructors to update and improve the programme content. Verification of assessing the achievement of learning outcomes takes place through various assessment methods, such as credits, exams, presentations, research projects and activity, creativity, initiatives and decisions taken during theoretical classes, workshops and during the implementation of scientific research. The key tools for assessing the achievement of learning outcomes also include an annual report on the course of education at the DS and on progress in the implementation of IRP, which document the inclusion of the assumed research objective of the DSt (Annex No. 13) and report on the course of the internship (Annex No. 14).

Several main research areas can be distinguished within the Individual Research Plans (IRP) e.g.: exercise physiology, sports training, sports medicine, rehabilitation, physiotherapy, sports activity, sports psychology, historical and sociological research on sports, tourism, recreation and spa treatment. All IRPs are consistent with the discipline of PCS, covering a wide range of topics and combining various areas of knowledge. In order to improve the work on IRPs already at the stage of recruitment to the DS, the Recruitment Committee provides the candidate with guidance, including that on research methodology, the accuracy of measurement tools or the possibility of implementing the research assumptions of the project. In the first months of education, the DSt can be supported in creating the IRP guidelines by the DS Board (Annex No. 15). Thanks to the developed assumptions and principles of creating the IRP and the subsequent opinion of the College, made on the basis of expert assessment (usually one expert from outside AKF), DSt are provided with a well-organised scientific path.

The variety of subjects and teaching methods at DS enables the development of interdisciplinary skills and broadening research horizons, as well as access to excellent research tools, including the well-equipped CSRL. The DS. EP includes both subjects closely related to the discipline of PCS, as well as subjects that allow DSt to gain knowledge, interdisciplinary in nature, i.e. in the fields of molecular biology, biochemistry, biomedical engineering.

The EP at the DS and the issues of IRP of DSts, as well as the organisation and implementation of the teaching process and monitoring the implementation of the IRP of DSt, support the achievement of learning outcomes for qualifications at level 8 of the PQF.

## 2. Method of verifying learning outcomes for qualifications at PRK level 8

Verification of learning outcomes is carried out by: obtaining credits and positive grades from exams (protocols), acceptance of the IRP, giving annual reports on IRP implementation, positive mid-term assessment, observations of classes by members of the DSB and collective conclusions from the class survey.

Detailed criteria and principles for conducting evaluation of a DSt are presented in §14 of the DSR and have not been specified in the form of a separate document for the DS, but the functioning of the DS in this area is based on principles ensuring the highest quality of education supervised by the University Quality Assurance System (UQAS) developed and described by AKF in Kraków. In recent months, intensive work has been carried out on implementing the principles for verifying the learning outcomes of DSt into the UQAS. It was proposed that the University Team for the Quality of Education include a member of the DSB representing the DS and representatives of the University Council of the DSt Government (DStG). Additionally, it was proposed that the Head of the DS: be responsible for implementing the quality assurance system at the DS; conduct an internal audit and develop a self-assessment report for the DS; present the University Team for Education Quality Assurance with the Self-Assessment Report and proposals for changes in the functioning of UQAS, as well as develop and implement its own procedures for improving the quality of education at the DS, resulting from the specific nature of the educational programme. The basic verification of learning outcomes takes place when semester credits are obtained for completed subjects and exams conducted in the form specified in the subject card/curriculum, which are placed in the University Study Service System (USOSweb) and made available to students and lecturers. In accordance with §9, Sec. 7 of the Doctoral School Regulations, "The detailed scope of requirements for given classes, including the conditions for crediting, is determined by the academic teacher conducting the classes and communicated to DSt in the form of a syllabus at the beginning of the classes". The syllabi applicable at the DS are consistent with the subject/module card template indicated by USZJK and contain a description of learning outcomes, in accordance with the applicable regulations for achieving learning outcomes required for qualifications at level 8 of the PQF. Lecturers are periodically asked to introduce potential modifications to the subject cards. The verification elements are: ensured by the form of the "Annual report on the course of education and progress in the implementation of the IRP" (Annex No. 13), "Ph.D. Student's Internship Report" (Annex No. 14) and "Ph.D. Student's Report for Mid-Term Assessment" (Annexes No. 17,18,19,20). The final stage of verifying the learning outcomes of a DSt is the submission and defence of a doctoral dissertation.

The principles for verifying learning outcomes are clearly defined in documents available to Ph.D. students (regulations, procedures) and include, in particular: Regulations of the DS, containing detailed information on the teaching process and verification of learning outcomes (Annexes No. 5,7); the DS website, where current information on procedures, document templates, the organisation of the academic year and exam and assessment schedules are posted; access to the e-learning platform (USOS), where teaching materials and information on requirements for credits and exams are published; a document specifying learning outcomes (Annex No. 12); clearly defined rules for verifying learning outcomes (Annex No. 16); detailed criteria and principles for conducting evaluation of the DSt (§14 RSD); Periodic Doctoral Achievement Card together with the opinion of an employee of the DS's Office - UPE, regarding the timeliness of submitting documents related to the course of studies and the involvement of the doctoral student in the organisation of events at the DS; posting the schedule of the exam session and the organisation of the academic year in the "News" section on the DS's website; posting forms for letters and reports submitted in the course of education to the DS's Office in the "Forms" tab, i.e. (a) Application of a potential doctoral thesis supervisor (Annex No. 21) and the consent of the supervisor/assistant supervisor to provide supervisory care for the doctoral thesis (Annex No. 22), (b) Application for extension of the deadline for submitting the doctoral dissertation beyond the period provided for in the (Annex No. 23), (c) Declaration of the doctoral student on submitting the doctoral dissertation (Annex No. 24) and on the compliance of the doctoral dissertation with the IRP (Annex No. 25), (d) Report on the course of teaching practice, assisting/conducting classes, scientific practice at CLNB, internships at a scientific journal, workshops - participation in a research project implemented by the unit (Annex No. 14), (e) Annual report on the course of education at the DS and progress in the implementation of the IRP (Annex No. 13), (f) DSt's Report for Mid-Term Evaluation (Annexes No. 17,18,19,20); orders and Announcements of the Head, e.g. on the principles of mid-term evaluation (Annexes 26,27,28,29) and the procedure for submitting a doctoral dissertation (Order of the Rector of AKF No. 18/2023). Thanks to these solutions, DSt have full access to information on the principles of assessing their progress, which ensures transparency and reliability of the education process.

The improvement of methods for verifying learning outcomes is achieved, among others, through monitoring timeliness of entries made by lecturers in the USOS system by the office employee. This is done in accordance with the schedule of the assessment session and the organisation of the academic year, providing printed and signed protocols and cards from the implementation of didactic classes in a given semester, supervision by the office employee regarding the completeness and timeliness of documents submitted by DSt (reports, applications, declarations) and setting the place and date of assessments in consultation with the UPC Planning Department. About 4 months before the beginning of the academic year, all lecturers are provided with written assignments/orders/entrustments to lead the subject.

The DSB makes efforts to assist DSt in ensuring high supervisory competences declared by their scientific supervisors on the student's application submitted to the Chairperson of the Scientific Council for the purpose of appointing supervisors and assistant supervisors by the Members of the Scientific Council of the University (in accordance with §11, Sec. 1 of the DSR). The signed consent of the supervisor/assistant supervisor to provide supervisory care for the doctoral dissertation, together with confirmation of scientific achievements (Annex No. 30), is attached to the application. In addition, the decision of the Head to accept the IRP, taken jointly with the members of the DSB, is based on the opinions of 2 experts appointed at the meeting of the DSB. The opinions of the experts (including one "external"), together with the opinions of the members of the DSB, are forwarded to the DSt in the form of guidelines and suggestions regarding modifications to the presented plans, together with the decision to consider introducing these changes. The DSt and supervisor have 21 days to respond to the



comments and re-present the IRP to the Head. After another 14 days, the project may be accepted and become an IRP within the meaning of the act or rejected altogether, which results in the DSt being removed from the list of active students. An appeal against a decision issued by the Head of the DS may be lodged by requesting reconsideration of the case by the Rector of the University or the Vice-Rector appointed by him/her (§13, Sec. 5, 7, Item 2 and Sec. 8 of RSD). Failure to submit the IRP on time may result in removal from the list of doctoral students (§13, Sec. 4 of the RSD).

In terms of improving the methods of verifying learning outcomes, it is worth mentioning the semester survey on the subjects taught and the way in which the lecturers conduct classes. The survey results are forwarded directly to the lecturers, and the summary conclusions are presented during the June meetings. The submission of the doctoral dissertation concluding education at the DS, decided by the Vice-Rector of Science, takes place at the Department of Science and Publishing of the AKF. The DS, taking care of communication in the scope of completing the DS, asks for the presentation of a certificate from the Employee of the Science Department dealing with the initiation of the procedure for awarding the doctoral degree on the submission of the doctoral dissertation, enabling the closing of the final semester of education. In addition, at the DS, the DSt personally submits the "Declaration of the DSt on the Submission of the Doctoral Dissertation" (Annex No. 24) and the "Declaration of the DSt on the Compliance of the Doctoral Dissertation with the IRP" (Annex No. 25). In the event of being unable to submit the doctoral dissertation by the required deadline, the DSt may submit a completed form prepared by the DSB requesting an extension of the deadline beyond the period provided for in the IRP (Annex No. 23).

Due to the available, clearly defined verification principles as well as transparent and reliable procedures for the process of validating learning outcomes, and also reliability regarding the process of their improvement, the procedure of verifying learning outcomes at the AKF Kraków DS is unambiguous, reliable, objective and consistent with the highest academic standards. Detailed rules for verifying learning outcomes have not yet been developed in the form of a separate document for the DS, however, work has been undertaken for its preparation.

### 3. Qualifications of academic teachers or research staff conducting education at the doctoral school

The classes provided for in the curriculum are carried out by qualified and highly experienced academic staff (both teaching and research) consisting of 65 AKF employees, including 8 with professor titles, 30 with university professor titles, 25 with a Ph.D., 1 having an M.D., 1 with an M.A. as well as 2 independent employees working outside the University. The staff mostly represents physical culture sciences. All of them have the appropriate qualifications resulting from their academic degree/title and publications, as well as from experience and authorisation obtained in the so-called socio-economic environment of the University. Lecturers with a doctoral degree primarily carry out practical classes, and the basic criterion for entrusting them with classes at the DS is having high competences and significant professional, research and publication activity. The staff educating Students at the DS is complemented by high-class specialists who, due to their competence in the field of narrowly defined specialist issues, conduct subjects practical in nature. The selection of staff is always preceded by a discussion among the Members of DS College. When selecting Lecturers in 2019, high qualifications and professional competences for educating Doctoral Students were taken into account, confirmed by the position of a given person in the scientific community and scientific biographies (scientific CVs) available on the websites of individual University units, opinions of their Heads, and also in the subsequent years of the Doctoral School's operation - assessments given by doctoral Students regarding the quality of conducted classes. The staffing of classes requires taking not only formal aspects related to the academic titles and degrees obtained by Lecturers and diplomas, certificates confirming competences into account, but also the connection of Lecturers with practical experience in various areas of research and academic education. The high level of expertise and the achievement value of the Lecturers and Supervisors providing education at the Doctoral School is also confirmed by their membership to national and international scientific associations and editorial committees of Polish and international scientific journals, their function as scientific editors of monographs, editors-in-chief and members of journal Scientific Councils. Many Lecturers also act as experts, not only in the scientific community, but also in that socio-economic.

In annex, in the file "Biographies of selected Lecturers" scientific biographies of 5 Lecturers who, in the opinion of the Doctoral School, have particularly high professional qualifications, including significant scientific achievements, competences in the field of scientific supervision as well as experience in obtaining grants and managing projects financed from them, are presented. Currently, the function of Supervisor is held by 26 individuals, including: 4 with the Professor title, 21 with the degree of AKF Assoc. Prof. Dr. Ph.D. and 1 with the Assoc. Prof. Dr. M.D. degree. The function of the assistant Supervisor is held by a total of 20 people (1 with the degree of Assoc. Prof. Dr. Ph.D., 18 with the Dr. Ph.D. degree and 1 with the degree of Dr. M.D.). The application for the appointment of a Supervisor or Supervisors, which is applied to the AKF Scientific Council, through the Head of the DS, contain justification of the competences of the thesis Supervisor. It is possible to change the Supervisor/Supervisors in the event that the doctoral Student makes such a request. The doctoral Student submits a motion in this matter to the AKF Scientific Board, through the School Head, providing justification and an opinion of the previous Supervisor in the petition, specifying the state of advancement of the dissertation prepared so far under his/her supervision and the proposal of a new Supervisor or Supervisors, together with their consent and possible correction of the IPB. The teaching staff is subject to systematic evaluation by Ph.D. Students, which is done through a survey system, conducted for each of the conducted subjects. The vast majority of grades obtained by Lecturers conducting the educational programme at the DS are very good.

The status and qualifications of academic staff are systematically analysed by the management and the DS based on the regulations of qualification requirements when hiring and assigning duties to employees, which are in accordance with the requirements of the subject matter and scope of the classes conducted, as well as opinions obtained directly from Ph.D. Students and as part of systematic survey. Another instrument of concern for the quality of education and its improvement are class observations carried out by the management of the DS. An important forum for presenting scientific activity at AKF comprise open institute scientific seminars that have been organised for 2 years now. They are aimed at activating employees of individual Departments/Institutes to work on research. Lecturers and Ph. D. Students of the DS constitute an important and essential element of this activity, presenting the results of their research at seminars, engaging in scientific discussions and polemics, while seeking additional opportunities for scientific development and joint research. DS College, cares for the high quality of doctoral education by undertaking various initiatives. This could be seen in a letter sent to the Scientific Council of the AWF, on April 11, 2022, in which it was indicated that the quality of the functioning of the DS and the level of doctoral Students also depend on the quality of "pre-doctoral" education, including the development of Students' scientific and research interests. In order to improve the quality of education at the Doctoral School, meetings with Ph. D. Students are held regularly. In December of each year, the so-called "Open Day at the AKF Doctoral School of Physical Culture Sciences in Kraków" is organised, to which Lecturers, Ph. D. Students and the entire academic community of the AKF, including the authorities of the University, are invited. The conclusions from these meetings constitute material analysed by the authorities of the University and the DS. Independent of the Open Days, other meetings of the DS Board with Ph. D. Students and Supervisors are also organised every year in June.

Concluding, it may be stated that the professional qualifications of Lecturers and Supervisors involved in the education process at the Doctoral School of the University of Physical Culture in Kraków, including those related to scientific-research and teaching, allow for the proper course of scientific development of Ph.D. Students, facilitating effective planning for conducting scientific-research activities and preparing a doctoral dissertation.

## 4. Quality of the recruitment process

Recruitment to the DS takes place pursuant to rules determined by the DS Director in consultation with the DSB, approved by the Senate of AKF (General Rules of Recruitment at the Doctoral School; GRRDS) (Annex No. 32-37). Information concerning candidates and dissertation advisors was specified in §7 and §9 of the DSR (Annex No. 5,7), and the relevant Senate resolutions along with the Rector's Ordinances are posted in the Public Information Bulletin (PIB) and on the DSchool's website, tab "Recruitment" (Annex No. 38-43).

The rules of recruitment are discussed and analysed during the meetings of the DSB which are held in the first quarter each year. GRSDS for a given academic year is made available to the public on the University's website, tab "Recruitment", five months ahead of the recruitment process commencement. Furthermore, the information on the recruitment to the DS is disseminated by an employee of the AKF Promotion Office, and the channels used include: posters, main screen and the social media, such as: LinkedIn, Facebook and Instagram. Comprehensive information on the recruitment rules, the activity of the DS and research projects conducted by the DSt may also be obtained during the "Open Days of the DS of PCS" which are organised for future candidates (amongst others) each year, during the first week of December. In accordance with item 3 of the GRRDS approved by the AKF Senate, the Recruitment Committee members are: the Director Doctoral School, the Deputy Director and three members of the DSB (Annex No. 44-48). All information related to the recruitment process are posted on the DS's website, in sub-tabs for specific academic years, tab "Recruitment".

The needs of people with disabilities within the meaning of the Vocational and Social Rehabilitation and Employment of Disabled Persons and in accordance with the AWF Rector Ordinance on assistance to students with disabilities at AKF (Annex No. 49) and in Rector's Ordinance on the implementation of the Rules of awarding support and managing funds from the institutional subsidy for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at the University, at the DS, education at the University and at the DS or conducting research work, effective at UPE (Annex No. 50), are taken into consideration during the recruitment process.

A description of the recruitment process organisation, along with the time schedule, is set out each year in the GRRDS (Annex 32-37). The recruitment process commences in August by registration in the Online Recruitment System (IRK) which was implemented on 7 April 2022. Previously, between 2018 and 2021, the recruitment documents were submitted in the DS Secretariat.

During the first stage, candidates submit documents, including: personal questionnaire, diploma on completion of master's studies or its equivalent along with a supplement; a certificate on the weighted grade point average obtained during master's studies, and a dissertation outline; a Curriculum Vitae presenting the history of academic development along with the relevant lists (of publications, conferences, other scientific-, professional- and organisational achievements); written consent of an independent academic employee specialising in a given research topic that he or she would provide scientific supervision to the candidate in relation to the candidate's research and future dissertation (according to the template available in the Online Recruitment System (Annex No. 30); the first pages of scientific publications (i.e. papers, monographs, books, chapters in monographs or books) or a statement of the Editorial Board of a journal or publishing house confirming that the works were approved for publication along with a description of the candidate's contribution to the creation of the publication signed by the first author; a certificate on the candidate's participation in research projects issued by the project manager, including the candidate's role and the scope of the candidate's responsibilities (a form available in the IRK Online Recruitment System (Annex No. 51) and a referral for medical examinations, which is accessible in the tab "Legal Acts". In addition, a person applying for admission to the DS may present recommendation from an independent academic employee and documents other than the required ones, i.e. diplomas, certificates to confirm participation in international- and national scientific conferences, scientific courses and training courses, research clubs, reports, expert reports, certificates on research cooperation, research- and teaching placements and other documents to prove the academic competences acquired. Within two weeks following the recruitment end date, the Recruitment Committee will organise a meeting in the Online Recruitment System to verify and evaluate the candidates' submission on the basis of the documents sent. The Recruitment Committee evaluates the alignment of the research project topic with the discipline of physical culture sciences. Verification of Candidates during the recruitment process as to the ability to conduct research work was performed according to six key criteria: evaluation of the research project value, scientific publications, other achievements related to research activity, participation in research projects, the grade point average during studies and presentation during the interview. There are two stages of the candidate's evaluation—on the basis of an analysis of the documents submitted during online recruitment and during an interview.

While evaluating the research project, the following factors are taken into consideration: originality of research, the methodological value of the project, the knowledge of the state of research, the feasibility of research intended, the time schedule of the research and the possibility of scientific supervision being provided by the dissertation advisor. A maximum of 50 points may be awarded to a research project. Candidates may be awarded a maximum of 50 points for documented creative- and scientific achievements (particularly in the form of publications). Each member of the Recruitment Committee may award from 0 to 10 points to a candidate for that part of the qualification round (the points awarded by the individual members of the Recruitment Committee are then summed). The points (from 0 to 35) for scientific publications are awarded by the Recruitment Committee members upon first obtaining the opinion of the Library Collection Access and Reference Information Branch of the UPC Library on the scientific value of the works. Forms of scientific activity (other than publications), such as active and passive participation in scientific conferences, participation in scientific courses/training courses, activity aimed at popularising science (popular science publications), are also subject to evaluation (from 0 to 15 points). Candidates may be awarded from 0 to 10 points from each Recruitment Committee member for participation in research projects. In such a case, it is the grant rank, the candidate's role in the performance of tasks and the type of

responsibilities in the project that are subject to evaluation.

Upon positive evaluation of the first stage of the recruitment procedure, the Committee selects candidates who are classified for the second stage of the competition, i.e. for the interview. The interview is held before the members of the Recruitment Committee in the presence of a Doctoral Students representative and it covers the following criteria: the subject-related evaluation of the project, the motivation to take up the studies, as well as scientific- and professional experience. Candidates may receive a maximum of 50 points during this recruitment stage.

The Recruitment Committee records the course of the recruitment in the form of minutes taken by an employee of the Doctoral School Secretariat

The competition results are presented in the form of a candidate ranking list, as determined by the Recruitment Committee and presented in the minutes of the recruitment procedure made by the Recruitment Committee; the ranking is placed on the end day of interviews in a glass case next to the Secretariat and in the "Recruitment" tab on the Doctoral School's website, as well as the UPC Public Information Bulletin (PIB).

Admission to the DS is effected by entering the candidate's name on the list of doctoral students, and refusal to admit a candidate to the DS is effected through an administrative decision. The decision is issued by the Director DS. Candidates may submit their appeal within 14 days from the result announcement to the Vice-Rector for Student Affairs.

In order to improve the recruitment process, the DSB together with a representative of the DSt conducts analyses and summary meetings which are held at the beginning of the academic year, upon the end of the recruitment process. The topic of recruitment is also regularly discussed during the "Open Day of the DS"; the recruitment rules are developed on an annual basis; they account for the candidates' needs and are adapted to comply with the current academic requirements; they are then discussed by the Senate. There are also plans to increase the number of scholarships financed from external funds and to expand international cooperation to acquire foreign doctoral students. Thus, the DS's website is also available in English, and all documents required in the recruitment process are also made available in English. An analysis of selected areas of recruitment data is conducted to identify areas, if any, that require improvement and optimisation.

Concluding, the recruitment process at the DS is of high quality, but it needs to be improved in terms of internationalisation.

## 5. Quality of scientific or artistic supervision and support for conducting scientific activities

The appointment of a supervisor or supervisors takes place within 3 months of commencing doctoral education at the DS. In accordance with §11, Points 1, 2 and 3 of the DSR (Annex No. 7), the doctoral student submits an application for the appointment of a supervisor or supervisors to the Scientific Council (SC) within 2 months of beginning education through the Head of the School. Under their supervision, s/he will prepare a doctoral dissertation implementing the IRP. The application shall contain the doctoral student's data, an application for a potential supervisor indicating the discipline (Annex No. 21) and the consent of the supervisor to undertake supervisory care, together with justification (Annex No. 22). After reviewing the application, the Head forwards it to the AKF SC within 2 weeks. A supervisor or supervisors is appointed within 3 months of commencing the doctoral student's education at the DS, providing the Head and the supervisor or supervisors with appropriate information. Then, the Head, in consultation with the DS, communicates the decision to the doctoral student in writing. In accordance with §11, Items 4 and 5 of the DSR provide the procedure in the event that DSt applies for a change of supervisor or supervisors. Together with the application to the SC, the DSt, through the School Head, submits justification and the opinion of the previous supervisor specifying the state of advancement of the doctoral dissertation prepared under his/her supervision, and a proposal for a new supervisor or supervisors together with his/her consent and IRP correction. In accordance with §12, Sec. 1 of the DSR, a supervisor may be an employee with at least a postdoctoral degree and experience in conducting research in the field of PCS. In the current period of the DS's operation, the supervisor of a doctoral dissertation has changed 4 times.

In order to ensure a high quality of cooperation between DSt and their Supervisor, procedures have been implemented to oversee the manner of this cooperation. The opinion and signature of the Supervisor/Supervisors are required for all documents submitted by the DSt concerning the doctoral thesis, i.e.: (1) the draft of the intended doctoral dissertation; (2) written consent of an independent researcher specialising in the research practice on the subject matter to provide scientific supervision to the candidate to the extent related to his/her research and future doctoral thesis (Annex No. 22); (3) an annual report on the course of the doctoral student's education at the DS (Annex No. 13); (4) IRP draft and each correction thereto reviewed by the Head of the School in consultation with the DSB (Annex No. 15); (5) evaluation of teaching and research practices (concerning the subjects taught by the supervisors) (Annex No. 14); (6) the doctoral student's report for the mid-term evaluation (Annexes No. 17-20); (7) an application for an extension of the deadline for submitting the doctoral dissertation beyond the deadline indicated in the IRP together with the opinion of the supervisor/supervisors and the updated IRP (Annex No. 23); (8) an assessment form regarding cooperation with the supervisor (Annexes No. 52,53); (9) an application for an internship, a domestic or foreign scientific conference and for conducting research at domestic or foreign scientific institutions (Annex No. 54); (10) the doctoral student's declaration on submitting the doctoral dissertation (Annex No. 24); and (11) the doctoral student's declaration on the compliance of the doctoral dissertation with the individual research plan. In addition, the supervisor's direction is subject to evaluation during the doctoral student's mid-term evaluation in the form of a written declaration and an oral opinion of the doctoral student, declared before the Evaluation Committee. At the meetings of the DS, the doctoral student representative has the opportunity to signal any conflict situations between the doctoral student and the supervisor/supervisors. So far, all doctoral students have declared "that cooperation with the supervisor is exemplary" and there has been no need for assistance in resolving any conflicts due to the lack of reported problems.

The DS ensures that DSt have proper conditions and receive support in implementing the educational programme and IRP, as well as in preparing their doctoral dissertations by providing access to the necessary infrastructure, primarily being the research workshop of supervisors. The vast majority of research conducted by doctoral students takes place at the 20 Central Scientific and Research Laboratory (CSRL). The issue of research financing provided for in the scientific projects of DSt are regulated by Order of the Rector UPC (Annex No. 54).

The issue of assistance for DSt students with disabilities is regulated by 2 internal legal acts of the University (Annex No. 49,50) and DSR (§28, §2, 4, §24, 4).

Among the 26 people currently holding the position of supervisor 3 are from outside the University. The University also takes steps to support DSt in conducting scientific activities by involving 3 outstanding specialists employed outside the University in the education process. Many Lecturers and Supervisors are internationally renowned and frequently invited to take part in various scientific and publishing projects. Supervisors of doctoral theses carried out at the DS are very active in various types of institutions significant for the functioning of science.

Lecturers and Supervisors of DS undertake various activities aimed at their further scientific development, which are also important for the quality of their cooperation with DSt. In this area, we can point to research internships at other domestic and foreign universities and trips organised as part of international scientific exchange and ERASMUS+ programmes, including Staff Mobility for Training. Most Lecturers and Supervisors of DS participated in such internships and trips abroad. As part of activities aimed at improving personal qualifications and broadly understood cooperation with foreign universities, the DS supports trips as part of various types of scientific exchange programmes in which lecturers and Ph.D. students participate. Of the employees, a total of 12 individuals took part in such trips. The list of trips executed in the period under review is in the documentation at the DS's Office.

The reliability of verification regarding the assessment of the work carried out by supervisors and assistant supervisors is conducted through a survey. In order to improve the quality of supervisory care, actions are also taken, which are discussed during the June meetings of the DSB with Supervisors.

The practice to date indicates that the quality of cooperation between supervisors and DSt should be assessed highly and DSt are provided with appropriate conditions and various support in the implementation of the curriculum and the IRP.



## 6. Integrity of the mid-term evaluation process

The detailed rules, criteria and procedure for conducting an interim assessment are developed during the meetings of the DS Board and presented in May each year as the Ordinance of the DS Director on "The rules of interim assessment..." (Annex No. 26-29) by way of an announcement on the DS website and by e-mail sent to Year 2 Doctoral Students. The DS Board developed template documents which Doctoral Students should submit; those documents are enclosed with the "Rules of interim assessment...", posted in the tab "Interim Assessment" on the DS website; these documents ensure accessibility and explicitness of the assessment criteria. They include: "Doctoral student's report for the purpose of interim assessment" (Annex No. 17-20), "Interim assessment sheet" (Annex No. 55-58) and the "Cooperation with Advisor (Supervisor) Evaluation Form" (Annex No. 52,53). Other documents ensuring transparency of the procedure are as follows: decisions of the DS Director on the appointment of the Evaluation Board for the conduct of interim assessment of Year 2 Doctoral Students at the DS of Physical Culture Sciences at UPC in Krakow for the individual years of study (Annex No. 59-62); Communications of the DS Director on decisions regarding the results of the interim assessment of Year 2 Doctoral Students (Annex No. 63-66) as well as the time schedule of Evaluation Board meetings which are posted in the PIB of UPC. The Evaluation Board for Year 2 Doctoral Students of UPC Krakow is appointed by the DS Director on the basis of the opinion given by the DS Board. Members of the Evaluation Board have many years of professional experience at universities and extensive scientific accomplishments in the discipline of physical culture sciences, confirmed by scientometric indicators which are verifiable by the DS Board. The Board Chairwoman has many years of experience and considerable achievements in the scientific and research work, in teaching and organisational work at the University, as well as experience in team management, including the management of research teams (as the manager of research projects) and others (as the head of Department). She also has transversal competences, including but not limited to communication skills, the ability to work in a team, team management skills, work planning and organisation skills, and problem-solving skills. The composition of the Board performing the interim assessment is entered in July of a given academic year to the POL-on system to the List of People applying for a doctoral degree. The impartiality of the interim assessment is guaranteed by ensuring, among other things, that the advisors (supervisors) to any DS Students are not appointed to the role of the Board Chairperson and at the same time that the Board Chairperson advised on (supervised) two completed doctoral dissertations.

The interim assessment procedure consists of two stages – the first stage includes the submission by the Doctoral Student of the documents required for the assessment, and the second stage includes a verbal presentation of the Doctoral Student and discussion before the Evaluation Board. The primary criterion for the interim assessment is the Doctoral Student's interim report on the implementation of the IRP, which must be submitted to the DS Secretariat in June or July, depending on the final deadline stipulated in the academic year's schedule. In particular, it includes information on the timeliness, the progress status and the quality of tasks performed according to the time schedule for the dissertation preparation. The evaluation of progress made with the IRP, delivered as an oral presentation and discussion of the achieved outcomes before the Evaluation Board, includes the assessment of: the correctness of the goal and the methodology adopted for the dissertation, the progress made with the doctoral dissertation, the compliance of the dissertation's implementation with the approved schedule, including the identification of any discrepancies, as well as a list of the doctoral student's most significant scientific achievements since the commencement of their course of study at the DS.

The Board meetings include: presentation of the scientific and research achievements of the Participant (in the form of a multimedia presentation) covering various areas, including research activity directly related to the IRP, research projects, scientific publications, scientific placements, active participation in scientific conferences, cooperation with other scientific centres, organisational activity and others, as listed in the documentation; discussion on the Participant's achievements in the form of comments and questions from the Board members, including but not limited to the assumptions and implementation of the IRP and the quality of cooperation with the Advisor (supervisor); the Board's deliberations, without the presence of the Doctoral Student, during which they arrive at the assessment, and communicating the assessment outcome to the Doctoral Student (verbally). The Board assess each criterion individually, and formulate the final outcome which is either positive or negative. The Board make decisions by voting, by an ordinary majority of votes, in the presence of all Board Members. The interim assessment ends either with a positive or negative outcome, it must be substantiated and it is final. After the Board's meeting, the minutes are submitted to the DS Director. The decision, along with the reasoning, is included in the individual report of the Evaluation Board and is presented to the DS verbally right after the closed meeting of the Board Members; it is transmitted within 3 business days in the form of an administrative decision, along with a written reasoning for the assessment by the DS Director. The evaluation results are announced in the PIB.

The factuality of the interim assessment is ensured by the bibliometric assessment of the scientific achievements of the Year 2 Doctoral Students prepared by the Head of the UPC Library Scientific Centre and the questions asked by the Board Members to the Doctoral Student who present the progress on IRP implementation in the form of a presentation; the questions are then described in the form of points.

During the period covered by the evaluation, all the interim assessments were completed within the statutory deadline; the outcomes of all assessments were positive, and no appeals were submitted against the decisions of the Evaluation Board.

The selection of competent Evaluation Board teams, along with clear, explicit, and objective rules and criteria for the interim assessment made available to the Participants, enables a reliable verification of the proper course of the doctoral students' scientific and research development at the mid-point of their education at the DS. The interim assessments are conducted in a timely manner according to the due standards.

## 7. Internationalization

The international scientific activity of the academic staff from the DS is reflected in participation in mobility programmes related to trips abroad, cooperation with foreign institutions and taking part in international research projects. The effect of growing cooperation in the international arena is, among others, the constantly increasing number of scientific publications appearing in journals from the JCR list.

As part of the efforts to internationalise education at the Doctoral School, a number of changes have been introduced aimed at increasing the share of English in the teaching process and expanding the opportunities for mobility of doctoral students and lecturers. Key activities include: expanding the range of classes in English by introducing an additional 5 hours in the subject "Methods and techniques of preparing scientific publications and presentations" and the possibility of participating in a monographic lecture in English during the 7th semester. The College of the Doctoral School has taken steps to increase the mobility of Ph.D. students by developing proposals for changes to the regulations for trips under the Erasmus+ Programme related to the inclusion of Ph.D. students in the group of persons covered by the Regulations.

To date, no systemic solutions have been introduced to include elements of internationalisation in the Individual Research Plans of doctoral students due to difficulties in general acceptance by the academic staff concerning the need to establish contacts with foreign research centres when creating works constituting the basis of doctoral dissertations. In order to increase involvement of lecturers in internationalisation of teaching, creating conditions conducive to internationalisation of Ph.D. students and increase the number of foreign doctoral students, the DS and AKF Kraków are taking action to internationally promote the educational offer. The undertaken initiatives include: (1) translation of the Doctoral School website into English and publication of key regulations in English; (2) meetings and consultations with university authorities and administrative staff, regarding the need to introduce new, coherent university procedures for internationalisation, including the appointment by the Rector of the AKF Internationalisation Commission; (3) efforts to obtain declarations from AKF employees regarding conducting classes in English, which will allow for increasing the accessibility of the educational programme for foreign doctoral students (declaration of conducting subjects in English by 3 employees); (4) an internal survey of the level of staff involvement in the internationalisation process.

In order to effectively analyse the level of internationalisation of Ph.D. students' activities, actions were taken to internationally monitor and support the scientific mobility of these students. Ph.D. students benefit from the possibility of international exchange within the Erasmus+ Programme, which allows for building relationships with partner universities. The current offer creates the possibility of exchange with 10 foreign centres (Annex No. 67). At the same time, Ph.D. students have the opportunity to individually indicate a research centre related to the unique subject of their research, for which they can apply for funding. So far, 4 Ph.D. students have used the programme (Annex No. 68), most often carrying out short-term training stays or research internships.

The support of supervisors also includes encouraging and motivating Ph.D. students to actively participate in scientific conferences and symposia. As a consequence, the number of Ph.D. students taking part in international scientific events has increased significantly in recent years. Between 2019-2024, Ph.D. students participated in a total of 36 international conferences, which proves their growing activity and involvement in the global exchange of knowledge (Annex No. 69). In addition, scientific supervisors involve Ph.D. students in the organisation of international scientific conferences. This action results in a more effective cooperation process consisting of, among others, joint supervision (1 Ph.D. student), mentoring (6 Ph.D. students) and scientific publications (43 in total).

Thanks to the possibility of applying for grants (a separate grant fund at the DS, separated from the financial pool intended for statutory research of the University) and submitting individual applications to the Head of the Doctoral School §26 of the Regulations, Ph.D. students are encouraged to publish the results of their research in journals from the JCR list. It is worth emphasizing that in the years 2019-2024, there was a significant increase in the number of publications with the participation of Ph.D. students in indexed journals, of which 43 works were created by international teams.

The DS is taking its first steps to increase the number of foreign doctoral students and provide them with appropriate support during their education, which, however, requires the implementation of systemic solutions at the University level. Currently, the University does not yet have comprehensive solutions that would enable effective acceptance and support of foreign doctoral students, which is an area that requires further improvement in terms of procedures and teaching.

The DS supports Ph.D. students in presenting their research results at prestigious international conferences in the field of physical culture sciences (thanks to the financing system). Participation in conferences helps promote the School and the research results of both Ph.D. students and teachers.

The participation of the Doctoral School representatives in the 1st Congress of Internationalisation of Higher Education organised by NAWA at the Medical University of Gdańsk (13-14 May 2024) enabled the establishment of new contacts and exchange of experiences. Participation in the 2nd Congress of Internationalisation NAUKA (Warsaw, 11-12 September 2024) allowed for the analysis of best practices regarding internationalisation at other academic centres.

In June 2023, an application was submitted under the NAWA STER programme - "Internationalisation of Doctoral Schools", which was aimed at obtaining additional funds for the development of international cooperation and support for doctoral students in conducting research with a global reach. The application was rejected.

The DS is effectively implementing its internationalisation strategy, which is reflected in two 'internationalisation pillars': a growing number of publications in international scientific circulation and strengthening international scientific cooperation in

the form of an increasing number of foreign trips of doctoral students and staff conducting the education process at the DS, cooperation with international research centres and presence at international conferences and congresses. These activities contribute to increasing the recognition of the Doctoral School in the international arena raising its attractiveness for candidates from abroad.

Despite the achieved progress, more steps should be taken to intensify cooperation with foreign research institutions, further increasing the number of classes in English and continuing activities aimed at activating doctoral students in the global scientific environment.



## 8. Effectiveness of doctoral education

Percentage of individuals who obtained a doctoral degree	Doctoral students who applied for initiation of proceedings for the award of a doctoral degree	Doctoral students who were awarded a doctoral degree	Doctoral students who were denied the award of a doctoral degree
in the number of doctoral students who completed their education at the doctoral school during the evaluation period	89 %	44 %	0 %
in the total number of doctoral students who completed their education at the doctoral school	80 %	40 %	0 %

During the period covered by the evaluation, the education process was completed by 44% of DSt (a total of 16 were 2019/2020 and 2020/2021 graduates), who completed the Doctoral School on time (5 individuals) or earlier (2 people) and in accordance with the educational programme. All of them submitted an application to initiate the procedure for awarding a doctoral degree. Additionally, 56% (9 out of 16) received a positive decision to extend the deadline for submitting their doctoral thesis.

The principles for extending the deadline of submitting a doctoral dissertation (by no more than 2 years in total) are specified in §22 of the DSR. The DSt applying for an extension of the deadline for submission of the doctoral dissertation shall submit the application no later than 30 days before the deadline indicated in the IRP.

In the period covered by the evaluation, out of the 9 doctoral students who completed the DS on time and in accordance with the educational programme, all of them submitted timely applications to initiate the procedure for awarding the NoKF doctoral degree. Of the doctoral students for whom the procedure was initiated, 4 (44%) were awarded a doctoral degree (3 people in 2023, 1 in 2024), while 1 student (11%) was refused the degree.

The DS, in cooperation with the AKF Career Office, monitors the professional careers of graduates. For this purpose, it uses data from the ELA system and the results of systematic surveys on the career paths of DSt after completing their education. The results of the analysis can be found in the documentation of the SD Secretariat.

The effectiveness of doctoral education at the DS of PCS, measured by the timeliness of completing education, should be considered high, and the relatively large number of doctoral students applying for an extension of education is most often due to pandemic reasons. However, the motivation of doctoral students to submit their doctoral dissertations on time should be strengthened.

## 1. physical culture science

### Achievement Description

The greatest scientific achievement of Ph.D. students should be considered the submission and defence of the doctoral dissertation. In this context, Ph.D. students of the AKF Doctoral School in Kraków are characterised by a high level of scientific accomplishments. Moreover, during the period covered by the evaluation, these doctoral students achieved significant scientific successes, in particular, as part of implementing tasks related to IRPs, with the scientific level of 1 Ph.D. student being considered very high. An example of articles published in prestigious journals indexed in the Scopus and Web of Science databases, concerning innovative issues within a given discipline, is a series of publications on the analysis of kickboxing fights in the K1 formula and research on the effectiveness of Postactivation Performance Enhancement (PAPE) protocols. The effect of this research was publications with a total Impact Factor exceeding 20 and a total MEIN/MNiSW score of 830 points. As part of international cooperation related to research activity, including participation in international scientific conferences and research internships at renowned academic centres, reports were presented, among others, at the European College of Sport Science (ECSS) in 2022 in Seville, the Strength & Conditioning Society (SCS) in 2023 in Athens and the ECSS in 2024 in Glasgow.

Assessing the implementation and practical applications of research results in the development of innovative technological solutions that have found application in industry and the public sectors, the "Implementation Doctorate" carried out at our Doctoral School should be mentioned. According to the application qualified by the Ministry of Education

and Science under the 6th edition of the "Implementation Doctorate" programme, the main objective of the work is to acquire knowledge that will directly translate into the application of new solutions that increase the effectiveness of using a robotic device that allows people with lower limb dysfunctions (exoskeleton) to walk, previously designed as part of the research and development project entitled: "DreamMotion - Development of Innovative, Mechatronic Technologies for the Rehabilitation of Individuals with Severe Nervous System Dysfunctions". One of the main assumptions of the DreamMotion project was its adaptation to the patient (both in anatomical terms and with regard to needs), hence, the key development factor is knowledge about the current state of its effectiveness and the possibilities of improving the indicated aspects - comfort and functionality. The doctoral student attempted to answer the question of what factors affect the reduction or increase in functionality as well as comfort of medical exoskeletons, because despite numerous designs (according to the report posted on the website [www.exoskeletonreport.com](http://www.exoskeletonreport.com), over 50), less than 10 are used in Poland (own market review from the end of 2022). The results obtained will enable the introduction of alterations to subsequent productions, which will directly affect the increase in the market potential of the device constructed as part of the DreamMotion project. The production of key components and the new type of software for the robotic device will improve work with people suffering from disabilities that impair their ability to perform movement due to dysfunctions of the nervous system. All achievements demonstrate the high educational quality level of at the Doctoral School and effective support for Ph.D. students in implementing their research plans.

# ATTACHMENTS

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## Adequacy of the education program and individual research plans to the learning outcomes for qualifications at PRK level 8 and their implementation

No.	File type	Filename
1	Education programmes during the evaluation period	Annex 12. Senate Resolution No. 26IV2023+ appendix.pdf
2	Education programmes during the evaluation period	Annex 13. Annual Report on the Course of Education at the Doctoral School and Progress Made on the Individual Research Plan.pdf
3	Education programmes during the evaluation period	Annex 14. Appendix No. 1 with the Rules of and procedure for traineeship- REPORT ON TRAINING.pdf
4	Education programmes during the evaluation period	Annex 15. Individual Research Plan.pdf
5	Education programmes during the evaluation period	Annex 9. EducationProgramme2024.pdf
6	Education programmes during the evaluation period	Annex 8. EducationProgramme2019.pdf
7	Education programmes during the evaluation period	Annex 10. Rules of and procedure for traineeship.pdf

## Method of verifying learning outcomes for qualifications at PRK level 8

No.	File type	Filename
1	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 16. List of Learning Outcomes for Qualification at Level 8 Polish Qualifications Framework (PRK).pdf
2	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 21. Appendix 1- Proposed Dissertation Supervisor Notification.pdf
3	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 22. Appendix 2- SUPERVISOR'S or ASSISTANT SUPERVISOR'S DOCTORAL SUPERVISION CONSENT FORM.pdf
4	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 23. REQUEST FOR EXTENSION OF DEADLINE FOR SUBMISSION OF DOCTORAL DISSERTATION.pdf
5	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 24. Appendix no. 2 to Order No 22024 issued by the Director- DOCTORAL STUDENT'S DECLARATION OF DOCTORAL DISSERTATION SUBMISSION .pdf
6	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 25. Appendix no. 3 to Order No 22024 issued by the Director- DOCTORAL STUDENT'S DECLARATION OF DOCTORAL DISSERTATION COMPLIANCE.pdf
7	The method of assessing the learning outcomes for qualifications at level 8 of the PQF	Annex 30. CONSENT OF POTENTIAL DISSERTATION ADVISOR AUXILIARY DISSERTATION ADVISOR TO PROVIDE ADVISORY SUPERVISION.pdf

## Qualifications of academic teachers or research staff conducting education at the doctoral school

No.	File type	Filename
1	physical culture science	Annex 31. Academic biographies and short profiles of five selected lecturers at the Doctoral School on Physical Culture Sciences in Krakow.pdf



# STATEMENTS

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I hereby declare that the information contained in the self-assessment report is fully consistent with the factual and legal status.



I hereby declare that the information contained in the self-assessment report in Polish and English is fully identical in substance.



I hereby declare that the documents attached to the self-assessment report in Polish and English are fully identical in substance.

Signature

# AUTHORIZATIONS

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## Added files

UPOWAŻNIENIE.pdf

## **RESOLUTION 26/IV/2023**

adopted by the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie during a session held on 27 April 2023

Acting in accordance with Art. 28 of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2023, item 742 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

The SENATE has unanimously (of 30 members of the Senate eligible to vote, 22 members of the Senate were present, of which 22 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) at the request of the Director of Szkoła Doktorska Akademii Wychowania Fizycznego w Krakowie passed the resolution and approved *“Description of expected learning outcomes for qualification at Level 8 of the Polish Qualifications Framework (PRK) assigned to courses taught at Szkoła Doktorska Nauk o Kulturze Fizycznej AWF w Krakowie”* ( Description of expected learning outcomes for qualification at Level 8 PRK constitutes an appendix to this Resolution).

Head of SENATE

[Signature]

Andrzej KLIMEK, Prof., Dr hab.



**Description of expected learning outcomes at Szkoła Doktorska Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie**

**Scientific discipline:** physical culture sciences

**Qualifications Framework Level:** 8 PRK

This description includes first degree characteristics for Level 8 as defined in the Integrated Qualifications System Act of 22 December 2015 (Journal of Laws year 2016, item 64 and 1010) and second degree characteristics as defined in Resolution of the Minister of Science and Higher Education of 28 November 2018 on second-degree characteristics of learning outcomes for qualifications at Level 8 of the Polish Qualification Framework.

Learning outcome symbols	Learning outcome	Reference to universal PRK level characteristics	Reference to the second-degree characteristics of the PRK, including the effects specific to the discipline of physical culture sciences.
<b>Knowledge: knows and understands</b>			
W_01	has the knowledge of and advanced understanding of terminology, contemporary scientific theories, developmental trends, and the latest achievements in the chosen field, enabling independent formulation and resolution of research problems; is familiar with the results of the latest studies within the area of individual research inquiries, allowing for the formulation of conclusions based on these findings	P8_W	P8_WG
W_02	knows and understands the role of physical culture sciences within the Polish education and healthcare systems and is aware of the significance of physical activity in maintaining individual and societal health; possesses in-depth knowledge of shaping pro-health behaviors	P8_W	P8_WG
W_03	is familiar with various types of sources and scientific information, methods of acquiring the latest knowledge	P8_W	P8_WG

	and principles of analysis.; has expertise in scientific communication, knows and understands the significance and the principles of disseminating research results, including open-access publishing; is knowledgeable about the principles and forms of knowledge transfer, particularly the connection between scientific research and practice (commercialization of research findings)		P8_WK
W_04	has the knowledge of scientific research methodology, including issues related to the selected thematic area within the discipline of physical culture sciences	P8_W	P8_WG
W_05	has the knowledge of the principles behind measurement and diagnostic equipment used in the selected thematic area within the discipline of physical culture sciences	P8_W	P8_WG
W_06	is familiar with sources of funding for scientific, research and development as well as scholarship programs, as well as the types and principles of current grant competitions; understands the distribution of costs in scientific, research and development as well as scholarship projects depending on their type and knows how to account for funds allocated to research projects	P8_W	P8_WG
W_07	possesses extensive knowledge of methods, techniques, and principles for preparing scientific presentations and publications	P8_W	P8_WG
W_08	knows and analyzes the legal acts that constitute a framework for the functioning of higher education institutions as well as the development of study plans and curricula	P8_W	P8_WG
W_09	has in-depth knowledge of modern teaching concepts, methods and tools in higher education and understands the role of the academic teacher in this process	P8_W	P8_WG
W_10	is familiar with statistical methods and techniques, the principles and procedures for conducting statistical analyses and statistical inference	P8_W	P8_WG
W_11	possesses knowledge of legal instruments that enable protection of scientific achievements	P8_W	P8_WG
W_12	has knowledge of IT tools and the principles of processing scientific research results	P8_W	P8_WG

W_13	possesses extensive knowledge of the connections between general and academic ethics	P8_W	P8_WK
W_14	has knowledge of the essence, forms, and instruments of mentoring in various fields of social and economic life, with particular emphasis on science and academic education, as well as the role and significance of scientific mentors in the development of young researchers and academic teachers	P8_W	P8_WG P8_WK
W_15	possesses advanced knowledge of social paradigms and understands the cultural determinants of the needs and problems of individuals and social groups	P8_W	P8_WK
W_16	has an advanced knowledge and understanding of facts and phenomena in the field of medical sciences and health sciences related to Medical Engineering	P8_W	P8_WG
W_17	possesses advanced knowledge of the functions and activity of individual physiological systems of the human body and explains their interactions	P8_W	P8_WG
W_18	has extensive knowledge of conducting scientific research, modeling, and forecasting, enabling description, understanding, and interpretation of phenomena occurring in the tourism economy and recreation	P8_W	P8_WK
W_19	has knowledge of issues considered within the framework of microeconomics and macroeconomics	P8_W	P8_WK
W_20	has the knowledge of the place and significance of philosophy within the system of sciences, as well as its specific subject matter and methodology, which they can creatively apply in research	P8_W	P8_WG
W_21	possesses extensive knowledge of biochemical, metabolic, and genetic processes, as well as the mechanisms of their regulation and interconnections at the molecular and cellular levels	P8_W	P8_WG
W_22	has detailed knowledge in the field of occupational therapy and the diagnostic methods used by occupational therapy practitioners	P8_W	P8_WG
W_23	knows and understands biochemical and physiological processes occurring in cells and has knowledge of the functioning of human tissues and organs	P8_W	P8_WG

W_24	knows and understands fundamental concepts and principles of intellectual property protection, copyright law and data protection, as well as the legal and economic determinants of practical publishing activity; they also possess structured, detailed knowledge of tools, methods, and techniques for producing written works, their circulation and usage; the significance of written communication in social life; the circulation of electronic information and strategies for disseminating and evaluating written resources	P8_W	P8_WG P8_WK
<b>Skills: can do</b>			
U_01	is able to characterize scientific information, define and redefine research problems during the process of scientific inquiry, can analyze scientific texts in terms of their content and relevance to their own research work; is capable of planning and carrying out individual and team research projects, including those that are conducted in an international environment	P8_U	P8_UW P8_UO
U_02	making use of knowledge in medical sciences, health sciences, and physical culture sciences can promote knowledge about health promotion to a broad audience	P8_U	P8_UK
U_03	can use technically advanced measurement and diagnostic equipment applied in a chosen topic area of physical culture sciences	P8_U	P8_UW
U_04	can create and utilize advanced research methods and tools; is able to plan research work in accordance with methodological principles, properly define research objectives and subjects, formulate hypotheses and research questions, develop methods, techniques and research tools, apply them creatively and draw conclusions based on research results	P8_U	P8_UW
U_05	recognizes different types of research projects and is capable of preparing applications for research funding, including creating research budgets in line with competition requirements	P8_U	P8_UW
U_06	can systematize, analyze, and evaluate scientific information in accordance with evidence-based practice principles, assess the credibility of information, and categorize works according to the hierarchy of scientific evidence; utilizing their knowledge, they can critically analyze and assess research findings in their scientific	P8_U	P8_UW

	discipline as well as their own contribution to the development of this discipline, can formulate new solutions to problems within existing and modified methodological paradigms		
U_07	is able to prepare scientific publications in accordance with the principles of academic writing and in line with intellectual property protection	P8_U	P8_UK
U_08	can critically assess the current state of research in the field of study, related to their doctoral project as well as engage in scientific discourse and initiate debate	P8_U	P8_UW P8_UK
U_09	can apply knowledge from the discipline of physical culture sciences to creatively identify, formulate, and innovatively solve complex problems or conduct research-oriented tasks; can create a plan for their own scientific development and independently carry out all stages of the research process	P8_U	P8_UW P8_UU
U_10	can plan educational activities, taking into account learning outcomes, assessment requirements, and student evaluation in terms of knowledge, skills and social competencies	P8_U	P8_UU
U_11	can teach classes using modern methods and tools	P8_U	P8_UU
U_12	can use appropriate tools and procedures for statistical analysis, apply suitable descriptive statistical measures, interpret statistical analysis results and critically evaluate them, can organize and present statistical data in tabular and graphical formats	P8_U	P8_UW
U_13	can prepare databases for statistical calculations and apply parametric and non-parametric tests for variables	P8_U	P8_UW
U_14	has the practical ability to apply mentoring knowledge in scientific research, particularly in establishing contact with leading scholars in their field and maintaining long-term collaboration with top scientific institutions nationally and internationall	P8_U	P8_UK P8_UO
U_15	can identify and describe different research perspectives in the social physical culture sciences	P8_U	P8_UW

U_16	can document and present their own research results and the achievements of other researchers, is able to disseminate research findings through conference presentations, tailoring their speeches to both the discussed issues and the interests, activity, and attention of other conference participants	P8_U	P8_UW P8_UK
U_17	can conduct measurements and assessments of physiological, biochemical and biophysical indicators as well as document and interpret the obtained results	P8_U	P8_UW
U_18	can properly design basic psychological studies	P8_U	P8_UW P8_UU
U_19	can verify statistical hypotheses	P8_U	P8_UW
U_20	can adapt the Snoezelen method to the needs of specific patient groups	P8_U	P8_UW
U_21	is able to critically assess the scientific output within the discipline in which an article is prepared	P8_U	P8_UW
U_22	can recognize the importance of knowledge from other disciplines in resolving cognitive and practical problems	P8_U	P8_UW
U_23	can practically use the knowledge of preparing and organizing scientific conferences	P8_U	P8_UK
U_24	can apply diagnostic methods used in occupational therapy practice.	P8_U	P8_UW
U_25	is proficient in using advanced techniques for measuring morphological characteristics, assessing physical development and analyzing composition of the human body	P8_U	P8_UW
U_26	can utilize advanced research methods and tools to assess the human motoric system	P8_U	P8_UW
U_27	by applying knowledge of dietetics and nutrition can promote a healthy lifestyle	P8_U	P8_UW
U_28	can use knowledge from physical culture sciences to monitor an athlete's condition, training loads, exercise	P8_U	P8_UW

	techniques, sports performance and behavior during competitions		
U_29	is capable of correctly using instruments and devices for isolating and assessing genetic material	P8_U	P8_UW
U_30	can design an experimental setup to illustrate the effect of a selected factor on cells, correctly select analytical methods based on the experiment profile, interpret quantitative and qualitative changes in the studied material and translate obtained results and knowledge to the level of human tissues and organs	P8_U	P8_UW
U_31	can recognize and analyze different types of documents and digital resources in terms of their content, structure, and functionality and assess their quality (including aesthetic quality)	P8_U	P8_UW
U_32	can search, evaluate, select, and utilize information using various sources, tools and search strategies, as required by the problem in question	P8_U	P8_UW
<b>Social competencies: is ready to</b>			
K_01	is ready for a critical assessment of acquired information, interpreting it, drawing conclusions, and formulating opinions; is prepared to critically evaluate their own achievements within the represented discipline – i.e.: physical culture sciences	P8_K	P8_KK
K_02	is ready to acknowledge the importance of knowledge from other disciplines and fields (beyond the one in which the doctoral project is pursued) in solving cognitive and practical problems	P8_K	P8_KR
K_03	is aware of being part of the scientific community, adheres to its ethical principles, and takes responsibility for its development; demonstrates creativity in seeking new research areas and directions, actively participates in communication within the research community	P8_K	P8_KR P8_KO
K_04	is ready to independently carry out assigned tasks, properly organizes work, critically analyzes and evaluates research findings, and recognizes contributions to the development of knowledge	P8_K	P8_KO
K_05	is aware of the necessity to improve qualifications for better personal use and for sharing specialist knowledge with others; shows commitment to continuous learning and enhancing professional and research competencies in an interdisciplinary dimension	P8_K	P8_KR P8_KO
K_06	exhibits the appropriate attitude as an academic teacher, understands the need for improving and updating knowledge and acquired skills	P8_K	P8_KR P8_KO
K_07	the acquired knowledge and skills enable the application of selected concepts and research methods in studies on	P8_K	P8_KR

	physical culture		
K_08	recognizes the need for a critical approach to scientific assumptions, demonstrating responsibility for the social consequences of research outcomes; is capable of transferring scientific findings into the social sphere	P8_K	P8_KO
K_09	understands the need for self-education and can collaborate with other persons, taking responsibility for their own actions in pursuit of common goals when carrying out team projects	P8_K	P8_KK
K_10	understands the necessity of using statistical analyses to evaluate research results and makes sure they are properly interpreted	P8_K	P8_KK
K_11	appreciates the importance of intellectual integrity in both their own actions as well as those of others whereas the acquired knowledge and skills shape their moral sensitivity and responsibility for academic activity; shows commitment to sustaining and developing the ethos of research communities	P8_K	P8_KR
K_12	is able to analyze databases and communicate about them with others using professional terminology	P8_K	P8_KK
K_13	is capable of establishing and maintaining long-term collaboration with various research teams, utilizing the knowledge and skills gained through cooperation with an academic mentor	P8_K	P8_KO
K_14	appreciates the significance of scientific research for the development of professional practice	P8_K	P8_KK
K_15	is capable of taking responsibility for actions, ensuring safety for oneself and surroundings	P8_K	P8_KO
K_16	is aware of the ethical aspects of working for a publisher of a scientific journal, including the necessity of adhering to professional ethics and standards (especially concerning copyright law compliance)	P8_K	P8_KR

**Meaning of the symbols used:**

**P8** – Level 8 of the Polish Qualifications Framework (PRK)

**W** – knowledge; **WG** – depth and scope; **WK** - context

**U** – skills; **UW** – use of knowledge; **UK** - communication; **UO** – organization of work; **UU** - learning

**K** – social competencies; **KK** – critical assessment; **KO** - responsibility; **KR** – professional role





ANNUAL REPORT ON THE COURSE OF EDUCATION  
TO BE SUBMITTED BY DOCTORAL STUDENT OF  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Annual Report on the Course of Education at the Doctoral School and  
Progress Made on the Individual Research Plan**

<b>Period:</b>	20...../ 20....	
<b>Details of the Doctoral Student</b>		
Full name		
Student identifier		
Unit		
Year of admission to the Doctoral School		
<b>Doctoral Dissertation</b>		
Title of the doctoral dissertation		
Scheduled deadline for submission of the doctoral dissertation		
<b>Supervisor</b>		
Full name		
Title/Degree		
Unit (place of employment)		
<b>Assistant Supervisor</b>		
Full name		
Title/Degree		
Unit (place of employment)		

1. Doctoral Student's development and academic achievements record						
A. Publications						
Lp.	Authors	Title	Journal Title/Name of publishing house	Bibliographic data (year and month /vol./pages for e-Journals – enter available data)	IF / MEiN points	DOI
1.						
2						
<b>Participation in conferences (mark, if the presentation or paper received an award)</b> (To be attached: documents confirming presentations at conferences or photocopies of the abstracts contained in the Book of Abstracts, document confirming any awards and distinctions granted )						
B.						
No.	Title of the presentation (enter type of presentation: oral/poster)	Authors	Conference name (add link to the website containing information on the conference)	Organiser and place (conference type: national/ international)	Conference dates	Award (State whether the paper receive an award or distinction YES/NO)
1.						
2						
C. Research projects /grants (e.g. research projects conducted at Krakow AWF, NCN, NCBIR, FNP, from the date of commencement of the course of education at the Doctoral School; to be attached: a document confirming participation in the grant—information from the grant provider or the original application, printed report or another official document specifying list of research team members)						
No.	Name of institution	Project/ Grant title	Type of grant	Period	Person's role in the project	
1.						
2.						
D. Fellowships related to the doctoral dissertation, including training visits completed under the Erasmus+ Programme (excluding professional training courses, from the date of commencement of the course of education at Doctoral School, please attach a document confirming completion of the fellowship)						
No.	Fellowships (specify the type of fellowship – national or international)	Name of the institution and the full name of the research supervisor		Place	Duration	
1.						
2.						
E. Other (E.g. organisational activity, activities promoting the development of science and teaching, patent applications, others, from the date of commencement of the course of education at Doctoral School)						

Lp.	Type of involvement/activity
1.	
2.	
3.	

<b>2. Individual Research Plan Progress Overview</b> (Describe the execution of the stages of the research schedule completed so far and the progress in preparing the doctoral dissertation)
<b>A. Execution of the stages of the research schedule completed so far</b> (description- max. 1 A4 page, Calibri 12, spacing: 1.5)
<b>B. Progress made on the doctoral dissertation</b> (description – max. 2 A4 pages , Calibri 12, spacing: 1.5)
<b>C. Supervisor’s opinion regarding progress made on the Individual Research Plan and the doctoral dissertation</b>

.....

(Date when Report was made)

**Supervisor’s approval**

.....

(Legible signature of the Doctoral Student)

.....

(Date)

**Second/Assistant Supervisor’s approval**

.....

(Legible signature of the Supervisor)

.....

(Date)

.....

(Legible signature of the Supervisor/Assistant Supervisor)

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
AKADEMIA WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA  
W KRAKOWIE

**REPORT ON TEACHER TRAINING  
TEACHING ASSISTANCE/CLASS CONDUCTING/  
RESEARCH TRAINEESHIP AT CLNB/  
TRAINEESHIP IN A SCIENTIFIC JOURNAL /  
WORKSHOPS – TAKING PART IN A RESEARCH PROJECT CONDUCTED  
BY THE UNIT\* (*delete as appropriate*)**

Name and surname	
Student identification number	
Year of study	
Place of traineeship	
Date of traineeship	
Name and surname of the Traineeship Supervisor	

---

\* /delete as appropriate

# **COURSE OF TRAINEESHIP – ACADEMIC YEAR 20\_ / 20\_**

<b>Date</b>	<b>Number of hours</b>	<b>Class topic</b>	<b>Description of classes inspected/conducted</b>

.....  
Date and signature of the Doctoral Student

.....  
Date and signature of the Traineeship Supervisor

Traineeship Supervisor's opinion on the Doctoral Student:

Doctoral Student's name and surname:	
Doctoral Student's identification number	
Opinion on the Doctoral Student's preparation as to the subject matter	
Opinion on the Doctoral Student's practical preparation	
Grade	
Name and surname of the Traineeship Supervisor	
Date and signature of the Traineeship Supervisor	

Traineeship completion assessment

.....  
Date and signature of the Doctoral School Director



SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W  
KRAKOWIE

**Individual Research Plan**

<b>1. Details of the Doctoral Student</b>	
Academic degree, Full name	
Student identifier	
Year of admission to the Doctoral School	
<b>Doctoral Dissertation</b>	
Research topic related to the doctoral dissertation	
<b>Supervisor</b>	
Full name	
Academic degree / title	
Organisation/Unit	
<b>Assistant Supervisor</b>	
Full name	
Academic degree / title	
Organisation/Unit	
<b>2. Brief description of the project, indicating the research area and reasons for undertaking it, highlighting the originality of the topic and the applied approach to the subject of the study</b>	
<b>3. Aims (cognitive, theoretical, application-oriented) and research questions/hypotheses</b>	

<b>4. Scope of research (refer to: subject, time and space)</b>		
<b>5. Research methods and techniques</b>		
<b>6. Type of doctoral dissertation (scientific monography, collection of published and thematically-related scientific articles, project paper, etc.)</b>		
<b>7. The scientific problem to be addressed during the implementation of the research plan, indicating potential limitations (in terms of research, reasoning and generalization of conclusions), practical implications, and possible challenges in its execution</b>		
<b>8. Research plan schedule – Research task (including conferences and fellowships) and doctoral dissertation preparation schedule</b>		
<b>Period of task completion</b>	<b>Brief task description</b>	<b>Relation to the Doctoral Dissertation</b>
Semester 1	<i>Example: Study of literature</i>	<i>Example: Review of the current state of knowledge in the area related to the future doctoral dissertation</i>
Semester 2		

Semester 3		<i>Example: Preparation of a paper to be presented at an international conference</i>
Semester 4		
Semester 5		
Semester 6		<i>Example: Preparation of an article to be published in an IF journal</i>
Semester 7		
Semester 8	<i>Example: Editing of the doctoral dissertation and preparation of documentation for the application for doctoral degree conferment</i>	<i>Example: Final version of the Doctoral Dissertation</i>

#### 9. Scheduled Date of Completing the Research Process and Submission of the Doctoral Dissertation

*For example: June 2027 or Semester 8*

#### 10. Bibliography (including webliography) with a brief description of individual entries, confirming that the Doctoral Student has acquired the necessary (at this stage of research) knowledge on the studied subject.

.....

(Place and Date)

.....

(Legible signature of the Doctoral Student)

#### Supervisor's approval

.....

(Date)

.....

(Legible signature of the Supervisor)

#### Second/Assistant Supervisor's approval

.....

(Date)

.....

(Legible signature of the Supervisor/Assistant Supervisor)



## **RESOLUTION 56/XII/2023**

adopted by the SENATE of the University of Physical Education in Kraków during a session held on 14 December 2023.

Acting in accordance with Art. 28(1) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2023, item 742 as further amended) and §28 of the University Statute, the Senate has adopted the following resolution:

At the request of the Director of the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków, the Senate has unanimously (of 30 members of the Senate eligible to vote, 21 members of the Senate were present, of which 21 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the "Programme of Study at the AWF Doctoral School of Physical Culture Sciences in Kraków". The Programme will be mandatory for the doctoral students (Doctoral School participants) commencing the course of study in academic year 2024/2025 and later.

The printed version of Programme of Study... constitutes an integral part of this Resolution

*Head of Senate*  
*Prof. dr hab. Andrzej KLIMEK*

Programme of Study at the AWF Doctoral School of Physical Culture Sciences in Kraków														Appendix to Senate Resolution No 56/12/2023 year: 2023													
Course name		Total number of hours	Year 1				Year 2				Year 3				Year 4				Total number of hours			ECTS	Credit/Exam				
			Sem. 1		Sem. 2		Sem. 3		Sem. 4		Sem. 5		Sem. 6		Sem. 7		Sem. 8										
Compulsory courses			lectures	classes	lectures	classes	lectures	classes	lectures	classes	lectures	classes	lectures	classes	lectures	classes	lectures	classes	lect+class.	Self-study hour		semester					
1.	General Science Methodology	10	10																10	0	10	20	1	E/I			
2.	Statistics	10		10															0	10	10	20	1	ZO/I			
3.	Science Law; Intellectual Property Protection	10	10																10	0	10	20	1	ZO/I			
4.	Grant and Scholarship Applications and Research Commercialisation	10		10															0	10	10	20	1	ZO/I			
5.	Seminar I - Development of Individual Research Plan (IPB)	60		30		30													0	60	60	120	6	ZO/II			
6.	Seminar II - Individual Research Plan (IPB) prior to Assessment	60					30		30										0	60	60	120	6	ZO/III			
7.	Seminar III - Individual Research Plan (IPB) Post-Assessment	60									30		30						0	60	60	120	6	ZO/IV			
8.	Seminar IV - Doctoral dissertation editing and preparation for dissertation defence	60													30		30		0	60	60	120	6	ZO/VII			
9.	Teaching Placement - Teacher	10				10													0	10	10	20	1	ZO/II			
10.	Teaching Placement - Active Teaching	30					10		10		10								0	30	30	60	3	ZO/III, IV			
11.	Internship with a Scientific Journal Publisher	20				10		10											0	20	20	40	2	ZO/II			
12.	Organising a Scientific Conference - Workshop	15						15											0	15	15	30	1	ZO/III			
13.	Participation in a Research Project Organised by University Unit - Workshop	45							15		15		15						0	45	45	90	5	ZO/IV, V			
14.	Research Internship at CLNB	15		15															0	15	15	45	2	ZO/I			
15.	Theory of Discipline: Physical Culture Studies*	20	20																20	0	20	40	2	E/I lub II			
16.	Methods and Techniques of Preparing Scientific Publications and Papers	20				20													0	20	20	45	2	ZO/II			
17.	Creating Databases and Statistical Software Literacy	15						15											0	15	15	45	2	ZO/III			
18.	Methodology in the Physical Culture Studies Discipline	20				10		10											20	0	20	40	2	ZO/II			
19.	Teaching and General Functioning of University-level Institutions	10						10											10	0	10	20	1	ZO/III			
20.	Academic Ethics	10				10													10	0	10	20	1	ZO/II			
21.	Mentoring in Science	10				5	5												5	5	10	20	1	ZO/II			
22.	Science Communication and Knowledge Management	10						10											10	0	10	20	1	ZO/III			
23.	Publishing Strategies and Techniques	10									10								10	0	10	20	1	ZO/V			
24.	Biomedical Engineering	15							15										15	0	15	45	2	ZO/IV			
25.	Social and Humanities Research in Physical Culture Studies	15						15											15	0	15	45	2	ZO/IV			
26.	Monographic Lecture													5					5	0	5	10	1	ZO/VII			
Electives Module I *		30				15													0	30	30	60	3	ZO/II			
1. Measurements in Biomechanics																											
2. Measurements in Physiology																											
3. Measurements in Biochemistry																											
4. Measurements in Psychology																											
5. Functional Diagnostics																											
6. Biometric Measurements																											
7. Social Studies Analysis																											
8. Diagnostics in Occupational Therapy																											
9. Research in Tourism and Recreation																											
Electives Module II **		30						15											0	30	30	60	3	ZO/IV			
1. Metrology																											
2. Training and sporting outcome supervision																											
3. Tourism and Leisure Behaviours in People																											
4. Monitoring of Psychophysical Fitness and Physical Activity in Patients																											
5. Food Science and Nutrition																											
Electives Module III ***		15								15									15	0	15	45	2	E/VI			
1. Economics																											
2. Philosophy																											
Total		645	40	65	25	90	20	90	30	70	10	55	15	45	5	30	0	30	155	495	650	1380	68				
Scientific Research related to Doctoral		450	30		60		60		60		60		60		60		60		450		450						
Total hours		1095	70	65	85	90	80	90	90	70	70	55	75	45	65	30	60	30	605	495	650	1830	68				
Total					135		175		170		160		125		120		95		90								
* Module I Elective courses will be delivered as detailed below: Course 1 (15 hours)- as chosen by Doctoral School student regardless of the number of applications Course 2 (15 hours) - the course will be delivered in the group with the highest number of applications																											
** Module II Elective courses will be delivered as detailed below: Course 1 (15 hours) - as chosen by Doctoral School student, regardless of the number of applications Course 2 (15 hours) - the course will be delivered in the group with the highest number of applications																											
*** Module III Elective courses will be delivered as chosen by Doctoral School student, regardless of the number of applications																											
**** Compulsory panel based on a choice of one of five available courses: Theory of Physical Education (10 h), General Physiotherapy (10 h), Theory of Sport (10 h) , Fundamentals of Tourism (10 h), Fundamentals of Recreation (10 h). The course will be delivered in winter or summer semester of year 1 depending on the applicable curriculum in Bachelor-level or uniform Master programmes. Student may receive credit for this course based on relevant documents confirming: the fact of the course being completed during a course of study, based on the number of hours, the exam grade and the name of the examiner. Decision on transfer of credit to be made by the School Director.																											

## RESOLUTION No. 36/IX/2019

of the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie [Bronisław Czech University of Physical Education in Krakow] passed during the session on 26 September 2019

Acting pursuant to Article 28 (1) of the *Higher Education and Science Law Act* of 20 July 2018 (*Journal of Laws of 2018*, item 1668 as amended) and § 36 of the University's Statutes, the Senate passed the following resolution:

36/IX/2019 – during an open vote (30 Senate members authorised to vote; 17 Senate members present; 17 Senate members vote in favour; there were not votes against and no abstentions), at the motion of the Doctoral School Director, pursuant to Article 201(4) of the *Higher Education and Science Law Act of 20 July 2018* (*Journal of Laws of 2018*, item 1668, as amended), the SENATE unanimously resolved and approved the learning plan in the Doctoral School.-/

The plan shall come into effect on 1 October 2019. The approved Learning plan is enclosed herewith.

Chairman of the Senate

(-) Aleksander TYKA, Prof., Dr Hab.

Programme of 4-year Course of Study at the Doctoral School																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																							
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## **ORDINANCE No. 31/2022**

**of the Rector of Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow dated 28 October 2022 on the implementation of the Rules of and procedure for traineeship included in the curriculum at the Szkoła Doktorska Nauk o Kulturze Fizycznej [Physical Culture Sciences Doctoral School] at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow**

Pursuant to Article 23 (1) and (2)(2) of the *Higher Education and Science Law* Act of 20 July 2018 (consolidated text in Journal of Laws of 2022, item 574 as amended), in order to implement the Senate's Resolution No. 35/X/2022 of 27 October 2022, I hereby order as follows:

### **§ 1**

1. I implement the **Rules of and procedure for traineeship included in the curriculum at Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow for Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow** which are **enclosed** herewith.
2. These Rules shall come into effect on the announcement date and shall be effective as of 1 October 2022.

**RECTOR**

(-) Andrzej Klimek, Prof., Dr Hab. -/

**Rules of and procedure for traineeship included in the curriculum  
at Szkoła Doktorska Nauk o Kulturze Fizycznej  
at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow**

**§ 1 General information**

1. Doctoral students at AWF Doctoral School shall have traineeship at AWF totalling 120 hours, notably:
  - 1.1 research traineeship at the Central Scientific and Research Lab (CLNB) for a total of 15 hours in term 1, as provided for in the curriculum,
  - 1.2 traineeship in a scientific journal – for a total of 20 hours; 10 hours per term, in terms 2 and 3,-/
  - 1.3 teacher traineeship amounting to 40 hours, as provided for in the curriculum, which shall be carried out as follows:
    - a) teacher assistance for a total of 10 hours in term 2,
    - b) teaching classes for a total of 30 hours; 10 hours per term, in terms 3, 4 and 5,
  - 1.4 workshops – taking part in a research project agreed in consultation with the advisor, for a total of 45 hours; 15 hours per term, in terms 4, 5 and 6,
2. Teacher training – assistance, Teacher training – class conducting and Workshops – taking part in a research project conducted by the unit: the classes shall be conducted/coordinated by the Dissertation Advisor or by a traineeship supervisor designated by the Dissertation Advisor, for example, when they are not having classes or pursuing a project.
3. Traineeship in a scientific journal shall be held at a journal of the student's choice. Doctoral students shall make the selection before the term begin and it is on that basis that orders to hold classes are sent to a specific journal /lab.
4. Research traineeship at the Central Scientific and Research Lab (CLNB) shall be conducted in a selected laboratory at the Central Scientific and Research Lab.
5. A report the template of which is enclosed herewith as **Enclosure No. 1** shall be a record of the traineeship completion (participation in the classes). The report, notably the section on the class topic, shall be completed by the doctoral student, and the supervisor shall give his/her opinion and the grade. The report shall be submitted to the Doctoral School Director for approval.-/

**§ 2 Traineeship goals**

1. The traineeship is to support the development of academic skills in the area of scientific work and skills relating to the functioning of scientific journals. The traineeship is also to shape the teamwork skills and social competence that will allow [the trainees] to carry out scientific activity on their

own.

2. During the teacher training, trainees shall develop practical skills in the area of academic teaching as well as social competence that will allow them to conduct classes with students on their own.

### **§ 3 Traineeship form**

1. The traineeship may be undertaken in the following forms:
  - 1.1. working in a research team of the unit – workshops,
  - 1.2. work at the CLNB:
    - a) learning the CLNB equipment, and
    - b) learning the new technologies and the equipment used in scientific research.
2. Working in a journal:
  - 2.1. peer review – trainees learn how to prepare a peer review of a scientific article,
  - 2.2. editorial work:
    - a) conducting a preliminary check of the manuscripts sent to the editorial team,
    - b) preparing materials for the journal's website and/or to be published on the social media,
    - c) assisting in correspondence with the authors and reviewers,
    - d) preparing texts for proofreading and imposition,
    - e) actions relating to the journal's placement in new scientific databases,
    - f) reviewing the leading journals in a given field, the ways of their functioning, the peer review- and editorial procedures, etc., and
    - g) archiving the journal activities.
3. Teacher training:
  - a) teaching assistance/co-participation (for a total of 10 hours) in conducting classes held by the traineeship supervisor as well as observation and active co-participation in conducting classes,
  - b) preparing and discussing teaching materials for the classes, and
  - c) teaching classes on one's own in the form of practical classes with students, workshops, seminars or other types that are specific for a given field of education.

### **§ 4 Traineeship supervisor**

1. Lab managers at CLNNB shall supervise research traineeship; the chief editor or a person designated by the chief editor shall supervise traineeship in a journal, and the advisor in consultation with class coordinators shall supervise the teacher training.
2. The duties of the traineeship supervisor shall include:

- a) informing the doctoral students on the rules and the course of the traineeship,
  - b) monitoring the course of the traineeship, and
  - c) acknowledging the traineeship completion on the basis of traineeship records gathered by the doctoral student.
3. The traineeship supervisor shall give his/her opinion and the grade in the report presented by the doctoral student to the Doctoral School Director.

#### **§ 5 Doctoral student's duties**

1. The doctoral student's duties shall include:
- a) discussing the conditions and the manner of traineeship with the traineeship supervisor,
  - b) fulfilling the tasks entrusted to him/her and consulting them with the traineeship supervisor,
  - c) discussing the course of the traineeship with the traineeship supervisor, and
  - d) adhering to the rules of work at CLNB/journal and the guidelines on reliability in scientific research and respecting intellectual property and the code of an academic staff member's ethics.
2. Upon completion of all of the above-referred traineeships, the doctoral student shall submit a report, the template of which is enclosed herewith as Enclosure No. 1, to the secretariat of the Doctoral School.
3. The doctoral student shall complete the traineeship-related section of the Report.

#### **§ 6 Final provisions**

These Rules shall enter into force upon being signed and shall be effective from the academic year 2022/2023.

RECTOR

(-) Andrzej Klimek, Prof., Dr Hab.





**List of Learning Outcomes for Qualification at Level 8 Polish Qualifications Framework (PRK) Assigned to Subjects (courses) Taught at Szkoła Doktorska Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie**

<b>Compulsory subjects</b>		<b>Learning outcome code</b>
1.	General Science Methodology	W_04; K_08
2.	Statistics	W_10; U_12; K_10
3.	Science Law; Intellectual Property Protection	W_11; K_03
4.	Grant and Scholarship Applications and Research Commercialisation	W_06; U_05; K_09
5.	Seminar (I-IV) - Development of Individual Research Plan (IPB)	W_01; U_01; U_08; U_09; K_02; K_09
6.	Teaching Placement - Teacher Assistance	W_02; W_09; U_10; K_06
7.	Teaching Placement - Active Teaching	W_08; W_09; U_11; K_06
8.	Organising a Scientific Conference - Workshop	W_03; U_16; U_23; K_03
9.	Participation in a Research Project Organised by University Unit - Workshop	W_01; U_05; K_04; K_09
10.	Methods and Techniques of Preparing Scientific Publications and Papers	W_03; W_07; U_01; U_07; U_16; K_08
11.	Creating Databases and Statistical Software Literacy	W_12; U_13; K_12

12.	Methodology in the Physical Culture Studies Discipline	W_03; U_01; U_04; U_06
13.	Teaching and General Functioning of University-level Institutions	W_08; W_09; K_06
14.	Academic Ethics	W_13; K_11
15.	Mentoring in Science	W_14; U_14; K_13
16.	Science Communication and Knowledge Management	W_03; K_01; K_11
17.	Publishing Strategies and Techniques	W_03; K_01; K_08
18.	Biomedical Engineering	W_16; K_03
19.	Social and Humanities Research in Physical Culture Sciences	W_15; K_07
20. Theory of physical culture sciences as a discipline		W_01; W_02; W_04; W_05; K_01; K_05; K_08; K_14
Physical Education Theory		
General Physiotherapy		
Theory of sport		
Introduction to tourism		
Introduction to recreation		
Electives –MODULE I		
1	Measurements in Biomechanics	W_17; U_06; U_26; K_14
2	Measurements in Physiology	W_17; U_17; K_09

3	Measurements in Biochemistry	W_01; U_17; K_15
4	Measurements in Psychology	W_15; U_18; K_05
5	Functional Diagnostics	W_17; U_06; K_14
6.	Biometric Measurements	W_04; U_25; K_01
7.	Social Studies Analysis	W_15; U_15; K_08
8.	Diagnostics in Occupational Therapy	W_22; U_24; K_09
9.	Research in Tourism and Recreation	W_18; U_01; K_01
<b>Electives – MODULE II</b>		
1.	Economics	W_19; K_03
2.	Philosophy	W_20; K_02
<b>Electives – MODULE II</b>		
1.	Metrology	W_05; U_28; K_02
2.	Training and sporting results supervision	W_02; U_03; K_04
3.	Human Behaviours in Tourism and Leisure	W_15; U_02; K_08
4.	Monitoring of Psychophysical Fitness and Physical Activity in Patients	W_17; U_26; K_04
5.	Dietetics and Nutrition	W_17; U_27; K_14
<b>Research internship at CLNB Laboratories</b>		
1.	Biometric Research Lab	W_04; U_25; K_01
2.	Genetic Analyses Lab	W_21; U_29; K_15
3.	Tourism and Recreation Market Research Lab	W_18; U_01; K_01
4.	Social Studies Lab	W_15; U_15; K_08
5.	Statistical Analysis and Research Lab	W_10; U_19; K_10

6.	Biochemistry and Molecular Biology Lab	W_21; U_17; K_15
7.	Biophysics and Motor Analysis Lab	W_17; U_26; K_14
8.	Biokinetics Lab	W_17; U_06; U_26; K_14
9.	Functional Diagnostics Lab	W_17; U_06; K_14
10.	Physiological Foundations of Adaptation with a Hypoxic Thermoclimatic Chamber	W_17; U_17; K_09
11.	Blood Physiology Lab	W_21; U_17; K_15
12.	Skin Physiology Lab	W_17; U_03; K_04
13.	Cell Culture Lab	W_23; U_30; K_05
14.	Human Motorics Lab	W_02; U_04; K_08
15.	Olympism	W_02; U_02; K_09
16.	Psychology Lab	W_15; U_18; K_05
17.	Snoezelen Room	W_22; U_20; K_08
18.	Occupational Therapy Lab	W_22; U_24; K_09
19.	Vibrotherapy Lab	W_17; U_03; K_09
Practical placement completed with an academic journal publisher		
Journal of Kinesiology and Exercise Sciences		W_24; U_21; U_22; U_31; U_32; K_16
Medical Rehabilitation		
Studies in Sport Humanites		
Folia Turistica		
Medicina Sportiva		

**Meanings of the symbols used: P8** – Level 8 of Polish Qualifications Framework: **W** – Knowledge, **U** – Skills, **K** – Social Competencies

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Kraków, data / Krakow, date.....

**Zgłoszenie potencjalnego promotora pracy doktorskiej**  
(Proposed Dissertation Supervisor Notification)

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**Tytuł zawodowy, imię i nazwisko kandydata**  
(Academic title/degree, full name of Candidate)

.....  
.....

**Temat badawczy związany z pracą doktorską**  
(Research topic related to doctoral dissertation)

.....

**Tytuł/stopień naukowy, imię i nazwisko potencjalnego promotora pracy doktorskiej**  
(Academic title/degree, full name of proposed Doctoral Dissertation Supervisor)

.....

**Tytuł/stopień naukowy, imię i nazwisko potencjalnego promotora pomocniczego pracy doktorskiej**  
(Academic title/degree, full name of proposed Auxiliary Doctoral Dissertation Supervisor)

.....

**Jednostka w AWF, w ramach której prowadzony będzie temat badawczy**  
(AWF Unit where the research topic will be carried out)

**SUPERVISOR'S / ASSISTANT SUPERVISOR'S DOCTORAL SUPERVISION CONSENT FORM**

I hereby agree to undertake supervision over a doctoral dissertation to be written by the  
Doctoral School participant:

.....

Candidate's academic degree, full name and PESEL ID

at.....

.....

AWF Unit where the research topic will be pursued within the framework of the Research  
Project called:

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Title of Research Project

Reasons for the choice of the Supervisor:

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History of scientific and research achievements in the research topic area; the person's roles  
held at the university unit

Reasons for the choice of the Assistant Supervisor:

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History of scientific and research achievements in the research topic area; the person's roles  
held at the university unit

Legible signature:

.....

Academic degree/ title, full name of the proposed Supervisor for the doctoral dissertation

.....

Academic degree/ title, full name of the proposed Assistant Supervisor for the doctoral  
dissertation



SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
AKADEMII WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE

.....  
Full name

.....  
Student Identifier

.....  
PESEL ID

Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
Prof. dr hab. Barbara Frączek

**REQUEST FOR EXTENSION OF DEADLINE FOR SUBMISSION OF DOCTORAL  
DISSERTATION BEYOND THE PERIOD PRESCRIBED IN THE INDIVIDUAL RESEARCH  
PLAN (IPB)**

Pursuant to §22 (1) of the Terms and Conditions of NoKF AWF Doctoral School , I request for an extension of deadline for submission of my doctoral dissertation as indicated in IPB by ... - that is: until ... due to one of the following reasons: *(mark as applicable)*:

- 1) I need to conduct long-term research under my Individual Research Plan (IPB);
- 2) I am temporarily incapable of continuing my course of education due to an illness, as attested by a medical certificate indicating the period of incapacity for studying \*;
- 3) I am obliged to provide personal care for a family member, as attested by a medical certificate indicating the period during which the family member is incapable of independent functioning and requires assistance\*;
- 4) I hold a disability certificate \*;
- 5) I need to provide personal care for a child under the age of 4 or a child – holder of disability certificate \*.

I further declare that *(mark as applicable)*:

- 1) I have not previously filed a request for extension of deadline for submission of doctoral dissertation
- 2) I have previously been awarded an extension of a deadline for submission of doctoral dissertation by ..... (enter the period of extension).

I am aware of the fact that the total extension of the deadline for submission of doctoral dissertation must not exceed 2 years.

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
AKADEMII WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE

I further declare that I am familiar with the provisions of the Higher Education and Science Law Act of 20 July 2019 (Art. 209(2)) stating that the total period of receiving a doctoral scholarship in doctoral schools must not exceed 4 years.

Statement of reasons for the request:

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\*I have attached hereto a photocopy of documentation confirming the circumstances described above.

I have attached hereto an updated Individual Research Plan.

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Date and signature of the Doctoral Student

Supervisor's Opinion

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Date and signature of the Supervisor

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
AKADEMII WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE

Assistant Supervisor's Opinion

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Date and signature of the Assistant Supervisor

Opinion of the Doctoral School Board

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Date and signatures of Members of the Doctoral School Board

Decision of the Doctoral School Director

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Date and signature of the Doctoral School Director

Kraków, date .....

## DOCTORAL STUDENT'S DECLARATION OF DOCTORAL DISSERTATION SUBMISSION

.....  
Full name of Doctoral Student

.....  
Student Identifier

.....  
Doctoral Student's PESEL ID

.....  
Supervisor

.....  
Assistant Supervisor

Title of Doctoral Dissertation .....

.....  
.....

I hereby confirm that on ..... I submitted with the AWF Kraków Council of Science a  
doctoral dissertation for the purpose of initiating and completing the procedure for award of  
a doctoral degree.

.....  
Date and Signature of Doctoral Student

.....  
Confirmation of doctoral dissertation submission made by receiving Staff Member  
(Date and full name of Staff Member)

Kraków, date .....

**DOCTORAL STUDENT'S DECLARATION OF DOCTORAL DISSERTATION  
COMPLIANCE WITH THE INDIVIDUAL RESEARCH PLAN**

.....  
Full name of Doctoral Student

.....  
Student Identifier

.....  
Doctoral Student's PESEL ID

.....  
Supervisor

.....  
Assistant Supervisor

I hereby confirm that the doctoral dissertation (*Dissertation title*) .....

.....

.....

complies/does not comply\* with the Individual Research Plan pursued at Szkoła Doktorska  
Nauk o Kulturze Fizycznej AWF w Krakowie.

.....  
Date and Signature of Doctoral Student

.....  
Date and signature of Supervisor

.....  
Date and signature of Assistant Supervisor

\*strike out as appropriate

**CONSENT OF POTENTIAL DISSERTATION ADVISOR/  
AUXILIARY DISSERTATION ADVISOR  
TO PROVIDE ADVISORY SUPERVISION**

Candidate name and surname

Title of research project

**Candidate's print name**

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Academic title/degree, name and surname of the potential **Dissertation Advisor**

Academic achievements of the potential Dissertation Advisor in regard to the research topic  
to be undertaken

**Dissertation Advisor's print name:**

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Academic title/degree, name and surname of the potential **Auxiliary Dissertation Advisor**

Academic achievements of the potential Auxiliary Dissertation Advisor in regard to the  
research topic to be undertaken

Bronisław Czech University of Physical Education in Krakow  
Doctoral School of Physical Culture Sciences

**Auxiliary Dissertation Advisor's print name:**

*\*delete as appropriate*

## Academic biographies and short profiles of five selected lecturers at the Doctoral School on Physical Culture Sciences at B. Czech University of Physical Culture in Krakow

Presented below are the academic profiles of five lecturers/academic teachers (including two full professors, two persons who hold a postdoctoral degree (Dr Hab.), AKF professors and one person with a doctoral degree in physical culture sciences) who have top qualifications, given their academic achievements and competences in terms of academic supervision, and adequate professional achievements, including experience in obtaining grants and leading projects financed from grants.

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### **Marcin Maciejczyk, Prof., Dr Hab.**

#### ACADEMIC TEACHER BIOGRAPHY

**Marcin Maciejczyk, Prof., Dr Hab.** (born in 1977) – sport and exercise physiologist. He pursued his master's studies between 1996 and 2000 at the University of Physical Education in Krakow, Physiotherapy Department. Upon completing his studies, he was employed as junior assistant professor at the Physiology and Biochemistry Department at the Faculty of Physical Education at AWF Krakow (2000). In 2006, he defended his dissertation on *Changes in Body Fatness in Boys During Puberty and Dynamics of Changes in Aerobic and Anaerobic Capacity, Energy Expenditure of Standard Efforts and Chosen Physiological Reactions* (dissertation advisor: J. Cempla, Prof., Dr Hab.) at the Physical Education Faculty of AWF in Krakow. He received his post-doctoral degree (Dr Hab.) in 2016 (Physical Education Faculty, AWF Krakow) on the basis of academic achievement on *Wpływ zwiększonej masy ciała oraz składu ciała na zdolności wysiłkowe organizmu [Impact of Increased Body Mass and Body Composition on Body's Exercise Capabilities]*. Between 2019-2023, he was employed as associate professor [*profesor nadzwyczajny*] at the Physiology and Biochemistry Department. In 2023, President of the Republic of Poland awarded him the title of professor in the field of medical sciences and health sciences, in the discipline of physical culture sciences. He authored the concept of creating the Central R&D Laboratory at AWF Krakow of which he became the director (2018). In 2019, he received the individual award of the 1st degree granted by the Minister of Science and Higher Education for significant achievements in the area of organisational activity.

The topics of his research work are related to the physiology and physical exercise/sports biochemistry, and in particular are related to:

- the impact of body mass and body composition on the exercise capability of children and adults;



- physiological- and biochemical body responses to different types of physical exercise/physical training;
- the evaluation of effectiveness of various training methods, the impact of dietary supplements on exercise capabilities and an analysis of factors determining sport performance (efficiency);
- the impact of selected physical- and environmental factors on human body; and
- psychophysiological response of body to different types of physical exercise.

He is the advisor to (supervisor of) many master theses and bachelor theses, as well as dissertations. He is a member of editorial boards of multiple scientific journals (including but not limited to: *Frontiers in Physiology*, *Applied Sciences*, *BMC Sports Science, Medicine and Rehabilitation*, *Journal of Kinesiology and Exercise Sciences*), and a renowned reviewer in prestigious scientific journals. He was a speaker at numerous international scientific conferences. He is the author or co-author of more than 100 original papers, published in leading scientific journals:

- <https://www.scopus.com/authid/detail.uri?authorId=54975550700>
- <https://www.researchgate.net/profile/Marcin-Maciejczyk>
- <https://scholar.google.pl/citations?user=iHgiz3oAAAAJ&hl=pl>
- [https://nauka-polska.pl/#/profile/scientist?id=203620&\\_k=l6zg70](https://nauka-polska.pl/#/profile/scientist?id=203620&_k=l6zg70)

**In total, the IF of the professor's publications is approx. 217 and 6780 points awarded by the Ministry of Science and Higher Education.**

Between 2019-2022, he led a large project financed by the Ministry of Education and Science, as part of a programme called Regional Excellence Initiative (a competition procedure); the project title ***Increasing the scientific and research growth potential of Bronisław Czech University of Physical Education in Krakow in the area of physical culture sciences [Zwiększenie potencjału naukowo-badawczego Akademii Wychowania Fizycznego Bronisława Czecha w Krakowie w obszarze nauk o kulturze fizycznej]*** with a budget of nearly **PLN 12 million (PLN 11,919,908; project ref.: 022/RID/2018/19)**. The project covered both the execution of scientific research in the area of physical culture sciences and the development of research infrastructure at the Central R&D Laboratory at the University of Physical Education in Krakow which he heads. Currently, he leads a project called ***Impact of physical training on changed climate conditions (hypoxia chamber) on exercise capabilities of the body and selected physiological responses of the body [Wpływ treningu fizycznego w zmienionych warunkach klimatycznych (hipoksyjnej komorze termoklimatycznej) na zdolności wysiłkowe organizmu oraz wybrane reakcje fizjologiczne organizmu]*** financed by the Ministry of Education and Science (project ref.: MEiN/2021/DPI/229, implementation: 2022-2024, budget of **PLN 2,155,610**). The project goal is to assess the physiological and biochemical effects of physical training in artificially changed climate conditions (with the use of hypoxia chamber and hyperbaric oxygen chamber), including in particular the determination of the rate of adaptation to conditions that are not favourable to physical training and the impact of such training on the body's exercise capabilities, upon accounting for the effect of such training in professional athletes.

He has also had some successes in the commercialisation of his research, e.g. ***Multifunctional table for rehabilitation with multi-section active surface [Multifunkcyjny stół do***

**rehabilitacji z wielosekcyjną powierzchnią aktywną**], which was performed in cooperation between AWF Krakow and Vitberg company (a project financed by the National Centre for Research and Development, 2014-2020 Smart Growth Operational Programme, project ref. POIR.01.01.01-00-1208/17-00), with a budget of **PLN 2,896,347.41**. He was the manager of the R&D staff and he was responsible for supervising and cooperating biomedical research work to be performed by AWF Krakow, the evaluation of milestone achievement and rollout of the research outcomes to the production process.

He also acted as the researcher in several projects of the National Science Centre or the **Ministry of Science and Higher Education** (for example, **as part of the Academic Sports Development Programme**). He also led multiple other research projects financed from the University's own funds (statutory research). As part of the University's own funds, he was the researcher in 17 research projects. A detailed list is presented in Enclosure 4.

In total, he participated in more than 30 research and scientific projects (including four financed by the National Science Centre (NCN), three by the Polish Ministry of Science and Higher Education (MNiSZW)/Ministry of Education and Science (MEiN), one by the National Centre for Research and Development (NCBIR), and one R&D project). I was a project manager in seven projects, and the lead researcher in the remaining ones.

## **Małgorzata Siekańska, Dr Hab., AKF Professor**

### ACADEMIC TEACHER BIOGRAPHY

#### **Education:**

- A master's degree in psychology. Master's studies at the Catholic University of Lublin, Social Sciences Faculty, Department of Psychology (*summa cum laude*). Major: Rehabilitation Psychology.
- PhD in Psychology (specialising in: Psychology of talent and high achievers).
- Post-doctoral degree (Dr Hab.) in physical culture sciences (specialising in: Sport Psychology).

Currently AKF Professor at the Psychology Department, Physical Education and Sport Faculty. She gives lectures on psychology (including but not limited to "Sport psychology", "Psychological mechanisms of behaviour under extreme conditions") and social communication (including "Negotiations and decision-making", "Methods and techniques of preparing scientific publications and presentations and other related subjects for students studying for a bachelor's degree, for a master's degree, post-graduate students and doctoral students (until 2020) and for students at the Doctoral School. For 15 years now, she has given lectures offered to foreign students at AWF Krakow as part of Erasmus Programme; as well as lectures at Florida State University, University "G. d'Annunzio" of Chieti-Pescara, University of Denver, University College Birmingham, and Rovaniemi University of Applied Sciences. She has a Class 1 Sports Psychologist Certificate awarded by the Polish Psychologists Association. She is a member of the Sports Psychology Section of the Polish Psychologists Association and the Association for Applied Sport Psychology (AASP) and of the European Federation of Sport Psychology (FEPSAC). She holds the function of a permanent reviewer as a member of the

Editorial Board at the “Movement Science and Sport Psychology” journal (thematic section: “Frontiers in Psychology and Frontiers in Sports and Active Living”).

She specialises in psychology of talent and high achievers and in sport psychology, notably identifying sport talents, developing sport talents and psychological support in the development of a dual career. She focuses on those topics in her publications and presentations at international conferences (>30) and domestic ones (>30). Between August 2017 and 30 April 2018, she undertook research traineeship in the US, at the Florida State University in Tallahassee, and in April 2020, she completed a one-month traineeship at University “G. d’Annunzio” of Chieti-Pescara. Currently she conducts research on: metacognitive abilities and self-regulation in athletes (in cooperation with Professor Maurizio Bertollo, Behavioral Imaging and Neural Dynamics Center University “G. d’Annunzio” of Chieti-Pescara) and self-regulated learning (in cooperation with Professor Bradley W. Young from the University of Ottawa).

She completed multiple specialist- and certified courses, including (course titles): Psychology of children and teenagers’ sport; Psychology of female sport; Development of sport talent and working with talented athletes; Psychosomatic regeneration; Social Communication; Business negotiations in tourism; Negotiations and decision-making for sport managers; Interpersonal communication and social influencing for physiotherapists; Interpersonal communication for personal trainers; Preparation of scientific presentations; Methods and techniques of preparing scientific publications and presentations; Psychological mechanisms of behaviour in extreme conditions; Psychological aspects of work with a gifted child athlete.

She conducts lectures and classes at other universities, including: at the Academy of Applied Sciences in Nowy Targ: Psychology of stress and stress situations; Stress and how to cope with it. For many years, she has cooperated with the Jagiellonian University in Krakow, where she has offered lectures on sport psychology (since 2006): Psychology of children and teenagers’ sport; Specific nature of female sport; Psychological support for parents and for the coach), and also with the SWPS University since 2009 (Warsaw, Wrocław, Katowice and Sopot). Courses on sport psychology: Female sport and sport of children and teenagers; Identifying and developing sport talent; Training of creativity in sport; Competition or cooperation? The art of negotiations in sport; Psychology in training of children and teenagers. Acting in a triad: Coach – Athlete – Parent.

#### **She has extensive experience in teaching students in English:**

- Since October 2006 – Lectures at the University of Physical Education in Krakow (11 courses in English for Erasmus Program students; approx. 250 hours since October 2006):
- Titles of the courses: Sport Psychology, General Psychology, Psychology of Sport and Recreation, Performance Psychology;
- 6-12.10.2014, University of Denver, USA – Visiting Master’s Program in Sport and Performance Psychology – two presentations, of which one focused on the empirical data from research grant entitled: “The psychological aspects of optimal development of sport skills in athletes with different achievements levels”. The second focused on a positive sport perspective on psychological skills training with young athletes”.

- 14-21.04. 2013, University College Birmingham, England – Sport psychology lectures (6 hours) - STA Grant 2012/2013 LLP-Erasmus Program for Teaching Staff Mobility – Erasmus Exchange to University College Birmingham UCB, England.
- 05-12.02.2011, Rovaniemi University of Applied Sciences, Finland – Sport psychology lectures (6 hours) – STA Grant 2010/2011 LLP-Erasmus Program for Teaching Staff Mobility – Erasmus Exchange to Rovaniemi University of Applied Sciences RAMK, School of Health Care and Sports, Finland.
- 02.08.2017 – 26.04.2018 (two semesters) Florida State University in Tallahassee, USA Department of Educational Psychology and Learning Systems College of Education – Sports, Exercise and Performance Psychology – Performance Psychology for undergraduate students (6 hours)
- 2020/21, 2nd semester (12 hours) – “Gabriele d’Annunzio” University Chieti – Pescara, Italy, Department of Medicine and Ageing Sciences – Lectures on: Psychological support in comprehensive development for young athletes, their caregivers, and stakeholders.

She also has other experience and she completed other training courses relating to doctoral students’ teaching, including but not limited to the following “Social Communication and Group Dynamics” – a year-long course (250 hours) approved by the Polish Psychologists Association.

She is a renowned reviewer in multiple scientific journals (such as: *International Journal of Sport and Exercise Psychology*; *Frontiers in Psychology*, *Journal of Individual Differences*, *Biology of Sport*; *BMC Public Health*, *BMC Sports Science - Medicine and Rehabilitation*, *Scientific Reports*, *Journal of Creative Behavior*, *International Journal of Environmental Research and Public Health*; *Baltic Journal of Health and Physical Activity*, *Studies in Sport Humanities*, *Biomedical Human Kinetics*; *Humanities and Cultural Studies*, *Polskie Forum Psychologiczne*, and *Rozprawy Naukowe*). She is also a reviewer of doctoral dissertations; research projects funded by the National Science Centre, the Ministry of Science and Higher Education; she is a reviewer of articles in scientific journals.

She is a member of the Editorial Board of the *Movement Science and Sport Psychology* (a specialist section on *Frontiers in Psychology* and *Frontiers in Sports and Active Living* since 2021), a member of the Editorial Board of *Sport Humanities* (since 2020) and *Sport & Societate* (since 2020). On multiple occasions, she was also a member of the Organisation Committee of the conference called *Practical Sport Psychology* (Cracow, 2010, 2014, 2023) and of the Scientific Committee (Gdańsk, 2016; 2021).

She was an advisor on (supervisor of) approx. 70 master’s theses; a scientific supervisor of a dissertation of one doctoral student; currently, she is the dissertation advisor (supervisor) of four doctoral students:

1. Aneta Cichosz, *Psychological determinants of the sport burnout syndrome in youth aged 14–18 years old* (“Wybrane psychologiczne determinanty wypalenia w sporcie u młodzieży w wieku 14-18 lat”), February 2017.
2. Joanna Sakowicz-Kostecka, *Psychological aspects of the sports development and social status of former elite Polish professional tennis players* (“Psychologiczne aspekty rozwoju sportowego oraz status społeczny po zakończeniu kariery zawodniczej reprezentantów polski w tenisie”), November 2020.

3. Iwona Janas, *Psychological determinants of basketball coaches' decision-making processes* ("Psychologiczne uwarunkowania procesów decyzyjnych trenerów koszykówki"), March 2021.
4. Anna Ostrowska-Karpisz, *The psychosocial determinants of satisfaction and coping with difficult situations among 15-18-year-old swimmers* ("Wybrane psychospołeczne uwarunkowania satysfakcji z uprawiania pływania oraz radzenia sobie w sytuacjach trudnych wśród 15-18 letnich zawodników"), 27 June 2023.
5. Approval of the initiation of the proceedings by the Scientific Council of AKF Krakow on the award of doctoral degree to Natalia Serafin, MA and the appointment of the board. The dissertation on *The role of Metacognitive I in effective functioning of male- and female swimmers with different levels of swimming and period of training*.

She took part in 29 Polish- and 26 international scientific conference – she presented 48 papers during the latter ones

She implemented several grants and research projects, as listed in the table below, both as the research project manager and as a researcher.

Grants and research projects:	
12.03.2024-31.12.2025: Project Manager	Research financed from grant no. 359/BS/INS/2024, from the budget of the University of Physical Education in Krakow, for the period from 12 March 2024 to 31 December 2025, as part of the project called: "Development of competences in terms of learning self-regulation and factors contributing to their development in adolescent athletes".
23.05.2022-31.12.2024: project researcher	Research financed from grant no. 286/BS/INS/2022, from the budget of the University of Physical Education in Krakow, for the period from 23 May to 31 December 2024, as part of the project called: "The role of self-regulated learning in the improvement of training effectiveness and the level of sport performance during competitions".
01.10.2019 – 31.12.2020: Project Manager	Research financed from grant no. 219/BS/INS/2019, from the budget of the University of Physical Education in Krakow, for the period from 1 October 2019 to 31 December 2021, as part of the project called "Translation and adaptation of the abbreviated questionnaire on self-regulated learning in sports activity SRL-SP SF".
01.09. 2018 – 30.09.2019: Project Manager	Research financed from grant no. 159/BS/INS/2018, from the budget of the University of Physical Education in Krakow, for the period from 1 September 2018 to 30 September 2019, as part of the project called: "Psychological determinants of the development of competences conducive to athletes' development and their sports achievements".
01.2016 – 12.2016: Project Manager	Research financed from grant no. 79/BS/INS/2015, from the budget of the University of Physical Education in Krakow, for the period from January 2016 to December 2016 as part of the project called: "Translation and adaptation of the Talent Development Environment Questionnaire".
12.2012-11.2014: Project Manager	Research financed from grant no. N RSA1 001951 from the budget of the Ministry of Science and Higher Education for the period from December 2011 to November 2014, as part of the programme called "Academic Sports Development" coordinated as part of the project called

	"Psychological aspects of optimal development of sport skills in athletes with varying levels of achievements".
2004-2006: project researcher	Research financed from grant no. 183/INH/2004, from the budget of the University of Physical Education in Krakow, as part of the project called "An athlete in a situation of physical injury – psychological aspects".
2000-2002 – Project Manager	Research financed from grant no. 1 H01F 034 21, from the budget of Scientific Research Committee as part of the project called "Psychological determinants of career satisfaction in talented people".

She is the author or co-author of three scientific monographs in Polish, several chapters in monographs in English, scientific editor of several Polish books as well as several dozens of articles in international journals and chapters in Polish books and textbooks.

## Agnieszka Suder, Dr Hab., AKF Professor

### ACADEMIC TEACHER BIOGRAPHY

A graduate of the University of Physical Education in Krakow: a master's degree in motor rehabilitation; doctor of physical culture sciences (2005); post-doctoral degree (Dr Hab.) in physical culture sciences (2016) – an academic degree obtained on the basis of a monothematic cycle of five original scientific and research works under the title: *Zmienność ontogenetyczna dystrybucji tkanki tłuszczowej i uwarunkowania jej brzuszno typu w populacjach dzieci i młodzieży z różnych środowisk [Ontogenetic variability in body fat and determinants of abdominal fat type in children and teenagers' populations from various environments]*

She has been employed since 1998 in a research and teaching capacity at the University of Physical Education in Krakow, the Anatomy Department in the Institute of Fundamental Sciences at the Motor Rehabilitation Faculty, where she held the following positions: Junior Assistant Professor (until 2006), Assistant Professor (until 2019) and currently University Professor. She has held the function of the head of the Anatomy Department since 2010; between 2018 and 2020, head of the Interdepartmental Scientific and Research Laboratory of Motor Rehabilitation, and since 2024, Director of the Institute of Fundamental Sciences at the Motor Rehabilitation Faculty at the University of Physical Culture in Krakow. She was appointed as a member of the Motor Rehabilitation Faculty Council (since 2016), the Scientific Council of AKF (since 2019), the Scientific Committee at the Central R&D Laboratory (since 2021) and of the Senate (since 2024).

She has conducted educational classes on human anatomy at all levels and all types of studies. She has conducted classes on methodology in the discipline of physical culture science at the Doctoral School. She has taken part in the development of scientific staff: so far she supervised four doctoral students; three of them already received their doctoral degree (including one who received a summa cum laude degree) and the fourth one is pending defence following three positive reviews proposing distinction. She completed two reviews of doctoral dissertations; on two occasions she was called to take part in the work of the committee for post-doctoral degree as the secretary to the committee.

Until she obtained her post-doctoral degree, she analysed, in her scientific works, biological-, social and economic- as well as environmental risk factors relating to the occurrence of obesity and central distribution of fat tissue. Those works were based on cross-sectional examination of cohorts of many thousands covering populations from various regions of Poland. Over the years, she expanded her methodological skills by designing prospective, randomised studies, showing the effects of intervention applied in the study groups in comparison to the control group.

She conducts scientific research focusing on issues relating to phenotypic variation in fat distribution during individual development in populations of children, teenagers and adults; the risk factors of abdominal obesity; the physiological and biochemical effects of selected interventions with physical activity, diet or physical factors on human body in patients with metabolic disorders, cardiovascular disorders, among other things. She studies, among other things, the biochemical and physiological effects of various forms of health-promoting training and selected dietary procedures in patients with abdominal obesity and metabolic syndrome or the effects of system and local vibration therapy in elderly people.

She completed scientific and research placements:

1. At the Anthropology Department at the Polish Academy of Sciences in Wrocław, 21-25.05.2007,
2. in the Analytics and Clinical Biochemistry Department, Maria Skłodowska-Curie Polish National Institute of Oncology – National Research Institute, Krakow Branch, 7-25.06.2021
3. at the Department of Pediatric Endocrinology and Diabetes Unit, Faculty of Health Sciences, Ben-Gurion University of the Negev, Israel, 9-30.01.2023.

She took part as a researcher and project manager in 15 research projects, including:

1. a research project financed by the Committee of Scientific Research KBN3 P05D 001 24/2002: *Body structure and physical activity in adults vs their biological development in childhood and adolescence (continuation of continuous research)*; as a researcher
2. a research project PL 0375/2009-2011 financed from the Polish-Norwegian Research Programme (EEA Grants Iceland, Liechtenstein, Norway: co-financing (85%) EEA (European Economic Area) Financial Mechanism, 15% Myślenice Poviāt: *Implementation of the idea of health-promoting schools in Myślenice Poviāt by implementation of selected prophylaxis and health promotion programmes. A programme on prevention of postural defects*. 2009-2011, as a researcher;
3. a research project financed from the Regional Excellence Initiative Programme no. 022/RID/2018/19, Ministry of Science and Higher Education, 2019-2023: *The effect of a twelve-week health training on morphological indicators and the level of selected adipokines of fat tissue in men with abdominal obesity*. Nr 18/PB/RID/2020, as the project manager;
4. a research project Science for the Society II, no.: NdS-II/SN/0183/2024/01, financing: Ministry of Science and Higher Education: *Centile grids for height, weight and body mass index of children and adolescents in Poland*. Cooperation with the Institute of Sport – National Research Institute in Warsaw, as a researcher,
5. research project no. DEC-2024/53/B/NZ7/02257 financed by the National Science Centre, as part of the OPUS 27 competition: *The application of DNA methylation*

*markers and epigenetic clocks as an innovative tool for the evaluation of health, risk factors and control of population ageing – a controlled intervention study of people subjected to specific health-promoting activities.* A consortium of four academic units: Pomeranian Medical University in Szczecin – the Consortium Leader; the Jagiellonian University in Krakow; AKF in Krakow, and AWF in Katowice. Requested project budget: PLN 2,747,711.00, implementation period: 2025-2027. She is the manager of the intervention part of the project which is implemented at the University of Physical Culture in Krakow.

She is a member of scientific institutions:

1. Polish Anthropological Association(PTA), 2001-present; by election: Member of the Peer Court at the Main Executive Board of the PTA; 2016-present;
2. European Anthropological Association (EAA), 2001– present;
3. Polish Association for Obesity Studies (PTBO), 2006 – present;
4. European Association for the Study of Obesity (EASO), 2006 – present;
5. Polish Association for Child Obesity (PTOD), 2023– present

She received the following awards:

1. Individual Rector's Award of 2nd degree for scientific activity for the year 2005;
2. Individual Rector's Award of 2nd degree for teaching activity for the year 2006;
3. Individual Rector's Award of 2nd degree for scientific activity for the year 2007;
4. Individual Rector's Award of 1st degree for scientific activity for the year 2008;
5. Distinction (1st place) for work during poster session during the 2nd Convention of the Polish Association for Obesity Studies, 2009;
6. Scientific Award of 2nd degree of the Polish Association for Obesity Studies (PTBO), 2011;
7. Decision of the President of the Republic of Poland on the award of the Bronze Cross of Merit (No. 216-2017-49) for the activities to promote science development, at the request of the Minister of Science and Higher Education, 2017;
8. Individual Scientific Award of the 1st degree presented by the Minister of Science and Higher Education for scientific achievements which are the basis for awarding the post-doctoral degree (Dr Hab.), 2017;
9. Individual Rector's Award for scientific activity for the year 2023;

The most important achievements as part of research work to date were presented in more than a hundred original scientific publications and conference reports, including 35 articles published in journals on the JCR list, with a total IF score = 94, Hirsch Index of 12 according to Scopus or 11 according to Web of Science (a list of publications is presented in Enclosure).

## **Jadwiga Szymura, PhD**

### **ACADEMIC TEACHER BIOGRAPHY**

**Jadwiga Szymura, PhD** (ORCID 0000-0003-4594-79-54, Scopus Author ID: 54979413800), the area of medical sciences and health sciences, disciplines: physical culture sciences and health sciences; specialist in physiotherapy (002/2022.1/49). Assistant Professor at the Rehabilitation in Neurology and Psychiatry Department, Clinical Rehabilitation Institute,



University of Physical Culture in Krakow. Author/co-author of 67 publications, 2 monographs and 96 post-conference reports (according to the Web of Science h index: 15 number of citations: 529, according to Scopus database: h index: 15 number of citations: 590; according to ResearchGate h Index:17 number of citations: 795; IF: 116.416, Ministry of Education and Science = 2932 points).

The research topics relate primarily to the evaluation of effects of motor rehabilitation on the basis of gait economy as well as static- and dynamic balance in patients with various Central Nervous System disorders, including but not limited to Multiple Sclerosis, brain stroke, neurodegenerative diseases (Huntington's disease; Parkinson's disease), as well as the effect of motor rehabilitation in people with Parkinson's disease on rheological properties of blood, balance and level of neurotrophic factors, sirtuins, pro-inflammatory and anti-inflammatory indicators as well as prooxidative and antioxidative balance; the effect of physiotherapeutic exercises on unstable ground and in virtual reality on the level of neurotrophic factors as well as the structure and function of the central nervous system in elderly people; a comparison of physiological and biochemical (prooxidative and antioxidative balance, immunological, hormonal reactions) of exercise reactions and rheological properties of blood in healthy people of different ages and different levels of physical activity; the effects of selected wellness methods (Kinesiology Taping, lymphatic drainage; cryogenic temperatures), as well as biochemical- and rheological changes in blood, miRNA expression as a result of applying cryogenic temperatures in healthy people of different ages, depending on the level of their physical activity and in people with various diseases (such as Multiple Sclerosis, obesity).

She graduated from the following post-graduate programmes:

- IT and Management, AGH University in Krakow, Faculty of Electrical Engineering, Automation, IT and Electronics;
- Research Management, University of Agriculture in Krakow; Production Engineering and Power Generation Faculty; Molecular Biology,
- University of Jagiellonian in Krakow, Biochemistry, Biophysics and Biotechnology Faculty;

She completed scientific placements in Bratislava at Comenius University, Faculty of Physical Education and Sports, Department of Sport Kinanthropology, in Sofia at the National Sports Academy "Vassil Levski" and at the Pharmacology Institute at the Polish Academy of Sciences, Molecular Neuropharmacology Department in Krakow.

So far, she has completed 45 research projects, including six financed from the National Science Centre (OPSU, PRELUDIUM and MINIATURA); five financed as part of the Regional Excellence Initiative; one R&D project financed by the EU; three projects for the Ministry of Sport and Tourism; one project for the Ministry of Education and Science; one project in international cooperation as part of a strategic programme Excellence Initiative at the Jagiellonian University (ID.UJ) – Priority Research Area "Quality of research for the quality of life – qLife", and one project as part of the Science for the Society competitions. She was an auxiliary advisor (assistant supervisor) for two doctoral students. A list of the most important projects, including the functions held on the project, is presented below:

### Research projects:

1. Physiological cost of marching exercise in people with Huntington's disease. Evaluation of effects of gait disorders rehabilitation on the basis of an analysis of changes in the cost of physical work and an objective balance assessment. 265/KRK/2010, statutory research at AWF Krakow, **researcher**
2. Evaluation of the effectiveness of gait rehabilitation in patients suffering from Huntington's disease. 264/KRK/2010, statutory research at AWF Krakow, **researcher**
3. The effect of the body structure on the size of the exercise-induced oxidative stress; ref. 267/IFC/2010, own research of AWF Krakow, Human Physiology Institute; statutory research of AWF Krakow, **researcher**
4. A comparison of aerobic capacity and energy cost of labour and the level of oxidative stress during locomotory efforts in people with varying body structure. NCN, N N404 071240, **researcher**
5. A comparison of the degree of damage to muscular fibres caused by locomotor exercise of varied muscular effort in 50- and 60-year-old males. 9/BS/IFC/2011, statutory research at AWF Krakow, **researcher**
6. The level of oxidative stress as a result of one-off anaerobic effort, depending on sex, 21/BS/IFC/2011, statutory research of AWF in Krakow, human Physiology Institute, **researcher**
7. The level of oxidative stress and aerobic capacity of people aged 50 and 60 with varying degrees of physical activity. 20/MN/IFC/2012, **researcher**
8. Evaluation of exercise-induced changes in selected ratios of oxidative stress and the level of adipocytokines in people of different ages and physical activity levels, 24/BS/IFC/2012, statutory research of AWF in Krakow, Human Physiology Institute, **researcher**
9. Evaluation of changes in terms of blood morphological indices, immune system reactions and pro-oxidant-antioxidant status as a result of repeated exposure to cryogenic temperatures in elderly people. 37/BS/KRK/2013, statutory research at AWF Krakow, **researcher**
10. Evaluation of the effectiveness of whole-body cryostimulation as a method of post-exercise wellness, 40/BS/INB/2013, statutory research of AWF Krakow, **researcher**
11. Changes in biochemical ratios of oxidative stress during exercise of growing intensity in training and non-training men of different ages, 42/BS/INB/2013, statutory research of AWF Krakow, **researcher**
12. Changes in the activity of selected enzymes and the level of biochemical indicators involved in the oxidative stress response caused by a one-off and repeated whole-body cryostimulation in training and non-training men, 41/BS/INB/2013, statutory research of AWF Krakow, **researcher**
13. The effect of systematic balance training on functional changes in the central nervous system in a group of people aged 60+, NCN, 2014/15/N/NZ7/02970, **researcher**
14. Changes in the lymphocytic system and oxidative status in people with Multiple Sclerosis following ten cryochamber sessions. 51/MN/INB/2014, research: *Młodzi Naukowcy AWF w Krakowie* 2014 [Young Scientists at AWF Krakow], **researcher**
15. The effect of whole-body cryotherapy on the level of selected cytokines, oxidative stress indicators and carbohydrate and lipid metabolism in post-menopausal women with metabolic syndrome. NCN, 2014/15/N/NZ7/03036, **researcher**.

16. The effect of whole-body cryotherapy on changes in concentrations of selected sirtuins and prooxidative and antioxidative balance indicators in blood in males, depending on age and the level of physical activity. NCN, 2015/17/N/NZ7/01039. **researcher.**
17. Strength and muscle power training in male volleyball – an experiment to verify the effect and the cost of increasing and maintaining the muscle power parameters in the subsequent training cycles. N RSA4 00954 (2015), a project financed by the Ministry of Science and Higher Education as part of the Academic Sport Development project, **researcher**
18. Implementation of research regarding the effect of using a TORQWAY vehicle on human body as part of a project called: The conduct of the required tests and works aimed at launching an innovative recreation and rehabilitation device called Torqway: an R&D project implemented as part of scientific cooperation between AWF Krakow and Torqway company (2015); **researcher**
19. Assessment of work intensity during selected classical massage techniques” 1/INB/2015, statutory research at AWF Cracow, **researcher**
20. Changes in redox balance in blood vs activation of inflammation processes following anaerobic exercise, depending on sex. 101/BS/INB/2016, **researcher**
21. An analysis of changes in selected biochemical indicators as a result of a one-off yoga session. 116/BS/INB/2017, statutory research at AWF Krakow, **researcher.**
22. Evaluation of changes in the rheological properties of blood, neurotrophins concentration, physical fitness and balance as a result of smovey exercise in people with Parkinson’s disease, 134/BS/KRK/2017, **researcher**
23. Impact of menstrual cycle hormones on changes in the concentration of oxidative stress markers in the blood, depending on the type of muscular work, 153/BS/INB/2018, statutory research of AWF Krakow, **researcher**
24. The effect of balance training on the level of selected neurotrophic factors, pro-inflammatory and anti-inflammatory indicators in healthy elderly people and in people with Parkinson’s disease, NCN, MINIATURA 2, no. Dec. 2018/02/X/NZ7/01635, **project manager, researcher**
25. Secretion of asprosin and other adipocytokines in the context of exercise-induced changes in blood prooxidative and antioxidative balance among men depending on age, physical performance and body composition), NCN, OPUS 15, ref. 2018/29/B/NZ7/02309, **researcher**
26. The effect of repeated whole-body cryotherapy sessions on the expression of selected sirtuins and oxidative stress ratios and inflammation in menopausal women with metabolic syndrome. 216/BS/INB/2019, statutory research at AWF Krakow, **researcher**
27. Evaluation of changes in insulin resistance, oxidative stress and concentration of selected sirtuins in obese women as a result of Nordic Walking training. 135/MN/INB/2019, statutory research at AWF Krakow, **researcher**
28. The effect of balance training in virtual reality on changes in concentrations of selected neurotrophic factors; ref. 223/BS/KRK/2019; **project manager**
29. The effect of repeated whole-body cryotherapy sessions on the expression of expression of modulators of the inflammatory response and prooxidant-antioxidant balance in blood mononuclear cells in young men, depending on physical activity. 11/PB/RID/2020; implementation of the programme called Regional Excellence Initiative 2019-2022, “Increasing the scientific- and research growth potential of the

- Bronisław Czech University of Physical Education in Krakow in the area of physical culture sciences”; 78820, implementation period: 01.01.2020-30.06.2021, **researcher**
30. The effect of whole-body cryotherapy on changes in the expression of selected miRNA related to the regulation of carbohydrate and lipid metabolism in women with metabolic syndrome as compared with healthy women. 12/PB/RID/2020; implementation of the programme called Regional Excellence Initiative 2019-2022, “Increasing the scientific- and research growth potential of the Bronisław Czech University of Physical Education in Krakow in the area of physical culture sciences”; 78900, implementation: 01.01.2020-30.06.2021, **researcher**
31. The effect of whole-body cryotherapy on the level of insulin resistance and selected adipocytokines in females with Type 2 diabetes. ref. 22/PB/RID/2021 implementation of the programme called Regional Excellence Initiative 2019-2022, “Increasing the scientific- and research growth potential of the Bronisław Czech University of Physical Education in Krakow in the area of physical culture sciences”; 78900, implementation 01.01.2021-30.06.2022, **researcher**
32. The effect of balance training in virtual reality on changes in the changes in concentrations of selected sirtuins and oxidative stress indicators in elderly people; ref. 278/BS/IRK/2021, 2022; **project manager**

She is a member of several Polish and international scientific associations, including: The Polish Rehabilitation Association; the Polish Physiotherapy Association; the Polish Sport Medicine Association; International Society of Exercise and Immunology and International Association of Sports Kinetics, and the Polish Association of Bobath Therapists. A volunteer at Urszula Smok Foundation *Podaruj Życie* and Stowarzyszenie Olimpiady Specjalne Polska – Program Zdrowy Sportowiec. Co-author of a guide for patients „Jak aktywnie żyć z nowotworem” [*How to live an active life with cancer*], ISBN 978-83-942021-7-0. A graduate of 34 post-graduate courses on physiotherapy. She is a highly regarded reviewer in 14 scientific journals. She is the author of more than 100 scientific publications of different type (a list of the publications is presented in Enclosure X). She took an (active) part in more than 50 national and international scientific conferences and congresses (a list is presented in Enclosure X).

## **Magdalena Więcek, Prof., Dr Hab.**

ACADEMIC TEACHER BIOGRAPHY

### **Education**

- A graduate of the University of Physical Education in Krakow. In 1996, she completed her master’s studies in motor rehabilitation.
- She received her doctoral degree in physical culture sciences in 2004 on the basis of her dissertation on “Dymorfizm płciowy w wybranych reakcjach fizjologiczno-biochemicznych organizmu człowieka na wysiłki o maksymalnej i supramaksymalnej intensywności, z uwzględnieniem wpływu cyklu menstruacyjnego” [*Sexual dimorphism in selected physiological and biochemical reactions of human body to exercise of maximal and supramaximal intensity, upon accounting for the effect of the menstrual cycle*].

- In 2017, she received her post-doctoral degree (Dr Hab.) in physical culture sciences on the basis of a monothematic cycle of scientific publications on “Różnice międzypłciowe w zakresie wysiłkowych zaburzeń równowagi prooksydacyjno-antyoksydacyjnej krwi” [*Intersex variations in terms of exercise-induced disturbances in prooxidative and antioxidative balance of blood*].
- Since 2022, professor in medical sciences and health sciences, discipline: physical culture sciences.

#### Post-graduate studies:

- In 2002, she completed a pedagogical preparation course for junior assistant professors which was offered by the Centre for the Development and Training of Personnel at the University of Physical Education in Krakow.
- In 2012, she completed a post-graduate programme on Research Management offered by the University of Agriculture in Krakow as part of the project called “Knowledge and Experience – the basis for research commercialisation”.

**Employment at the University of Physical Culture in Krakow:** Since 1996, she has been employed in a research and teaching capacity at the University of Physical Education in Krakow, in the Physiology and Biochemistry Department at the Biomedical Sciences Institutes, where she held the following positions: Junior Assistant Professor (until 2005), Assistant Professor (until 2019), University Professor (until 2022) and currently, full professor. Since 2020, she has been the head of the Physiology and Biochemistry Department; since 2021, she has also been the head of the Biochemistry and Molecular Biology Section at the Central R&D Laboratory, and since 2024, she has been the Chairwoman of the Scientific Council at the University of Physical Education in Krakow. She conducts educational classes at all levels and types of studies and at the Doctoral School.

#### Areas of research interest

She is the author of numerous publications and conference reports. She completed scientific placements in Bratislava at the Comenius University, in Sofia at the National Sports Academy “Vassil Levski” and in Krakow, at the Polish Academy of Sciences in the Brain Biochemistry Faculty at the Pharmacology Institute. She takes an active part in the implementation of multiple research projects, including those as part of the National Science Centre (NCN), the Polish Ministry of Education and Science and the Polish Ministry of Sport and Tourism programmes.

Following a competition procedure held by the NCN, she was a project manager in two projects, notably: “The effect of anaerobic exercise on endocrine activity of adipocytes, while accounting for the intersex variations”, MINIATURA competition and “Secretion of asprosin and other adipocytokines in view of exercise-induced changes in the blood pro-oxidant-antioxidant balance in men, depending on age, physical capacity and body composition”, OPUS 15 competition.

She reviewed many scientific articles and research projects. She supports the development of young researchers; she is an advisor to three completed dissertations.

She conducts research on thematic scopes relating to biochemistry and physiology, as well as the effects of selected physical factors on the body in healthy people of different ages,

depending on their physical activity and in patients with metabolic disorders, cardiovascular disorders, neurodegenerative disorders and depression, among other things. She is interested in the secretory function of the muscle tissue and of the fat tissue and the inter-tissue connections in terms of metabolic effects and intercellular signalisation.

She studies, among other things, the effect of body composition on the body's exercise capabilities and post-exercise disturbances in prooxidative and antioxidative balance; intersex variations in physiological and biochemical reactions in response to exercise of varying intensity levels and the effect of female sex hormones on those reactions; the effects of pro-health training in patients with various disorders; the effects of the use of systemic cryotherapy in training- and non-training individuals and the possibility of using that procedure in wellness and in the therapy of people with metabolic disorders, as well as biochemical- and physiological effects of the use of training in normobaric hypoxia in healthy people and in people with depression.

### **A list of major publications in recent years**

- Wiecek M, Szymura J, Sproull J, Szygula Z. *Whole-Body Cryotherapy Is an Effective Method of Reducing Abdominal Obesity in Menopausal Women with Metabolic Syndrome*. J. Clin. Med. 2020, 9(9), 2797; <https://doi.org/10.3390/jcm9092797>.
- Wojciak, G.; Szymura, J.; Szygula, Z.; Gradek, J.; Wiecek, M. The Effect of Repeated Whole-Body Cryotherapy on Sirt1 and Sirt3 Concentrations and Oxidative Status in Older and Young Men Performing Different Levels of Physical Activity. *Antioxidants* 2021, 10(1), 37; <https://doi.org/10.3390/antiox10010037>.
- Robert Rokowski R, Michail Michailov, Marcin Maciejczyk, Magdalena Więcek, Jadwiga Szymura, Paweł Draga, Plamen Trendafilov & Zbigniew Szygula (2021) Muscle strength and endurance in high-level rock climbers, *Sports Biomechanics*, DOI: [10.1080/14763141.2021.1916577](https://doi.org/10.1080/14763141.2021.1916577).
- Wiecek, M.; Szygula, Z.; Gradek, J.; Kusmierczyk, J.; Szymura, J. Whole-Body Cryotherapy Increases the Activity of Nitric Oxide Synthase in Older Men. *Biomolecules* 2021, 11, 1041. <https://doi.org/10.3390/biom11071041>.
- Kantorowicz M, Szymura J, Szygula Z, Kusmierczyk J, Maciejczyk M and Wiecek M (2021). Nordic Walking at Maximal Fat Oxidation Intensity Decreases Circulating Asprosin and Visceral Obesity in Women With Metabolic Disorders. *Front. Physiol.* 12:726783. doi: 10.3389/fphys.2021.726783.
- Rydzik Ł, Mardyła M, Obminski Z, Wiecek M, Maciejczyk M, Czarny W, Jaszczur-Nowicki J, Ambroży T. Acid–Base Balance, Blood Gases Saturation, and Technical Tactical Skills in Kickboxing Bouts According to K1 Rules. *Biology* 2022, 11, 65. <https://doi.org/10.3390/biology11010065>.
- Maciejczyk M, Michailov ML, Wiecek M, Szymura J, Rokowski R, Szygula Z and Beneke R (2022). Climbing-Specific Exercise Tests: Energy System Contributions and Relationships With Sport Performance. *Front. Physiol.* 12:787902. doi: 10.3389/fphys.2021.787902.
- Maciejczyk M, Bawelski M, Więcek M, Szygula Z, Michailov ML, Vadašová B, Kačúr P, Pałka T. Acute Effects of Whole-Body Vibration on Resting Metabolic Rate and Substrate Utilisation in Healthy Women. *Biology*. 2022; 11(5):655. <https://doi.org/10.3390/biology11050655>.

- Wiecek M, Kusmierczyk J, Szymura J, Kreiner G, Szygula Z. Whole-Body Cryotherapy Alters Circulating MicroRNA Profile in Postmenopausal Women. *Journal of Clinical Medicine*. 2023; 12(16):5265. DOI: <https://doi.org/10.3390/jcm12165265>.
- Maciejczyk M, Palka T, Wiecek M, Szymura J, Kusmierczyk J, Bawelski M, Masel S, Szygula Z. Effects of Intermittent Hypoxic Training on Aerobic Capacity and Second Ventilatory Threshold in Untrained Men. *Applied Sciences*. 2023; 13(17):9954. <https://doi.org/10.3390/app13179954>.
- Pięta A, Frączek B, Wiecek M, Mazur-Kurach P. Impact of Paleo Diet on Body Composition, Carbohydrate and Fat Metabolism of Professional Handball Players. *Nutrients*. 2023; 15(19):4155. <https://doi.org/10.3390/nu15194155>.

## General Rules of Admission to the AWF Doctoral School in the Academic Year 2019/2020

### General provisions

1. Candidates to **the AWF Doctoral School** are admitted on a competitive basis, in accordance with Art. 291 of The Implementing Provisions to the Higher Education and Science Act of 3 July 2018 (Journal of Laws for the year 2018 item 1669).
2. The Doctoral School Director shall appoint the Admissions Board by 30 June 2020.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. The admission process will take place between 1 August and 14 September 2019.
5. A candidate eligible for admission to the Doctoral School must:
  - a) hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
  - b) the course of higher education completed by the candidate does not have to correspond to the discipline in which they plan to pursue their doctoral dissertation.
  - c) have achieved a Master's programme grade average of at least 4.0.
6. In the academic year 2019/2020, the Doctoral School will admit **6 candidates** with the highest scores achieved in the admissions procedure.
7. After registering through the Electronic Admissions System the candidate must submit the following documents by **19 August 2019**:
  - a) Completed personal questionnaire (the form can be downloaded online from the Doctoral School's website),
  - b) A copy of the candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent (the original document may be required for inspection, if requested by the qualifying committee),
  - c) A certificate of grade average for the course of higher education completed,
  - d) A proof of payment of the admission fee,
  - e) A draft of the intended doctoral dissertation attached as a pdf file,
  - f) A science-oriented resume (CV) of the candidate,
  - g) A written consent from a senior research associate specializing in the relevant research area to supervise the candidate's research in the scope connected with their future doctoral dissertation,
  - h) Scientific publications submitted electronically or a statement from a journal editor confirming acceptance for publication,
  - i) A certificate confirming the candidate's participation in a research grant issued by the project leader (optionally),
  - j) Additionally, Doctoral School candidates may submit more than one letter of recommendation from a senior research associate, other than required



- degree certificates and diplomas, certificates of participation in international and national scientific conferences, reports, expert opinions as well as other documents confirming the candidate's academic competencies and completed scientific papers/analyses (optionally).
8. The formal review of the candidate's documentation and the assessment of the candidate's competencies required to pursue education at the Doctoral School will take place between 20 August and 13 August 2019.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the Candidate**

9. In the first stage, the Admissions Board evaluates the candidates based on submitted documentation according to the following criteria

#### **9.1 The value of the research project resulting from the assessment of**

- a) whether the research project corresponds to the research profile of the Doctoral School,
- b) how original the research will be,
- c) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- d) how familiar the candidate is with the current state of knowledge in the chosen research area,
- e) how feasible the intended research is,
- f) how the research project delivery timeline has been presented,
- g) whether it will be possible to ensure academic supervision by a supervisor.

Prior to the content-oriented evaluation, the research project will be assessed as to its relevance to the discipline of physical culture sciences. The Admissions Board (each of its members) will assign a score assessing the relevance of the topic of the research project to the discipline of physical culture sciences based on the following criterion: the research project is not relevant to the discipline of physical culture sciences – 0 points; the research project is relevant to the discipline of physical culture sciences – 1 point.

If the total score at this stage of the evaluation is less than 3 (out of 5) points, no further content-oriented evaluation of the research project will be conducted.

**The candidate may receive a maximum of 50 points for the presented research project. Each examiner may award between 0 and 10 points for this part of the examination (points awarded by individual examiners are added up).**

#### **9.2 Evaluation of the Candidate's Scientific and Creative Achievements**

The candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications) in accordance with guidelines published by the Minister of Science and Higher Education (Regulation of the Minister of Science and Higher Education of 22 February 2019 on the Evaluation of Scientific Activity - Journal of Laws for year 2019, item 392). Winners of the "Diamond Grant" [*Diamantowy Grant*] Scheme will be awarded an additional 30 points for their achievements.

**9.3 Evaluation of the Candidate's Participation in Research Projects.** The candidate receives between 0 and 10 points from each examiner, depending on the importance of the research grant and the candidate's role in the delivery of a grant which won funding through an official competition, confirmed by the research grant manager.

**9.4 The overall average grade for the entire course of study**

The candidate receives points for the final grade shown on their Master's Degree Certificate according to the following scale:

Grade 4.91 – 5.0: 10 points  
Grade 4.81 – 4.9: 9 points  
Grade 4.71 – 4.8: 8 points  
Grade 4.61 – 4.7: 7 points  
Grade 4.51 – 4.6: 6 points  
Grade 4.41 – 4.5: 5 points  
Grade 4.31 – 4.4: 4 points  
Grade 4.21 – 4.3: 3 points  
Grade 4.11 – 4.2: 2 points  
Grade 4.00 – 4.1: 1 point

If a different grading scale has been adopted for the degree certificate, the score will be recalculated in proportion to the applied scale.

10. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of candidates who will be invited to the next stage of the competition procedure.

**Qualification Stage II – Interview with the Candidate**

11. The second stage of the candidate evaluation – the interview – will be held between 2 and 13 September 2019, on the premises of the University of Physical Education (AWF) in Kraków – or, in the event of an epidemiology alert, remotely via the Microsoft Teams platform. The exact date (time and location) of the interview will be announced on the Doctoral School's website not later than 30 August 2019.

12. The purpose of the interview is to assess the candidate's aptitude for scientific work and their research interests. The interviewers will evaluate the candidate's responses regarding:

- a) the submitted research project (topic, methodology, delivery timeline),
- b) the body of candidate's scientific achievements,
- c) the candidate's motivation to study at the Doctoral School and their individual academic track record,
- d) scientific interests and preferences for exploring the researcher's craft,
- e) the candidate's insights related to gaining professional competencies,
- f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
- g) questions related to physical culture sciences,

- h) the candidate's previous research experience, including involvement in the work of a research team,
- i) documented contacts and proven track record of cooperation with other research centers (including international ones).

**Each of the Board members may award between 0 and 5 points for this part of the examination.**

### **Announcement of Results**

- 13. The outcome of both stages of the procedure will be a candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website by 14 September 2019.
- 14. Points scored for both admission stages will be added up. The candidate's final position on the ranking list will be determined by the sum of points obtained in the individual stages of the procedure.
- 15. Based on the candidates' ranking order, the Director will issue official decisions admitting or refusing admission to the Doctoral School.
- 16. Candidates will be notified of the outcomes of the admissions procedure through an official report published on the Doctoral School's website, by email and traditional mail, with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means of service indicated in the Code of Administrative Procedure.
- 17. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for reconsideration of the case within 14 days of the decision being published in the admissions report and on the Doctoral School's website.
- 18. The Vice-Rector for Student Affairs, after reviewing the appeal requests submitted, will issue a final written decision upholding or repealing the Director's original administrative decision. Written notifications of this decision will be delivered to the Director and – by post – to all candidates who have submitted appeals against the administrative decision of the Doctoral School's Director.
- 19. The above admission rules apply to all candidates, regardless of their citizenship.
- 20. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.
- 21. These general rules of the admissions to the Doctoral School shall be adopted by the AWF Senate not later than **30 May 2019**. The Resolution will come into effect on the day of adoption.

### **Interim provisions**

Admissions to the AWF Doctoral School for the academic year 2019/2020 will be conducted as a competition in accordance with these General Rules, which will be published not later than **31 May 2019**.

*Head of Senate*  
*Prof. dr hab. Aleksander TYKA*

## **General Rules of Admission to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the Academic Year 2020/2021**

### **General provisions**

1. Candidates to **the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków** are admitted on a competitive basis, in accordance with the "General Rules of Admission" adopted by the AWF Senate on **25 June 2020**.
2. The Doctoral School Director shall appoint the Admissions Board by 30 June 2020.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. The admission process will take place between 3 August and 11 September 2020.
5. In case of an epidemiology alert, the process of admission to the Doctoral School will be conducted remotely using electronic communication tools. The decision in this matter will be issued by the Director of the School in a separate announcement posted on the Doctoral School's website not later than 7 working days prior to the commencement of the admissions process.
6. A candidate eligible for admission to the Doctoral School must:
  - a) hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
  - b) the course of higher education completed by the candidate does not have to correspond to the discipline in which they plan to pursue their doctoral dissertation.
  - c) have achieved a Master's programme grade average of at least 4.0.
7. In the academic year 2020/2021, The Doctoral School will admit **ten candidates** with the highest scores achieved in the admissions procedure.
8. After registering through the Electronic Admissions System the candidate must submit the following documents by **14 August 2020**:
  - a) Completed personal questionnaire (the form can be downloaded online from the Doctoral School's website),
  - b) A copy of the candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent (the original document may be required for inspection, if requested by the qualifying committee),
  - c) A certificate of grade average for the course of higher education completed,
  - d) A proof of payment of the admission fee,
  - e) A draft of the intended doctoral dissertation attached as a pdf file,
  - f) A science-oriented resume (CV) of the candidate,

- g) A written consent from a senior research associate specializing in the relevant research area to supervise the candidate's research in the scope connected with their future doctoral dissertation,
  - h) Scientific publications (i.e., articles, monographs, chapters in monographs, books) submitted electronically or a statement from a journal editor or a publisher confirming acceptance for publication,
  - i) A certificate confirming the candidate's participation in a research grant issued by the project leader (optionally),
  - j) Additionally, Doctoral School candidates may submit more than one letter of recommendation from a senior research associate, other than required degree certificates and diplomas, certificates of participation in international and national scientific conferences, reports, expert opinions as well as other documents confirming the candidate's academic competencies and completed scientific papers/analyses (optionally).
9. In the event of an epidemiology alert, the required documentation may be submitted solely electronically.
10. The formal review of the candidate's documentation and the assessment of the candidate's competencies required to pursue education at the Doctoral School will take place between 17 August and 31 August 2020.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the Candidate**

#### **11. Evaluation of the Research Project**

11.1. The candidate may receive a maximum of 50 points for the presented research project. Each member of the examiners may award the candidate from 0 to 10 points for this part of the assessment (points awarded by individual members of the Board are totaled up).

11.2. In the first stage, the Admissions Board evaluates the candidates based on submitted documentation according to the following criteria:

- a) whether the research project corresponds to the research profile of the Doctoral School,
- b) how original the research will be,
- c) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- d) how familiar the candidate is with the current state of knowledge in the chosen research area,
- e) how feasible the intended research is,
- f) how the research project delivery timeline has been presented,
- g) whether it will be possible to ensure academic supervision by a supervisor.

- 11.3 Prior to the content-oriented evaluation, the research project will be assessed as to its relevance to the discipline of physical culture sciences. The Admissions Board (each of its members) will assign a score assessing the relevance of the topic of the research project to the discipline of physical culture sciences based on the following criterion: the research project is not relevant to the discipline of physical culture sciences – 0 points; the research project is relevant to the discipline of physical culture sciences – 1 point. If the total score at

this stage of the evaluation is less than 3 (out of 5) points, no further content-oriented evaluation of the research project will be conducted.

## **12.Evaluation of the Candidate's Scientific and Creative Achievements**

12.1. The candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications). Each examiner may award between 0 and 10 points for this part of the qualification procedure (points awarded by individual examiners are added up). Points will be awarded by the examiners after consulting the AWF Library's Department of Collection Sharing and Scientific Information regarding the scientific value of the published content.

12.2. Winners of the "Diamond Grant" [*Diamentowy Grant*] Scheme will be awarded an additional 30 points for their achievements.

**13.Evaluation of the Candidate's Participation in Research Projects.** The candidate receives between 0 and 10 points from each examiner, depending on the importance of the research grant and the candidate's role in the delivery of a grant which won funding through an official competition, confirmed by the research grant manager (points awarded by individual examiners are added up).

## **14.The Overall Average Grade for the Entire Course of Study**

14.1. The candidate receives points for the final grade shown on their degree certificate according to the following scale:

Grade 4.91 – 5.0: 10 points

Grade 4.81 – 4.9: 9 points

Grade 4.71 – 4.8: 8 points

Grade 4.61 – 4.7: 7 points

Grade 4.51 – 4.6: 6 points

Grade 4.41 – 4.5: 5 points

Grade 4.31 – 4.4: 4 points

Grade 4.21 – 4.3: 3 points

Grade 4.11 – 4.2: 2 points

Grade 4.00 – 4.1: 1 point

14.2. If a different grading scale has been adopted for the degree certificate, the score will be recalculated in proportion to the applied scale.

15. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of candidates who will be invited to the next stage of the competition procedure.

## **Qualification Stage II – Interview with the Candidate**

16. The candidate can obtain a maximum of 50 points for the second stage of the qualifying procedure. Each examiner may award between 0 and 10 points for this part of the exam (points awarded by individual examiners are added up).
17. The second stage of the candidate evaluation – the interview – will be held between 1 and 11 September 2020, on the premises of the University of Physical Education (AWF) in Kraków – or, in the event of an epidemiology alert, remotely via the Microsoft Teams platform. The exact date (time and location) of the interview will be announced on the Doctoral School's website not later than 28 August 2020.
18. The purpose of the interview is to assess the candidate's aptitude for scientific work and their research interests. The interviewers will evaluate the candidate's responses regarding:
  - a) the submitted research project (topic, methodology, delivery timeline),
  - b) the body of candidate's scientific achievements,
  - c) the candidate's motivation to study at the Doctoral School and their individual academic track record,
  - d) scientific interests and preferences for exploring the researcher's craft,
  - e) the candidate's insights related to gaining professional competencies,
  - f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
  - g) questions related to physical culture sciences,
  - h) the candidate's previous research experience, including involvement in the work of a research team,
  - i) documented contacts and proven track record of cooperation with other research centers (including international ones).

### **Announcement of Results**

19. The outcome of both stages of the procedure will be a candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website by 11 September 2020.
20. Points scored for both admission stages will be added up. The candidate's final position on the ranking list will be determined by the sum of points obtained in both stages of the procedure.
21. Based on the candidates' ranking order, the Director will issue official decisions admitting or refusing admission to the Doctoral School.
22. Candidates will be notified of the outcomes of the admissions procedure through an official report published on the Doctoral School's website, by email and traditional mail, with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means of service indicated in the Code of Administrative Procedure.
23. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for reconsideration of the case within 14 days of the decision being published in the admissions report and on the Doctoral School's website.
24. The Vice-Rector for Student Affairs, after reviewing the appeal requests submitted, will issue a final written decision upholding or repealing the Director's original administrative decision. Written notifications of this decision

will be delivered to the Director and – by post – to all candidates who have submitted appeals against the administrative decision of the Doctoral School's Director.

25. The above admission rules apply to all candidates, regardless of their citizenship.
26. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.
27. These general rules of the admissions to the Doctoral School shall be adopted by the AWF Senate not later than **30 June 2020**. The Resolution will come into effect on the day of adoption.

### **Final provisions**

Admissions to the AWF Doctoral School for the academic year 2020/2021 will be conducted as a competition in accordance with these General Rules, which will be published not later than **3 July 2020**.



Appendix  
to Resolution No. 13/2021  
dated 15 April 2021

**General Rules of Admission to Szkoła Doktorska Nauk o Kulturze  
Fizycznej Akademii Wychowania Fizycznego w Krakowie in the  
Academic Year 2021/2022**

**General Provisions**

1. Candidates to the **Szkoła Doktorska AWF w Krakowie** are admitted on a competitive basis, in accordance with these "General Rules".
2. The Doctoral School Director shall appoint the Admissions Board not later than 30 June 2021.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. The admission process will take place between 9 August and 15 September 2021.
5. In case of an epidemiology alert, the process of admission to the Doctoral School will be conducted remotely using electronic communication tools. The decision in this matter will be issued by the Director of the School in a separate announcement posted on the Doctoral School's website not later than 7 working days prior to the commencement of the admissions process.
6. A Candidate eligible for admission to the Doctoral School must:
  - a) hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
  - b) have achieved a Master's programme weighted grade average of at least 4.0.
7. In the academic year 2021/2022, the Doctoral School will admit Candidates with the highest scores achieved in the admissions procedure, which must be not lower than 110 points.
8. Following registration in the Internet Candidate Registration (IRK) System, the Candidate must submit the following documents between 9 August and 22 August 2022:
  - a) Personal questionnaire (the form can be downloaded online from the Doctoral School's website),
  - b) A copy of the Candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent (the original document should be presented if requested by the Board),
  - c) A certificate of grade average for the course of higher education completed,
  - d) A proof of payment of the admission fee,
  - e) A draft of the intended doctoral dissertation attached as a pdf file,
  - f) A letter of intent/application ,

- g) A science-oriented resume (CV) of the Candidate, presenting the history of the Candidate's scientific development together with relevant lists (of publications, conferences, other scientific, professional and organisational achievements),
  - h) A written consent from a senior research associate specializing in the relevant research area to supervise the Candidate's research and their future doctoral dissertation,
  - i) Scientific publications (i.e., articles, monographs, books, chapters in monographs and books) in the electronic format or a statement from a journal editor or a publisher confirming acceptance for publication,
  - j) A certificate confirming the Candidate's participation in research projects issued by the project leader, specifying the role and tasks performed by the Candidate (optional),
  - k) Additionally, Candidates may submit a letter of recommendation from a senior research associate and other non-required documents, such as diplomas, certificates of participation in international and national scientific conferences, scientific courses and training, student research groups, reports, expert opinions, certificates of scientific collaboration, research and teaching placements as well as other documents confirming the Candidate's academic competencies.
9. In the event of an epidemiology alert, the required documentation can only be submitted via electronic means of communication.
10. The formal review of the Candidate's documentation and the content-oriented assessment of the Candidate's competencies required to pursue education at the Doctoral School will take place between 23 August and 5 September 2021.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the Candidate**

#### **11. Evaluation of the Research Project**

11.1. The Candidate may receive a maximum of 50 points for the presented research project. Each member of the Board may award the Candidate from 0 to 10 points for this part of the assessment (points awarded by individual examiners are totaled up).

11.2. In the first stage, the Admissions Board evaluates the Candidates based on submitted documentation according to the following criteria:

- a) whether the research project corresponds to the research profile of the Doctoral School,
- b) how original the research will be,
- c) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- d) how familiar the Candidate is with the current state of knowledge in the chosen research area,
- e) how feasible the intended research is,
- f) how the research project delivery timeline has been presented,

g) whether it will be possible to ensure academic supervision for the project.

11.3 Prior to the content-oriented evaluation, the research project will be assessed as to its relevance to the discipline of physical culture sciences. The Admissions Board (each of its members) will assign a score assessing the relevance of the topic of the research project to the discipline of physical culture sciences based on the following criterion: the research project is not relevant to the discipline of physical culture sciences – 0 points; the research project is relevant to the discipline of physical culture sciences – 1 point. If the total score at this stage of the evaluation is less than 3 (out of 5) points, no further content-oriented evaluation of the research project will be conducted.

### 12. Evaluation of the Candidate's Scientific and Creative Achievements

12.1. The Candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications). Each examiner may award between 0 and 10 points for this part of the qualification procedure (points awarded by individual examiners are totaled up). Points (0 to 35) for scientific publications will be awarded by the examiners after consulting the AWF Library's Department of Collection Sharing and Scientific Information regarding the scientific value of the published content. Other (than publications) forms of scientific activity, such as active and passive participation in scientific conferences, participation in scientific training courses/seminars, and science-promoting activities will also be evaluated (0 to 15 points).

12.2. Winners of the "Diamond Grant" [*Diamentowy Grant*] or "Pearls of Science" [*Perły Nauki*] Schemes will be awarded an additional 30 points for their achievements.

13. Evaluation of the Candidate's Participation in Research Projects. The Candidate may receive between 0 and 10 points from each examiner, depending on the importance of the research grant, the Candidate's role in the delivery of the grant. Points awarded by individual examiners are totalled up.

### 14. The overall average grade for the entire course of study

14.1. The Candidate receives points for the final grade entered on their Master's Degree Certificate [Dyplom] according to the following scale:

Grade 4.91 – 5.0: 10 points

Grade 4.81 – 4.9: 9 points

Grade 4.71 – 4.8: 8 points

Grade 4.61 – 4.7: 7 points

Grade 4.51 – 4.6: 6 points

Grade 4.41 – 4.5: 5 points

Grade 4.31 – 4.4: 4 points

Grade 4.21 – 4.3: 3 points

Grade 4.11 – 4.2: 2 points

Grade 4.00 – 4.1: 1 point

14.2. If a different grading scale is used, points will be recalculated in proportion to the applied scale.

15. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of Candidates who will be invited to the next stage of the competition procedure.

### **Qualification Stage II – Interview with the Candidate**

16. The Candidate can obtain a maximum of 50 points for the second stage of the qualifying procedure. Each examiner may award between 0 and 10 points for this part of the exam (points awarded by individual examiners will be totalled up).
17. The second stage of the Candidate evaluation – the interview – will be held between 6 and 15 September 2021, on the premises of the University of Physical Education (AWF) in Kraków – or, in the event of an epidemiology alert - remotely via the Microsoft Teams platform. The exact date (time and location) of the interview will be announced on the Doctoral School's website not later than 30 August 2021.
18. The purpose of the interview is to assess the Candidate's aptitude for scientific work and their research interests. The interviewers will evaluate the Candidate's responses regarding:
- a) the submitted research project ( topic, methodology, delivery timeline, as well as clarification of the objectives and assumptions behind the planned doctoral dissertation),
  - b) the body of Candidate's scientific achievements,
  - c) the Candidate's motivation to study at the Doctoral School and their individual academic track record,
  - d) scientific interests and preferences for exploring the researcher's craft,
  - e) the Candidate's previous experiences related to gaining professional competencies,
  - f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
  - g) questions related to physical culture sciences,
  - h) the Candidate's previous research experience,
  - i) documented contacts and proven track record of cooperation with other research centers (including international ones).

### **Announcement of Results**

19. The Admissions Board will document the course of the admissions procedure by drawing up reports on the individual stages of the qualification procedure.
20. Points scored for both admission stages will be added up. The Candidate's final position on the ranking list will be determined by the sum of points obtained in both stages of the procedure.
21. The outcome of both stages of the procedure will be a candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website and in the Public Information Bulletin on 15 September 2021.
22. Based on the Candidates' ranking order, the Director will issue administrative decisions refusing admission to the Doctoral School.

## CERTIFIED TRANSLATION FROM POLISH

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23. Candidates will be notified of the outcomes of the admissions procedure through an official report published on the Doctoral School's website, by email and post (acceptance letter), with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means of service indicated in the Code of Administrative Procedure.
24. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for reconsideration of the case within 14 days of the decision being published in the admissions report and on the Doctoral School's website.
25. The Vice-Rector for Student Affairs, after reviewing the appeal requests submitted, will issue a final written decision upholding or repealing the Director's original administrative decision. Written notifications of this decision will be delivered to the Director and – by post – to all Candidates who have appealed.
26. The above admission rules apply to all Candidates, regardless of their citizenship.
27. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.

RECTOR

*[Signature]*

Andrzej Klimek, Prof. Dr Hab.

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## **General Rules of Admission to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the Academic Year 2022/2023**

### **General provisions**

1. Candidates to the **AWF Doctoral School in Kraków** are admitted on a competitive basis, in accordance with these "General Rules".
2. The Doctoral School Director shall appoint the Admissions Board not later than 30 June 2022.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. The admission process will take place between 8 August and 9 September 2022.
5. In case of an epidemiology alert, the process of admission to the Doctoral School will be conducted remotely using electronic communication tools. The decision in this matter will be issued by the Director of the School in a separate announcement posted on the Doctoral School's website not later than 7 working days prior to the commencement of the admissions process.
6. A candidate eligible for admission to the Doctoral School must:
  - a) hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
  - b) have achieved a Master's programme weighted grade average of at least 4.0.
7. In the academic year 2022/2023, The Doctoral School will admit a maximum of **ten candidates** with the highest scores achieved in the admissions procedure, which must be not lower than 110 points.
8. During registration in the Internet Candidate Registration (IRK) System, the candidate must submit the following documents between 8 August and 21 August 2022:
  - a) Personal questionnaire signed by the candidate (the form is available in the IRK system),
  - b) A copy of the candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent along with a diploma supplement,
  - c) A certificate of the weighted average of grades obtained during Master's studies,
  - d) A science-oriented resume (CV) outlining the candidate's previous science and research track record, including relevant lists (publications, conferences, other academic, professional, and organizational achievements),
  - e) A draft of the intended doctoral dissertation,

- f) A written consent from a senior research associate specializing in the relevant research area to supervise the candidate's research and their future doctoral dissertation (the form is available in the IRK system),
  - g) First pages of scientific publications (i.e., articles, monographs, books, chapters in monographs and books) or a statement from a journal editor or a publisher confirming acceptance for publication,
  - h) A certificate confirming the candidate's participation in research projects issued by the project leader, specifying the role and tasks performed by the candidate (the form is available in the IRK system),
  - i) Additionally, candidates may submit a letter of recommendation from a senior research associate and other non-required documents, such as diplomas, certificates of participation in international and national scientific conferences, scientific courses and training, student research groups, reports, expert opinions, certificates of scientific collaboration, research and teaching placements as well as other documents confirming the candidate's academic competencies.
9. In the event of an epidemiology alert, the required documentation may be submitted solely electronically.
10. The formal review of the candidate's documentation and the content-oriented assessment of the candidate's competencies required to pursue education at the Doctoral School will take place between 22 August and 4 September 2020.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the candidate**

#### **11. Evaluation of the Research Project**

11.1. The content-related evaluation of the research project will be preceded by an assessment of the project's relevance to the field of physical culture studies. The Admissions Board will assess to what extent the project's topic is relevant to the discipline of physical culture sciences. Lack of relevance will result in a negative opinion on the project and will terminate its further content-related processing.

11.2. Each member of the Admissions Board may award the candidate from 0 to 10 points for this part of the exam (points awarded by individual members of the Board will be totaled up). The candidate may receive a maximum of 50 points for the presented research project.

11.3. In the first stage, the Admissions Board evaluates the candidates based on submitted documentation according to the following criteria:

- a) how original the research will be,
- b) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- c) how familiar the candidate is with the current state of knowledge in the chosen research area,
- d) how feasible the intended research is,
- e) how the research project delivery timeline has been presented,
- f) whether it will be possible to ensure academic supervision by a supervisor.

12. Evaluation of the candidate's Scientific and Creative Achievements

12.1. The candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications). Each member of the Admissions Board may award between 0 and 10 points for this part of the qualification procedure (points awarded by individual members of the Board are totaled up). Points (0 to 35) for scientific publications will be awarded after consulting the AWF Library's Department of Collection Sharing and Scientific Information regarding the scientific value of the published content. Other (than publications) forms of scientific activity, such as active and passive participation in scientific conferences, participation in scientific training courses/seminars, and science-promoting activities will also be evaluated (0 to 15 points).

12.2. Winners of the "Diamond Grant" [*Diamentowy Grant*] or "Pearls of Science" [*Perły Nauki*] Schemes will be awarded an additional 30 points for their achievements.

13. Evaluation of the Candidate's Participation in Research Projects. The candidate may receive between 0 and 10 points from each examiner, depending on the importance of the research grant, the candidate's role in the delivery of the grant. Points awarded by individual examiners are totalled up.

14. The overall average grade for the entire course of study

14.1. The candidate receives points for the weighted average of grades obtained during their course of studies according to the following scale:

Grade 4.91 – 5.0: 10 points

Grade 4.81 – 4.9: 9 points

Grade 4.71 – 4.8: 8 points

Grade 4.61 – 4.7: 7 points

Grade 4.51 – 4.6: 6 points

Grade 4.41 – 4.5: 5 points

Grade 4.31 – 4.4: 4 points

Grade 4.21 – 4.3: 3 points

Grade 4.11 – 4.2: 2 points

Grade 4.00 – 4.1: 1 point

14.2. If a different grading scale is used, points will be recalculated in proportion to the applied scale.

15. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of candidates who will be invited to the next stage of the competition procedure.

**Qualification Stage II – Interview with the Candidate**



16. The candidate can obtain a maximum of 50 points for the second stage of the qualifying procedure. Each examiner may award between 0 and 10 points for this part of the exam (points awarded by individual examiners will be totalled up).
17. The second stage of the candidate evaluation – the interview – will be held between 5 and 8 September 2022, on the premises of the University of Physical Education (AWF) in Kraków – or, in the event of an epidemiology alert, remotely via the Microsoft Teams platform. The exact date (time and location) of the interview will be announced on the Doctoral School's website not later than 31 August 2022.
18. The purpose of the interview is to assess the candidate's aptitude for scientific work and their research interests. The interviewers will evaluate the candidate's responses regarding:
  - a) the submitted research project ( topic, methodology, delivery timeline, as well as clarification of the objectives and assumptions behind the planned doctoral dissertation),
  - b) the body of candidate's scientific achievements,
  - c) the candidate's motivation to study at the Doctoral School and their individual academic track record,
  - d) scientific interests and preferences for exploring the researcher's craft,
  - e) the candidate's previous experiences related to gaining professional competencies,
  - f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
  - g) questions related to physical culture sciences,
  - h) the candidate's previous research experience,
  - i) documented contacts and proven track record of cooperation with other research centers (including international ones).

### **Announcement of Results**

19. The Admissions Board will document the course of the admissions procedure by preparing reports on the individual stages of the qualification procedure.
20. The scores obtained for each consecutive stage of the admissions process will be published in the candidate's individual admissions account in the IRK system.
21. The candidate's final position on the ranking list will be determined by the total number of points obtained in both stages of the procedure.
22. The outcome of both stages of the procedure will be a candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website and in the Public Information Bulletin on 9 September 2022.
23. Based on the candidates' ranking order, the Director will make decisions regarding their registration in the Doctoral School or issue administrative decisions refusing admission to the Doctoral School.
24. Candidates will be notified of the outcomes of the admissions procedure through an official report published on the Doctoral School's website, by email and post, with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means of service indicated in the Code of Administrative Procedure.
25. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for

reconsideration of the case within 14 days of the decision being published in the admissions report and on the Doctoral School's website.

26. The Vice-Rector for Student Affairs, after reviewing the appeal requests submitted, will issue a final written decision upholding or repealing the Director's original administrative decision. Written notifications of this decision will be delivered to the Director and – by post – to all Candidates who have appealed.
27. The above admission rules apply to all candidates, regardless of their citizenship.
28. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.

## **General Rules of Admission to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the Academic Year 2023/2024**

### **General provisions**

1. Candidates to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków are admitted on a competitive basis, in accordance with these "General Rules of Admission".
2. The Doctoral School Director (hereinafter referred to as the Director) appoints the Admissions Board by 30 June 2023.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. The admission process will take place between 7 August and 8 September 2023.
5. A candidate eligible for admission to the Doctoral School must hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
6. In the academic year 2023/2024, The Doctoral School will admit **no more than six candidates** with the highest scores achieved in the admissions procedure, which must be not lower than 120 points.
7. During registration in the Internet Candidate Registration (IRK) System, the candidate must submit the following documents between 7 August and 20 September 2023:
  - a) Completed personal questionnaire (the form is available in the IRK system),
  - b) A copy of the candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent along with a diploma supplement,
  - c) A certificate of the weighted average of grades obtained during Master's studies,
  - d) A document confirming the person's competence in a contemporary language at B2 level or higher ,
  - e) A science-oriented resume (CV) outlining the candidate's previous science and research track record, including relevant lists (publications, conferences, other academic, professional, and organizational achievements),
  - f) A draft of the intended doctoral dissertation,
  - g) A written consent from a senior research associate specializing in the relevant research area to supervise the candidate's research and their future doctoral dissertation (the form is available in the IRK system),
  - h) First pages of scientific publications (i.e., articles, monographs, books, chapters in monographs and books) or a statement from a journal editor or a publisher confirming acceptance for publication, along with a description of the candidate's contribution to the publication, signed by the first author,

- i) A certificate confirming the candidate's participation in research projects issued by the project leader, specifying the role and tasks performed by the candidate (the form is available in the IRK system),
  - j) Additionally, candidates may submit a letter of recommendation from a senior research associate and other non-required documents, such as diplomas, certificates of participation in international and national scientific conferences, scientific courses and training, student research groups, reports, expert opinions, certificates of scientific collaboration, research and teaching placements as well as other documents confirming the candidate's academic competencies.
8. The assessment of the candidate's competencies required to pursue education at the Doctoral School will take place between 21 August and 3 September 2023.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the Candidate**

#### 9. Evaluation of the Research Project

9.1. The content-related evaluation of the research project will be preceded by an assessment of the project's relevance to the field of physical culture studies. The Admissions Board will assess to what extent the project's topic is relevant to the discipline of physical culture sciences. Lack of relevance will result in a negative opinion on the project and will terminate its further content-related processing.

9.2. Each member of the Admissions Board may award the candidate from 0 to 10 points for this part of the exam (points awarded by individual members of the Board are totaled up). The candidate may receive a maximum of 50 points for the presented research project.

9.3. In the first stage, the Admissions Board evaluates the candidates based on submitted documentation according to the following criteria:

- a) how original the research will be,
- b) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- c) how familiar the candidate is with the current state of knowledge in the chosen research area,
- d) how feasible the intended research is,
- e) how the research project delivery timeline has been presented,
- f) whether it will be possible to ensure academic supervision by a supervisor.

#### 10. Evaluation of the Candidate's Scientific Achievements and Experience

10.1. The candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications). Each member of the Admissions Board may award between 0 and 10 points for this part of the qualification procedure (points awarded by individual members of the Board are totaled up). Points (0 to 35) for scientific publications will be awarded by the members of the Admissions Board after consulting the AWF Library's Department of Collection Sharing and Scientific Information regarding the scientific value of the published content. Other (than publications) forms of

scientific activity, such as active and passive participation in scientific conferences, participation in scientific training courses/seminars, and science-promoting activities will also be evaluated (0 to 15 points).

11.2. Winners of the "Diamond Grant" [*Diamentowy Grant*] or "Pearls of Science" [*Perły Nauki*] Schemes will be awarded an additional 30 points for their achievements.

11. Evaluation of the Candidate's Participation in Research Projects.

The candidate receives between 0 and 10 points from each member of the Admissions Board depending on the importance of the grant and the candidate's role in the project, and the nature of the tasks in the project. The points awarded by individual members of the Admissions Board are then totaled up.

12. The overall average grade for the entire course of study

12.1. The candidate receives points for the weighted average of grades obtained during their course of studies according to the following scale:

Grade 4.91 – 5.00: 10 points

Grade 4.81 – 4.90: 9 points

Grade 4.71 – 4.80: 8 points

Grade 4.61 – 4.70: 7 points

Grade 4.51 – 4.60: 6 points

Grade 4.41 – 4.50: 5 points

Grade 4.31 – 4.40: 4 points

Grade 4.21 – 4.30: 3 points

Grade 4.11 – 4.20: 2 points

Grade 4.00 – 4.10: 1 point

Below 4.00: 0 points

12.2. If a different grading scale is used, points will be recalculated in proportion to the applied scale.

13. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of candidates who will be invited to the next stage of the competition procedure.

### **Qualification Stage II – Interview with the Candidate**

14. The candidate can obtain a maximum of 50 points for the second stage of qualification. Each member of the Admissions Board may award between 0 and 10 points for this part of the exam (points awarded by individual members of the Admissions Board are totaled up).

15. The second stage of the candidate evaluation – the interview – will take place between 4 and 7 September 2023, on the premises of the University of Physical Education (AWF) in Kraków. The exact date (time and location) of the interview will be announced on the Doctoral School's website by 31 August 2023.

16. The purpose of the interview is to assess the candidate's aptitude for scientific work and their research interests. The interview will evaluate the candidate's responses regarding:

- a) the submitted research project ( topic, methodology, delivery timeline, as well as clarification of the objectives and assumptions behind the planned doctoral dissertation),
- b) the body of candidate's scientific achievements,
- c) the candidate's motivation to study at the Doctoral School and their individual academic track record,
- d) scientific interests and preferences for exploring the researcher's craft,
- e) the candidate's previous experiences related to gaining professional competencies,
- f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
- g) questions related to physical culture sciences,
- h) the candidate's previous research experience,
- i) documented contacts and proven track record of cooperation with other research centers (including international ones).

### **Announcement of Results**

17. The Admissions Board will document the course of the admissions procedure by preparing reports on the individual stages of the qualification procedure.
18. The scores obtained for each consecutive stage of the admissions process will be published in the Candidate's individual admissions account in the IRK System.
19. The Candidate's final position on the ranking list will be determined by the total number of points obtained in both stages of the procedure.
20. The outcome of both stages of the procedure will be a Candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website and in the Public Information Bulletin on 8 September 2023.
21. Based on the Candidates' ranking order, the Director will make decisions regarding their registration as first-year attendees in the Doctoral School or will issue administrative decisions refusing admission to the Doctoral School.
22. Candidates will be notified of the admissions outcomes via the IRK admissions system and by email, with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means indicated in the Code of Administrative Procedure.
23. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for reconsideration of the case within 14 days of the decision being published in the admissions report.
24. The Vice-Rector for Student Affairs will review the appeal request(s) and issue a final written decision on whether to uphold or repeal the Director's original administrative decision. Written notifications of this decision will be sent to the Director and to all Candidates who have submitted appeals by signed-for registered delivery.
25. Candidates accepted to the Doctoral School must submit the original admission documents to the Doctoral School Office and complete the declaration of intention to enroll in the Doctoral School by 22 September 2023.
26. The above admission rules apply to all Candidates, regardless of their citizenship.

27. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.

## **General Rules of Admission to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the Academic Year 2024/2025**

### **General provisions**

1. Candidates to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków are admitted on a competitive basis, in accordance with these "General Rules of Admission".
2. The Doctoral School Director (hereinafter referred to as the Director) appoints the Admissions Board by 30 June 2024.
3. The Admissions Board consists of the Director, the Vice- Director, and three members of the Doctoral School Board.
4. At the request of the President of the University Council of Doctoral Students, a representative of doctoral students may participate as an observer without voting rights in the Board's proceedings.
5. The admission process will take place between 19 August and 20 September 2024.
6. A candidate eligible for admission to the Doctoral School must hold a *magister* degree, an equivalent or higher degree, or hold a certificate confirming the completion of higher education abroad and entitling its holder to continue education or pursue a doctoral degree in the country within whose higher education system the issuing institution operates.
7. In the academic year 2024/2025, The Doctoral School will admit **no more than six candidates** with the highest scores achieved in the admissions procedure, which must be not lower than 120 points.
8. During registration in the Internet Candidate Registration (IRK) System, the candidate must submit the following documents between 19 August and 1 September 2024:
  - a) Completed personal questionnaire (the form is available in the IRK system),
  - b) A copy of the candidate's certificate of *magister* degree [*dyplom ukończenia studiów magisterskich*] or its equivalent along with a diploma supplement,
  - c) A certificate of the weighted average of grades obtained during Master's studies,
  - d) A medical certificate of fitness to study,
  - e) A science-oriented resume (CV) outlining the candidate's previous science and research track record, including relevant lists (publications, conferences, other academic, professional, and organizational achievements),
  - f) A draft of the intended doctoral dissertation,
  - g) A written consent from a senior research associate specializing in the relevant research area to supervise the candidate's research and their future doctoral dissertation (the form is available in the IRK system),
  - h) First pages of scientific publications (i.e., articles, monographs, books, chapters in monographs and books) or a statement from a journal editor or a



- publisher confirming acceptance for publication, along with a description of the candidate's contribution to the publication, signed by the first author,
- i) A certificate confirming the candidate's participation in research projects issued by the project leader, specifying the role and tasks performed by the candidate (the form is available in the IRK system),
  - j) Additionally, candidates may submit a letter of recommendation from a senior research associate and other non-required documents, such as diplomas, certificates of participation in international and national scientific conferences, scientific courses and training, student research groups, reports, expert opinions, certificates of scientific collaboration, research and teaching placements as well as other documents confirming the candidate's academic competencies.
9. The assessment of the candidate's competencies required to pursue education at the Doctoral School will take place between 2 September and 15 September 2024.

### **Qualification Stage I – Evaluation of the Documentation Submitted by the Candidate**

#### **10. Evaluation of the Research Project**

10.1. The content-related evaluation of the research project will be preceded by an assessment of the project's relevance to the field of physical culture studies. The Admissions Board will assess to what extent the project's topic is relevant to the discipline of physical culture sciences. Lack of relevance will result in a negative opinion on the project and will terminate its further content-related processing.

10.2. Each member of the Admissions Board may award the candidate from 0 to 10 points for this part of the exam (points awarded by individual members of the Board are totaled up). The candidate may receive a maximum of 50 points for the presented research project.

10.3. In the first stage, the Admissions Board evaluates the Candidates based on submitted documentation according to the following criteria:

- a) how original the research will be,
- b) what is the value of the research methodology and whether appropriate measurement tools have been selected,
- c) how familiar the Candidate is with the current state of knowledge in the chosen research area,
- d) how feasible the intended research is,
- e) how the research project delivery timeline has been presented,
- f) whether it will be possible to ensure academic supervision by a supervisor.

#### **11. Evaluation of the Candidate's Scientific Achievements and Experience**

11.1. The candidate may receive a maximum of 50 points for documented scientific and creative achievements (especially in the form of publications). Each member of the Admissions Board may award between 0 and 10 points for this part of the qualification procedure (points awarded by individual members of the

Board are totaled up). Points (0 to 35) for scientific publications will be awarded by the members of the Admissions Board after consulting the AWF Library's Department of Collection Sharing and Scientific Information regarding the scientific value of the published content. Other (than publications) forms of scientific activity, such as active and passive participation in scientific conferences, participation in scientific training courses/seminars, and science-promoting activities (e.g. will also be evaluated (0 to 15 points).

11.2. Winners of the "Diamond Grant" [*Diamentowy Grant*] or "Pearls of Science" [*Perły Nauki*] Schemes will be awarded an additional 30 points for their achievements.

12. Evaluation of the Candidate's Participation in Research Projects. The candidate receives between 0 and 10 points from each member of the Admissions Board depending on the importance of the grant, the candidate's role in the project, and the nature of the tasks in the project. The points awarded by individual members of the Admissions Board are then totaled up.

13. The overall average grade for the entire course of study

13.1. The candidate receives points for the weighted average of grades obtained during their course of studies according to the following scale:

Grade 4.91 – 5.00: 10 points

Grade 4.81 – 4.90: 9 points

Grade 4.71 – 4.80: 8 points

Grade 4.61 – 4.70: 7 points

Grade 4.51 – 4.60: 6 points

Grade 4.41 – 4.50: 5 points

Grade 4.31 – 4.40: 4 points

Grade 4.21 – 4.30: 3 points

Grade 4.11 – 4.20: 2 points

Grade 4.00 – 4.10: 1 point

Below 4.00: 0 points

13.2. If a different grading scale is used, points will be recalculated in proportion to the applied scale.

14. Following the evaluation results of the first stage of the qualification process, the Board selects a shortlist of candidates who will be invited to the next stage of the competition procedure.

## **Qualification Stage II – Interview with the Candidate**

15. The candidate can obtain a maximum of 50 points for the second stage of qualification. Each member of the Admissions Board may award between 0 and 10 points for this part of the exam (points awarded by individual members of the Admissions Board are totaled up).

16. The second stage of the candidate evaluation – the interview – will take place between 16 and 19 September 2024, on the premises of the University of Physical Education (AWF) in Kraków. The exact date (time and location) of the

interview will be announced on the Doctoral School's website by 6 September 2024.

17. The purpose of the interview is to assess the candidate's aptitude for scientific work and their research interests. The interview will evaluate the candidate's responses regarding:
  - a) the submitted research project ( topic, methodology, delivery timeline, as well as clarification of the objectives and assumptions behind the planned doctoral dissertation),
  - b) the body of candidate's scientific achievements,
  - c) the candidate's motivation to study at the Doctoral School and their individual academic track record,
  - d) scientific interests and preferences for exploring the researcher's craft,
  - e) the candidate's previous experiences related to gaining professional competencies,
  - f) the feasibility of the research to be conducted in connection with the doctoral dissertation,
  - g) questions related to physical culture sciences,
  - h) the candidate's previous research experience,
  - i) documented contacts and proven track record of cooperation with other research centers (including international ones).

#### **Announcement of Results**

18. The Admissions Board will document the course of the admissions procedure by preparing reports on the individual stages of the qualification procedure.
19. The scores obtained for each consecutive stage of the admissions process will be published in the Candidate's individual admissions account in the IRK system.
20. The Candidate's final position on the ranking list will be determined by the total number of points obtained in both stages of the procedure.
21. The outcome of both stages of the procedure will be a Candidate ranking drawn up by the Admissions Board to be presented in the admissions report and later published on the Doctoral School's website and in the Public Information Bulletin on 20 September 2024.
22. Based on the Candidates' ranking order, the Director will make decisions regarding their registration as first-year attendees in the Doctoral School or issue administrative decisions refusing admission to the Doctoral School.
23. Candidates will be notified of the admissions outcomes via the IRK admissions system and by email, with the administrative decision on refusal of admission to the Doctoral School being served as a signed-for registered delivery or via other means indicated in the Code of Administrative Procedure.
24. Candidates may appeal the Director's decision refusing admission to the Doctoral School by submitting a written request to the Vice-Rector for Student Affairs for reconsideration of the case within 14 days of the decision being published in the admissions report.
25. The Vice-Rector for Student Affairs will review the appeal request(s) and issue a final written decision on whether to uphold or repeal the Director's original administrative decision. Written notifications of this decision will be sent to the Director and to all Candidates who have submitted appeals by signed-for registered delivery.

26. Candidates accepted to the Doctoral School must submit the original admission documents to the Doctoral School Office and complete the declaration of intention to enroll in the Doctoral School by 27 September 2024.
27. The above admission rules apply to all Candidates, regardless of their citizenship.
28. Candidates who are not citizens of the Republic of Poland are required to provide a service address in Poland or designate a proxy for receipt of correspondence in Poland.

*Head of Senate*  
*Prof. dr hab. Andrzej KLIMEK*

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## RESOLUTION 19/V/2019

adopted by the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie during a session held on 30 May 2019.

Acting in accordance with Art. 28(1)(16) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2018, item 1668 as further amended) and §36 of the University Statute, the Senate has adopted the following resolution:

Pursuant to Art. 200(2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2018, item 1668 as further amended) in connection with Art. 291 of the Implementing Provisions to the Higher Education and Science Act, the SENATE has unanimously (of 30 members of the Senate eligible to vote, 20 members of the Senate were present, of which 20 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) adopted the Resolution determining the **General Rules of Admission to Szkoła Doktorska Akademii Wychowania Fizycznego w Krakowie in the Academic Year 2019/2020**

*Head of Senate*  
*Prof. dr hab. Aleksander TYKA*

## RESOLUTION 19/VI/2020

adopted by the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie during a session held on 25 June 2020.

Acting in accordance with Art. 28(1)(16) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2020, item 85 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

Pursuant to Art. 200(2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2020, item 85 as further amended) the SENATE has unanimously (of 30 members of the Senate eligible to vote, 20 members of the Senate were present, of which 20 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the Resolution determining the **General Rules of Admission to Szkoła Doktorska Akademii Wychowania Fizycznego w Krakowie in the Academic Year 2020/2021**". The full text of the Resolution has been appended to this Resolution.

On the authority of the Head of the Senate  
Anna Marchewka, Prof., Dr hab.  
[Signature]

## **ORDER NO. 13/2021**

**issued by the Rector of Akademia Wychowania Fizycznego im.  
Bronisława Czecha w Krakowie on 15 April 2021 laying down General  
Rules of Admission to Szkoła Doktorska Nauk o Kulturze Fizycznej  
Akademii Wychowania Fizycznego w Krakowie for academic year  
2021/2022**

Pursuant to Art. 23 (2)(2), Art. 51b (1)(1), Art. 51b (2) in connection with Art, 200 (3) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2021 item 478 as further amended), § 38 (3) of the University Statute (Ordinance no. 22/2019 of 11 July 2019) I hereby order as follows:

### **§1**

1. I hereby lay down the “General Rules of Admission to Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego w Krakowie for academic year 2021/2022”.
2. The Rules of Admission have been appended hereto as Appendix 1 .
3. This Ordinance comes into effect on the day of publication.

RECTOR

Andrzej Klimek, Professor, Dr hab.,  
[Signature]

## RESOLUTION 6/ III/2022

adopted by the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie during a session held on 24 March 2022.

Acting in accordance with Art. 28(1) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2022, item 574 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

Pursuant to Art. 200(2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2022, item 574 as further amended) the SENATE has unanimously (of 30 members of the Senate eligible to vote, 19 members of the Senate were present, of which 19 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the **General Rules of Admission to Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie in the Academic Year 2022/2023**

**“General Rules of Admission to Szkoła Doktorska...”** have been appended to this Resolution.

Head of the Senate  
Andrzej Klimek, Professor, Dr hab.,  
[Signature]



## RESOLUTION 10/ II/2023

adopted by the SENATE of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie during a session held on 23 February 2023.

Acting in accordance with Art. 28(1) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2022, item 574 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

Pursuant to Art. 200(2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2022, item 574 as further amended) the SENATE has unanimously (of 30 members of the Senate eligible to vote, 23 members of the Senate were present, of which 23 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the **General Rules of Admission to Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie in the Academic Year 2023/2024**

**“General Rules of Admission to Szkoła Doktorska...”** have been appended to this Resolution.

Head of the Senate  
Andrzej Klimek, Professor, Dr hab.,  
[Signature]

## RESOLUTION 5/II/2024

adopted by the SENATE of the University of Physical Education in Kraków during a session held on 1 February 2024.

Acting in accordance with Art. 28(1) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2023, item 742 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

At the request of the Doctoral School Director, acting in accordance with Art.200(2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws year 2023, item 742 as further amended) the Senate has unanimously (of 30 members of the Senate eligible to vote, 23 members of the Senate were present, of which 23 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the **General Rules of Admission to the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków for the Academic Year 2024/2025**.

**General Rules of Admission to the Doctoral School...** have been appended to this Resolution.

*Head of Senate*  
*Prof. dr hab. Andrzej KLIMEK*

## **General Rules of Study at the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków**

### **Section I. General provisions**

#### **§1**

1. General Rules of Study ("General Rules of Study") at the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków, operated by the University of Physical Education in Kraków, hereinafter referred to as "AWF" set out, in particular, the organisation of education at the Doctoral School and related rights and obligations of its doctoral students.
2. Szkoła Doktorska (The Doctoral School) provides education for doctoral students in medical and health sciences, within the scientific discipline of physical culture sciences.
3. Terms used in these General Rules of Study refer to:
  - 1) Act - The Higher Education and Science Act of 20 July 2018 (Journal of Laws year: 2018, item 1668 as further amended),
  - 2) KPA - the Code of Administrative Proceedings Act of 14 June 1960 (Journal of Laws year 2018, item 2096 as further amended)
  - 3) The Doctoral School of Physical Culture Sciences hereinafter referred to as the AWF Doctoral School, which is an organised form of providing education for doctoral students in preparation for the conferment of a doctoral degree, concluding with submission of a doctoral dissertation,
  - 4) The official body operating the Doctoral School - term that refers to the University of Physical Education in Kraków,
  - 5) Vice-Rector - AWF Vice-Rector for Student Affairs,
  - 6) The Scientific Council - a unit indicated in separate AWF statutes,
  - 7) Organisational unit - in particular: a faculty, scientific institute/department or another AWF unit indicated in separate provisions,
  - 8) Doctoral School Director - person in charge of the Doctoral School,
  - 9) Doctoral School Board - a body appointed by the Rector at the request of the Director, operating within the AWF Doctoral School in Kraków,
  - 10) Doctoral student - a person pursuing a course of education at the Doctoral School,
  - 11) 8 PRK - general characteristics of learning outcomes for qualification at Level 8 of Polish Qualifications Framework as set out in the Integrated Qualifications System Act of 22 December 2015 (Journal of Laws year: 2018, item 2153 as further amended) as well as in provisions passed under Art. 7(3) of this Act,
  - 12) USOS - University Student Service System.

#### **§2**

1. The Doctoral School of Physical Culture Sciences, established by Order no 10/2019 issued by the Rector of University of Physical Education in Kraków on 18 April 2019 operates on the basis of provisions of the Act, the AWF Statutes and the General Rules of Study at the Doctoral School.  
The Doctoral School is operated on the basis of applicable regulations, including in particular:
  - a) the Act of 3 July 2018 - Provisions implementing the Higher Education and Science Act (Journal of Laws year: 2018, item 1669 as further amended),
  - b) the Higher Education and Science Act of 20 July 2018 (Journal of Laws year: 2018, item 1668 as further amended).
2. The Doctoral School is established, transformed and dissolved by the AWF Rector after consulting the Senate.
3. The Doctoral School organizes education, creates conditions for conducting scientific research and provides administrative services for its doctoral students.
4. The course of education at the Doctoral School is delivered based on a study programme and an Individual Research Plan.
5. Successful completion of the study programme at the Doctoral School leads to the achievement of the learning outcomes prescribed for qualification at level 8 of the Polish Qualifications Framework as set out in the currently applicable MNiSW regulation.
6. The study programme is approved by the AWF Senate, at the request of the Doctoral School Director or the Doctoral School Board, after consulting the Doctoral Students' Council. In the absence of the relevant opinion or approval from the Doctoral Students' Council regarding the General Rules of Study, a relevant decision on the matter will be made by the Senate.
7. The Individual Research Plan prepared by the doctoral student in agreement with the supervisor(s) must be approved by the Director within 12 months of the day on which the course of study at the School commenced. Prior to that, the Individual Research Plan must be reviewed by an expert and accepted by the Doctoral School Board.
8. Delivery of the Individual Research Plan is subject to the interim assessment.
9. The administrative services for the Doctoral School and its doctoral students are provided by the Doctoral School Office and other AWF administrative units, within their scope of competence.
10. The doctoral students of the Doctoral School are collectively represented by the Doctoral Students' Council.
11. The AWF Rector in agreement with the Doctoral School Director and the Doctoral School Board determines the maximum number of doctoral students that can be admitted to the School in a given academic year.
12. Detailed terms and conditions of admissions to the Doctoral Schools are governed by separate provisions.
13. Detailed terms and conditions of the procedure leading to the conferment of a doctoral degree are governed by separate provisions.
14. The Doctoral Schools provides free education.

## **Section II. The Doctoral School structure**

1. The following constitute the structure of the AWF Doctoral School:
  - 1) The Doctoral School Director

- 2) The Doctoral School Board
- 3) The Doctoral School Office.
2. The Doctoral School is headed by the Director appointed by the Rector, after consulting the Senate.
3. The Director reports directly to the Rector or a duly authorised Vice-Rector.
4. The Director presides over the Doctoral School Board.
5. The Director represents the Doctoral School.
6. Doctoral students report directly to the Director.

#### §4

As part of his/her duties, the Director will, in particular:

- 1) develop a plan of action for the Doctoral School,
- 2) organize the day-to-day operations at the Doctoral School,
- 3) create favourable conditions for provision of effective education at the Doctoral School by ensuring sufficient personnel for delivery of study programmes and Individual Research Plans,
- 4) develop and implement, in agreement with the Doctoral School Board, mechanisms supporting research activity undertaken by doctoral students,
- 5) supervise the overall functioning of the Doctoral School, including compliance and quality of the delivery of study programmes and Individual Research Plans, the quality of scientific supervision provided by the supervisor(s), the process of the Interim Assessment and the documentation of the course of education,
- 6) prepare, in cooperation with the Doctoral School Board, the self-assessment report as part of the Doctoral School's evaluation
- 7) submit to the Rector, after consulting the Doctoral School Board, proposals regarding admissions rules as well as the creation, modification, or termination of a course of education at the Doctoral School,
- 8) submit to the Rector, after consulting the Doctoral School Board and the Doctoral Students' Council, recommended amendments to the General Rules of Study,
- 9) submit petitions and requests to relevant collective and single-person AWF bodies relating to the day-to-day functioning of the Doctoral School.
- 10) take decisions with regard to the Doctoral School's property and finances in the scope determined by the Rector,
- 11) take decisions in all matters relating to the Doctoral School that do not fall under the competence of other AWF bodies,
- 12) cooperate with Faculty Deans, the Doctoral Students' Council as well as the social and business environment with regard to doctoral education,
- 13) enroll doctoral students admitted to the Doctoral School,
- 14) issue, on the Rector's authority, administrative decisions refusing admission to the Doctoral School and removing [*students*] from the register of doctoral students,
- 15) issue administrative decisions relating to doctoral scholarships, on the Rector's authority,
- 16) consider objections submitted by doctoral students in all matters relating to the Doctoral School operations that do not fall under the competence of other AWF bodies,
- 17) receive and forward to the Scientific Board requests submitted by doctoral students for appointment or dismissal of (a) supervisor(s) (including

- assistant supervisor) for the period of receiving education at the Doctoral School,
- 18) approve the Individual Research Plan, after consulting it with an expert and the Doctoral School Board,
  - 19) appoint the Interim Assessment Board,
  - 20) extend the deadline for submission of the doctoral dissertation set out in the Individual Research Plan,
  - 21) suspend a doctoral student's course of education in situations detailed in the General Rules of Study,
  - 22) perform any other actions provided for in any applicable provisions of law, AWF Statute, Senate resolutions and / or Rector's orders relating to the Doctoral School's activity.

## §5

1. The Doctoral School Board is appointed by the Rector at the request of the School Director, after consulting the AWF Senate.
2. The Doctoral School Board consists of:
  - 1) the Director, who presides over the Board's activity,
  - 2) the Vice-Director, appointed by the Rector at the Director's request,
  - 3) persons holding the academic degree of *doktor habilitowany* or the title of *professor*, recommended by the Doctoral School Director, with a record of current scientific achievements in the scope of the scientific discipline (or related disciplines) that the Doctoral School provides education in,
  - 4) a representative of doctoral students pursuing a course of education at the Doctoral School, nominated by the Doctoral Students' Council in accordance with the General Rules of Study, referred to in Art. 110(6) in connection with Art. 215 of the Act.
3. The Doctoral School Board is appointed for a term of 4 years.
4. The Rector, at the request of the Doctoral School Director, dismisses member(s) of the Board before the expiry of their term.

## §6

The responsibilities of the Doctoral School Board include in particular:

- 1) reviewing Individual Research Plans,
- 2) creating and reviewing recommendations for terms of admissions to the Doctoral School,
- 3) reviewing recommended admission limits submitted by the Rector,
- 4) participating in creating and reviewing of recommended study programmes at the Doctoral School, including initiating the creation of new programmes or modifications of the existing ones,
- 5) reviewing a plan of action for the Doctoral School, submitted by the Rector,
- 6) analysing the Doctoral School ongoing performance,
- 7) preparing, in cooperation with the Director, the General Rules of Study at the Doctoral School and providing feedback on proposed amendments to these General Rules of Study,
- 8) determining the principles of evaluating the progress made with the study programme and the delivery of the Individual Research Plan.
- 9) defining the expected general and specific learning outcomes for qualifications at level 8 of the Polish Qualifications Framework (PRK) that a doctoral student should achieve during their education at the Doctoral School
- 10) assessing progress made by doctoral student with regard to the study programme and the Individual Research Plan,

- 11) laying down the detailed rules for conducting the Interim Assessment,
- 12) reviewing candidates for members of the Board conducting the interim assessment of doctoral students, if the candidate is not employed by AWF,
- 13) preparing, in cooperation with the Director, a self-assessment report in Polish and English for the purpose of evaluating the quality of education,
- 14) promoting the internalization of the educational process at the Doctoral School.

### Section III. Education at the Doctoral School

#### §7

1. The Doctoral School admits persons who hold a degree of *Magister*, *Magister inżynier* or an equivalent degree or persons referred to in Art. 186(2) of the Act.
2. Candidates are admitted to the Doctoral School on a competitive basis, subject to terms and conditions developed by the Doctoral School Director in agreement with the Doctoral School Board, subject to approval by the Senate and the Rector.
3. The final results of the competition are made public.
4. Admission to the Doctoral School is effected by entering the candidate's name on the list of doctoral students.
5. Refusal to admit a candidate to the Doctoral School is effected through an administrative decision, issued by the Director. One may appeal against such a decision to the AWF Rector or a Vice-Rector, duly appointed by the Rector, in writing, requesting that the case be reconsidered, within 7 days of announcing the results of the admissions procedure.
6. One person can be a doctoral student of only one doctoral school at any one time.
7. Persons admitted to the Doctoral School commence the course of education and acquire doctoral student rights upon taking the Matriculation Oath.
8. The Matriculation Oath is defined and approved by the AWF Kraków Senate. The Oath Certificate, signed by the doctoral student, is kept in the student's personal file.
9. Upon taking the Matriculation Oath, the doctoral student will receive a doctoral student's ID card, subject to terms and conditions laid down in a relevant Rector's decree.
10. The Director may enroll as a doctoral student a person who:
  - 1) has discontinued their education at the Doctoral School after completing the first year of study as a result of removing the person from the register of doctoral students, provided that no more than 3 years have passed since the removal decision was issued and the removal was not due to a negative interim assessment or failure to submit a doctoral dissertation within the timeframe specified in the Individual Research Plan.
  - 2) has requested to be transferred from another Doctoral School, where they completed at least one year of study.
11. Any persons interested in resuming a course of education at the Doctoral School or admission to the Doctoral School through transfer from another Doctoral School must submit a written application to the School Director, that must state and include:
  - 1) the person's personal data: full name, PESEL ID or if not available, the serial number of the person's identity document and address for postal deliveries,
  - 2) name(s) of proposed supervisor(s) indicating the discipline within the physical culture sciences which the doctoral dissertation will explore,

- 3) statement of consent from the proposed supervisor,
  - 4) proposed Individual Research Plan satisfying the criteria prescribed in these General Rules of Study and any other provisions issued on the basis of these General Rules of Study,
  - 5) statement of reasons, including the progress made so far in preparation of the doctoral dissertation,
  - 6) notice of period of receiving a doctoral scholarship at Doctoral School and the period of receiving education at Doctoral School,
  - 7) decision removing [ *the person*] from the register of doctoral students (in cases where the course of doctoral education is to be resumed)
12. When admitting the candidate to the Doctoral School under par. 10, the Director will advise the candidate of curriculum differences to be obligatorily covered by the candidate and propose a timeline for covering such differences.
  13. Admission to the Doctoral School under par. 10 does not extend the period of education at the Doctoral School referred to in §9 (1).
  14. Doctoral students may transfer to another Doctoral School, subject to consent from the person in charge of the receiving school, provided they have fulfilled all the obligations arising from provisions in effect at the doctoral school they are leaving and submitted a written letter of resignation from continuing their course of education.

## §8

1. The course of education provided by the Doctoral School prepares a doctoral student for the conferment of a doctoral degree.
2. Education is provided based on the study programme and the Individual Research Plan and leads to the achievement of learning outcomes for a qualification at Level 8 PRK.
3. The study programme specifies in particular:
  - 1) compulsory courses and the number of hours assigned to each course
  - 2) semester or year where courses are to be taken,
  - 3) how the course should be completed,
  - 4) the list and number of required credits and exams.
4. The Doctoral School's study programme specifies in particular:
  - 1) courses provided for all doctoral students of the Doctoral School,
  - 2) courses provided for doctoral students preparing doctoral dissertation in physical culture sciences, who have completed a course of higher education in a field that has not provided them with relevant qualifications in physical culture sciences that are required to prepare a doctoral dissertation.
  - 3) research and teaching placements.
5. A doctoral student must complete all courses and practical placements (internships) covered by the Doctoral School's curriculum.
6. A doctoral student may apply to the Director for permission to complete courses assigned to another scientific discipline in another Doctoral School. Once such a permission has been granted, all the courses indicated by the doctoral student become their compulsory courses and they must be completed by the student in order to officially complete a grading period.
7. The Director may refuse to grant the permission referred to in par. 6 if the courses indicated by the doctoral student are not linked to the Individual Research Plan or require that the AWF Doctoral School cover additional expenses or if the doctoral student's participation in the course is not possible in



practical terms. In cases where the courses are conducted by another Doctoral School, additional approval from the Director of the Doctoral School which will conduct the courses is required.

8. A course of education concludes with a submission of a doctoral dissertation

## §9

1. A course of education provided by the Doctoral School for a doctoral student lasts for 8 semesters.
2. The academic year runs from 1 October to 30 September of the next calendar year.
3. An academic semester is the basic grading period at the Doctoral School.
4. A doctoral student submits, in writing, an annual report together with formal feedback from the supervisor(s) (including assistant supervisor) in accordance with the official form approved by the Doctoral School. The report must include a description of progress made with regard to the course of education and delivery of the Individual Research Plan. In order to successfully complete each year of studies the report must be approved by the Director, subject to prior consultation with the Doctoral School Board.
5. Rector, upon accepting a draft of the programme of study submitted by the School Director and obtaining feedback from the Doctoral Students' Council will submit it to the Senate, where the study programme receives a final approval.
6. The organization, schedule, and mode of completing a semester or year of study resulting from the study programme are determined by the Director based on the applicable study programmes and communicated to doctoral students prior to the commencement of the academic semester or year, subject to the academic year calendar as set out by the Rector.
7. The specific scope of requirements for a given course, including terms of completion, is determined by the academic teacher who teaches the classes and communicated to doctoral students through a syllabus at the beginning of the course.
8. Classes and final coursework assessments/exams may be conducted in a foreign language, particularly if the course teacher or doctoral students request so, within the scope and under the conditions specified by the Director.
9. Courses covered by the study programme, taught as educational classes, may be provided by individuals holding at least *doktor's* degree or its equivalent, with a current publication record within the last five years in the discipline of physical culture sciences or a related discipline.
10. A doctoral student may also pursue their education in the following modes:
  - 1) individual timetable, when justified by scientific or extraordinary reasons,
  - 2) individual study programme, when justified by scientific reasons.
11. The individual timetable referred to in section 10 (1) involves, in particular, setting out individual deadlines and the procedures for fulfilling the obligations resulting from the study programme.
12. The individual study programme, detailed terms and deadlines as well as procedure for fulfilling doctoral student's obligations, as referred to in section 10 (2), are approved by the Director, following a request submitted by the doctoral student and reviewed by the supervisor.
13. The individual study programme may be completed in a shorter time than the standard programme, provided it enables the doctoral student to achieve the

learning outcomes required for qualifications at Level 8 of the Polish Qualifications Framework (PRK).

14. If a doctoral student fails to properly fulfill the individual study programme, the Director will direct the student to continue their studies in the standard mode. The Director will determine the deadlines for obtaining any missing credits and passing exams.
15. A doctoral student may resign from pursuing the individual timetable or individual study programme by submitting a relevant request to the Director.
16. The terms and procedures for completing practical placements (internships) are determined by the Director, based on the study programme and the Act.

#### § 10

1. All types of classes attended by the doctoral student for a given subject provided for in the study programme conclude with an exam or a graded assessment and are recorded in the student's education records. A doctoral student may not take the exam for a subject for which they have not previously obtained the required credits.
2. The course of education in the Doctoral School is documented, subject to section 3, in particular in:
  - 1) periodic transcripts of records, in the form of USOS data printouts,
  - 2) subject credit sheets stored in the USOS system,
  - 3) the USOS system,
  - 4) the doctoral student's personal file folder.
3. The list of doctoral students is maintained in the form of an album in the USOS system.
4. Detailed rules for documenting the course of education provided by the Doctoral School, including documentation maintained as digital records, are laid down by the Rector in Rector's orders.
5. The overall average of grades includes grades obtained in individual subjects (courses), as provided for in the study programme, granted by person(s) teaching the subject.

#### § 11

1. Within two months of commencing the course of doctoral studies, the doctoral student must submit a formal request to the Scientific Council of the University of Physical Education (AWF), through the Director, for the appointment of a supervisor or supervisors (including an assistant supervisor) under whose guidance the student will deliver the individual research plan and write the doctoral dissertation. The application must include:
  - 1) the doctoral student's personal information: first name, last name, PESEL ID, or, if not applicable, the number of an identity document,
  - 2) the name(s) of proposed supervisor or supervisors (including assistant supervisor), indicating the discipline - physical culture sciences - in which the doctoral dissertation is to be prepared,
  - 3) statement of consent from the proposed supervisor(s) to take on the role,
  - 4) reasons for the request.
2. After reviewing the request, the Director will forward it within two weeks of receiving the request.
3. The AWF Scientific Council appoints the supervisor or supervisors (including an assistant supervisor) within three months of the commencement of the course of studies at the Doctoral School, and provides the relevant information to the Director and the appointed supervisor(s).

4. The Director shall inform the doctoral candidate of the appointment of the supervisor or supervisors (including an assistant supervisor).
5. In duly justified cases, the doctoral student may request a change of supervisor or supervisors (including an assistant supervisor), such a request to be submitted to the Scientific Council of AWF through the Director of the School. The request must include:
  - 1) the doctoral candidate's personal information: first name, last name, PESEL number, or, if not applicable, the number of an identity document,
  - 2) the name(s) of proposed new supervisor or supervisors (including assistant supervisor), indicating the discipline—physical culture sciences—in which the doctoral dissertation is to be prepared,
  - 3) statement of consent from the proposed supervisor to take on the role,
  - 4) reasons for the request,
  - 5) a revised individual research plan which, if applicable, has been approved by the proposed supervisor or supervisors (including the assistant supervisor),
  - 6) an opinion from the previous supervisor, specifying the status of the doctoral dissertation as of the date of the request for a change of supervisor, unless circumstances prevent the issuance of such an opinion.
6. The Scientific Council shall inform the Director of any change of supervisor or supervisors (including assistant supervisor).

## § 12

1. The supervisor should be a researcher or a researcher- academic, holding a postdoctoral degree of *doktor habilitowany* or higher, with experience in conducting research activity in physical culture sciences or related disciplines, as evidenced by their record of scientific achievements.
2. The role of assistant supervisor may be fulfilled by a person who holds a *doktor's* degree and has experience in conducting research activity within the discipline of physical culture sciences or related disciplines, as evidenced by their record of scientific achievements.
3. In justified cases, a person who does not meet the conditions specified in (1) may be appointed a supervisor, especially if they are employed by a foreign university or research institution, and the Doctoral School Board recognizes that this person has made substantial achievements in the problems of science that the doctoral dissertation relates to.
4. Any person who, over the period of the past 5 years, has supervised the preparation of a dissertation for at least two doctoral candidates whose dissertations, prepared under this person's supervision, failed to receive positive reviews, may not be appointed as a supervisor.
5. The supervisor or supervisors (including the assistant supervisor):
  - 1) conduct doctoral seminars,
  - 2) support doctoral students in their independent research work,
  - 3) provide direct scientific supervision for doctoral students,
  - 4) establish with doctoral students their Individual Research Plans and oversee how these Plans are delivered,
  - 5) provide direction and guidance for the doctoral student's research development track, in particular by: a) holding regular consultations with the doctoral students under their supervision, b) providing content-related assistance in the implementation of scheduled research activity and the preparation of the doctoral dissertation,

- 6) assess the doctoral student's research development track by producing a written opinion submitted to the Director each semester, subject to deadlines set out in these General Rules of Study,
  - 7) review all applications and requests submitted by doctoral students regarding the course of their studies, including, in particular, applications for conferences and research placements,
  - 8) notify the Director of the lack of progress made by the doctoral student in the delivery of their Individual Research Plan and request that such doctoral students be disenrolled,
  - 9) perform other tasks specified in separate regulations.
6. The supervisor or supervisors (including the assistant supervisor) jointly fulfill the duties mentioned in par. 5.3. Whenever the supervisor is on academic leave, health leave, or if other circumstances prevent them from properly supervising the doctoral student, the Director will request the appointment of a new supervisor by the Scientific Council.
  7. The supervisor (or supervisors) may request that the Doctoral School Director remove a doctoral student from the register of Doctoral School students if the student fails to fulfill their duties.
  8. Doctoral supervision is subject to evaluation during the doctoral student's interim assessment.

### § 13

1. The Doctoral School Board shall develop guidelines for the preparation of Individual Research Plans within the discipline of Physical Culture Sciences immediately after the commencement of doctoral instruction.
2. The doctoral student, in consultation with their supervisor(s), prepares a draft of their Individual Research Plan within the discipline of Physical Culture Sciences, in accordance with the guidelines referred to in paragraph 1, which include, in particular:
  - 1) A timeline for the completion of the doctoral dissertation,
  - 2) The planned date of publication of:
    - a) a scientific article published in a scientific journal or in peer-reviewed proceedings of an international conference, which, in the year of the article's final publication, were included in the list compiled in accordance with the regulations issued pursuant to Article 267, paragraph 2, item 2(b) of the Act, or
    - b) a scientific monograph published by a publisher that, in the year of the monograph's final publication, was included in the list compiled in accordance with the regulations issued pursuant to Article 267, paragraph 2, item 2(a) of the Act, or a chapter in such a monograph,
  - 3) The deadline for submitting the doctoral dissertation.
3. The doctoral student shall submit the draft of their Individual Research Plan to the Director before the end of the first semester of doctoral training.
4. Failure to submit the draft of the Individual Research Plan within the prescribed deadline may result in the student being removed from the register of doctoral students.
5. Within 14 days of the submission of the draft of the Individual Research Plan by the doctoral student, the Director, after consulting the Doctoral School Board, may:

- 1) approve the submitted draft of the Individual Research Plan,
- 2) return the draft of the Individual Research Plan to the doctoral student and supervisor(s) for revision, indicating the parts to be amended or relevant omissions.
6. Within 14 days of receiving the returned draft of the Individual Research Plan, the doctoral candidate and supervisor(s) submit the revised draft of the Individual Research Plan to the Director for approval.
7. Within 14 days of the submission of the revised draft of the Individual Research Plan by the doctoral candidate, the Director, after again consulting the Doctoral School Board, may:
  - 1) approve the submitted draft of the Individual Research Plan,
  - 2) refuse to approve the draft of the Individual Research Plan, which may result in the doctoral student being removed from the register of doctoral candidates.
8. The decision issued by the Director, referred to in par. 5 and 7 (2), may be appealed by submitting to the Rector or a designated Vice-Rector a request for reassessment of the case.
9. Once approved by the Director, the Individual Research Plan becomes the Individual Research Plan within the meaning of the Act.

#### § 14

1. Doctoral students are evaluated on the basis of a semester and annual assessment, which itself is based on:
  - 1) the successful completion of the programme courses at the doctoral school,
  - 2) the evaluation of progress made with the Individual Research Plan based on a submitted report,
  - 3) the evaluation of teaching and research placements completed,
  - 4) the evaluation of the record of scientific achievements related to the subject of the doctoral dissertation, and
  - 5) the interim assessment referred to in the Act.
2. The delivery of the Individual Research Plan is subject to the interim assessment, conducted halfway through the period of education specified in the study programme.
3. The interim assessment is conducted on a pass or fail basis and the Assessment Board adopts the final assessment result by a majority vote.
4. The result of the assessment, along with the statement of reasons, is public.
5. If the interim assessment gains a pass outcome, the Committee may provide recommendations regarding further delivery of the Individual Research Plan.
6. A “fail” outcome of the interim assessment results in the student being removed from the register of doctoral students.
7. A decision removing a doctoral student, issued by the Director, may be appealed through a request for reconsideration of the case, which must be submitted to the Rector or a designated Vice-Rector, within 14 days of the removal.

#### § 15

1. The interim assessment is conducted by the Evaluation Board appointed by the Director, consisting of 3 members, including:
  - 1) one person holding a postdoctoral title of *doktor habilitowany* or *profesor* in the discipline in which the doctoral dissertation has been written, employed outside the entity running the Doctoral School (including foreign entities), who has been approved by the Doctoral School Board,

- 2) two persons holding a postdoctoral title of *doktor habilitowany* or *profesor* in the discipline in which the doctoral dissertation has been written or in related disciplines, employed by the University of Physical Education in Krakow.
2. The doctoral student's supervisor(s) may not be member(s) of the Board in charge of the interim assessment for a doctoral student who is under their supervision.
3. A person may not be appointed a member of the Board if, within the last 5 years:
  - 1) they provided supervision for 4 doctoral students who were subsequently removed from the register of doctoral students due to their failed interim assessment or
  - 2) they supervised the preparation of a dissertation by at least 2 individuals pursuing a doctoral degree who subsequently failed to receive positive reviews, as referred to in Article 191(1).
4. The evaluation of supervision is based on the assessment of how the supervisor delivered their tasks listed in § 12(5).
5. The evaluation of progress made with the Individual Research Plan, delivered as an oral presentation and discussion of the achieved outcomes before the Board, include the assessment of:
  - 1) the correctness of the goal and the methodology adopted for the dissertation,
  - 2) the progress made with the doctoral dissertation,
  - 3) the compliance of the [doctoral dissertation's] delivery with the approved schedule (including identification of discrepancies from the initial assumptions that arose during the course of work),
  - 4) the list of the doctoral student's most significant scientific achievements since the commencement of their course of study at the Doctoral School.
6. The Evaluation Board submits reports detailing the course and the outcome of the doctoral student's evaluation procedure as well as the evaluation of doctoral supervision to the Doctoral School Director.

#### § 16

The Doctoral School Board shall determine detailed rules for conducting the interim assessment immediately after the commencement of the doctoral instruction.

### **Section IV: Coursework assessment and exams**

#### § 17

1. The following grades are applied for coursework assessment and exams:
  - very good 5.0
  - good plus 4.5
  - good 4.0
  - satisfactory plus 3.5
  - satisfactory 3.0
  - unsatisfactory 2.0
  - pass (zal.)
  - fail (nzal.)
2. Exams and assessments are held at the premises of the University of Physical Education (AWF).
3. Exams and assessments may be held outside the AWF premises, particularly for reasons relating to the doctoral student's health status or practical reasons related to the specific nature of the study programme.

## § 18

1. The exam or coursework assessment for a subject covered by the study programme takes place during the examination season. The exam dates are set by the examiner in agreement with doctoral students, subject to Director's approval. The schedule of exams and assessments must be announced to the doctoral students no later than two weeks before the start of the examination season.
2. Sign language interpreters and assistants for students with disabilities may participate in exams and assessments. Assistants supporting doctoral students with disabilities must hold the Director's consent to participate in any exams or assessments. The course teacher has the right to refuse participation of a doctoral student's assistant in the exam or assessment if the assistant is a professional or expert in the subject in which the doctoral student is taking the exam or assessment.
3. In justified cases, doctoral students with disabilities may, no later than 7 days before the start of the examination season, request that:
  - 1) the exam or assessment dates be adjusted to their needs, subject to prior notification to the examiner,
  - 2) the form of the exam or assessment be changed from written to oral or vice versa,
  - 3) the exam or assessment sheet be delivered to them in a format adapted to the degree of disability (e.g., enlarged text for visually impaired students), subject to prior notification of such a need.
4. In order to pass a subject, the doctoral student must attend the classes provided for in the study programme, obtain passing grades for tasks and/or assignments covered by those classes, and pass the exam or assessment in accordance with the study programme.
5. Doctoral students who have obtained the 'fail' grade in an exam or assessment have the right to retake an exam or assessment for each subject covered by the School's curriculum.
6. A retake exam or assessment cannot take place earlier than 7 days after the date of the first exam or assessment.
7. Failure to attend an exam or assessment on the scheduled date without justification will result in the Director entering the "fail" grade accordingly.
8. In justified cases, the Director may extend the exam/assessment deadline for a doctoral student who did not take the exam/assessment according to the schedule. The application for deadline extension must be submitted within 7 days of the date on which the reason for missing the exam/assessment expired.

## § 19

1. At the request of a doctoral student who has complained about examiner's bias or the manner in which the exam/assessment was administered, the Director may order a board-supervised evaluation of the student's knowledge and skills. A request for a board-supervised assessment or exam may also be submitted by the teacher of a given subject.
2. The request for a board-supervised evaluation of [*doctoral student's*] knowledge and skills should be submitted within 3 days from the date of the first assessment or exam attempt.

3. The board-supervised assessment or exam will be held within 10 days of the request submission.
4. The board-supervised assessment or exam is conducted before a committee consisting of:
  - 1) the Director acting as the chair,
  - 2) the examiner who conducted the previous exam or the person who issued the assessment grade,
  - 3) a second specialist in the field covered by the exam or assessment, or a specialist in a related subject appointed by the Director.
5. The grade agreed on by the Board for the assessment/exam is final.

## § 20

1. No later than 7 days before the end of the year, doctoral students are required to submit to the Director a report on the progress in delivering their Individual Research Plans, which must be reviewed by their supervisor(s) (including any co-supervisors).
2. The Director grants credit for the reporting period based on data from the USOS system and the reports mentioned in par. 1.
3. For reasons beyond anybody's reasonable control or for academic reasons, the Director may postpone the execution of some of the duties outlined in the study programme until the next semester or academic year, specifying the deadline for their execution.
4. In order to successfully complete a reporting period, the doctoral student needs to fulfil all the requirements of the study programme and receive positive feedback from the supervisor on the progress made in delivering the Individual Research Plan.

## §21

1. The removal of a doctoral student from the register of doctoral students is executed through an administrative decision issued by the Director.
2. A request for reconsideration of the case may be submitted to the Rector or a Vice-Rector appointed by the Rector in response to the decision on removal of a doctoral student.
3. The Director removes a doctoral student from the register of doctoral students in the following cases:
  - 1) Failed interim assessment,
  - 2) Failure to submit the doctoral dissertation within the deadline specified in the Individual Research Plan,
  - 3) Resignation from the programme,
  - 4) Doctoral student has been expelled from the School as a final and non-appealable disciplinary measure.
4. Resignation from the course of education at the Doctoral School must be submitted in writing to the Director.
5. A doctoral student may be removed from the register of doctoral students in the following cases:
  - 1) Failure to undertake the course of study,
  - 2) Failure to submit an application for the appointment of a supervisor,
  - 3) Failure to submit an Individual Research Plan,
  - 4) Non-acceptance of the Individual Research Plan,
  - 5) Failure to pass a semester/year,



- 6) Unsatisfactory progress in preparing the doctoral dissertation,
- 7) Failure to deliver the Individual Research Plan,
- 8) Failure to fulfill programme requirements, particularly through:
  - a) unauthorised absence from the classes covered by the curriculum,
  - b) failure to take required exams or assessments,
- 9) Failure to fulfill obligations set out in the General Rules of Study.
6. The Director confirms the fact of a person's failing to undertake a course of study at the Doctoral School in cases where the person enrolled on the register of doctoral students fails to meet at least one of the following conditions:
  - 1) failure to take the Matriculation Oath within one month of the commencement of the course of education,
  - 2) unauthorised absence from classes for more than one month after the commencement of the course of education.
7. The person conducting the classes is obliged to notify the Director of the doctoral student's absence from classes.
8. A person removed from the register of doctoral students is required to take all necessary actions to settle the clearance form [karta obiegowa] and to return the doctoral student's ID card held.

## **Section V: Extension and suspension of the course of study**

### **§ 22**

1. At the request of the doctoral student, the Director, after consulting the supervisor or supervisors (including the assistant supervisor), may extend the deadline for submitting the doctoral dissertation specified in the Individual Research Plan, for a period of no more than 2 years in total, in the case of:
  - 1) the need to conduct long-term scientific research based on the Individual Research Plan. In order to request an extension of the deadline for submission of doctoral dissertation, the doctoral student must have effected publications referred to in § 13, sec. 2, item 2a,
  - 2) temporary inability to continue education due to illness, based on a medical certificate indicating the period during which the student is unable to pursue their course of education,
  - 3) the need to provide personal care for a sick family member, documented by a medical certificate indicating the period during which the family member is unable to function independently and requires care,
  - 4) the need to provide personal care for a child up to 4 years of age or a child holding a disability certificate.
2. The application for extension of the deadline for submission of the doctoral dissertation must include:
  - 1) the doctoral student's personal data: first name, last name, PESEL ID number, and in its absence, an identity document number,
  - 2) statement of reasons, along with an expected deadline for submission of the doctoral dissertation, approved by the supervisor or supervisors (including the assistant supervisor).
3. The following must be attached to the application:
  - 1) the opinion of the supervisor or supervisors (including the assistant supervisor) in the case referred to in par. 1 (1),
  - 2) a medical certificate in the case referred to in par. 1, (2) or (3).
4. A doctoral student applying for an extension of the deadline for submission of the doctoral dissertation must submit the application no later than 30 days before the deadline specified in the Individual Research Plan.

### § 23

At the request of the doctoral student, the Director suspends the student's course of education at the Doctoral School for a period corresponding to the duration of maternity leave, maternity-type leave, paternity leave, and parental leave, as specified in the Act of June 26, 1974 – the Labour Code (Journal of Laws of 2019, item 1040, as amended).

## **Section VI. Rights and obligations of doctoral students**

### § 24

1. A person registered as a doctoral student begins their course of education and acquires the rights of a doctoral student upon taking the Matriculation Oath.
2. The doctoral student receives a doctoral scholarship under the terms specified in the Act.
3. The Director issues a decision awarding the doctoral scholarship and specifies its amount in accordance with the legal acts referred to in § 2 par. 1.
4. The Rector, subject to prior approval from the Director, may increase the amount of the doctoral scholarship beyond the minimum specified in the Act, and may condition its award on the doctoral student's achievements, with each doctoral student receiving a scholarship in the minimum amount as set out in the legal acts referred to in § 2 par. 2.
5. The doctoral scholarship is paid monthly, no later than the 25<sup>th</sup> day of each month. In particularly justified cases, this deadline may be extended until the end of the month.
6. A doctoral student loses its doctoral student status:
  - 1) on the day the doctoral dissertation is submitted within the deadline specified in the Individual Research Plan,
  - 2) on the day the doctoral dissertation is submitted within the deadline specified in the decision issued in accordance with § 22,
  - 3) as a result of the Director's final and non-appealable decision to remove the student from the register of doctoral students.
7. The doctoral scholarship entitlement expires on the first day of the month following the month in which the doctoral student status was terminated or upon expiry of the period specified in Article 209 par. 2 of the Act.

### § 25

1. Under applicable regulations, a doctoral student is entitled in particular to:
  - 1) acquire knowledge and develop their own interests, and to use for this purpose the teaching facilities, equipment, and resources of the entities running the doctoral school,
  - 2) participate in scientific and research activities, including projects, conferences, and scientific seminars,
  - 3) apply for a student loan under the terms specified in the Act,
  - 4) apply for accommodation to be provided by the AWF student residence under the terms set out in the Rector's order,
  - 5) apply for accommodation for a spouse or child to be provided by the AWF student residence under the terms set out in the Rector's ordinance,
  - 6) apply for scholarships funded by local government units under the terms specified in the Act,

- 7) apply for scientific scholarships funded by an individual or a legal entity other than a state-owned or local government legal entity, under the terms specified in the Act,
  - 8) apply for the Ministry scholarship for outstanding young scientists under the terms specified in the Act,
  - 9) benefit from discount schemes on public transportation fares, provided that the local government unit operates such discount schemes under the terms specified in the Act,
  - 10) associate in doctoral organisations and associations at AWF under the terms specified in the Act,
  - 11) actively participate in the Doctoral Students' Council under the terms specified in the Act,
  - 12) co-participate in the decisions of AWF's collective bodies through representatives of the doctoral students' council who are members of these bodies under the terms specified in the Act and the AWF Statute,
  - 13) for students receiving a doctoral scholarship: to national social, retirement, disability, and accident insurance cover in accordance with the Act of July 3, 2018 – Provisions Introducing the Law on Higher Education and Science (Journal of Laws of 2018, item 1669, as amended),
  - 14) national health insurance cover in accordance with the Act of July 3, 2018 – Provisions Introducing the Law on Higher Education and Science (Journal of Laws of 2018, item 1669, as amended),
  - 15) holiday breaks not exceeding 8 weeks per year, to be taken during the inter-semester break,
  - 16) submit to the AWF authorities proposals concerning study programmes and matters related to the teaching process through their representatives in the doctoral students' council.
2. The Director may, at the request of the doctoral student, finance or co-finance part of the costs to be reasonably incurred in particular for the implementation of:
    - 1) participation in a scientific conference,
    - 2) scientific research,
    - 3) publications,
    - 4) research trips.

## § 26

1. A doctoral student, with the consent of the Director, subject to approval from the supervisor or supervisors (including the assistant supervisor), may undertake domestic and international research and teaching placements (as part of their course of education) as well as conduct research at domestic or foreign research institutions. The duration of the placement or research is counted towards the period of education at the Doctoral School.
2. For a doctoral student participating in a placement lasting more than one month, the Director will set individual deadlines for fulfilling the obligations arising from the curriculum.
3. If it is required that research related to the preparation of the doctoral dissertation be conducted outside the premises of the entities operating the Doctoral School, the Director may exempt the doctoral student from the obligation to attend classes covered by the curriculum for the duration of the research and set a new deadline for completing the required classes.

## § 27

1. A doctoral student, with the consent of the Director, subject to approval from the supervisor or supervisors, may complete part of their course of education through national or international exchange programmes.
2. Before leaving for another university or establishment providing doctoral education, the doctoral student shall agree with the Director on the curriculum and the terms under which the semester or academic year will be completed.
3. Based on a document attesting the completion of courses along with a list of grades, the Director will recognize the period of education completed by the doctoral student.
4. The Doctoral School Director approves courses completed outside the Doctoral School based on a written document confirming the achievement of equivalent learning outcomes and the grades obtained [by the doctoral student].
5. The achieved outcomes are taken into account when calculating the average grade for the semester/year.

#### § 28

1. It is a doctoral student's duty to realize the full potential of educational opportunities provided by the Doctoral School and adhere to the School's General Rules of Study, which involves, in particular:
  - 1) diligently and conscientiously following the study programme and the Individual Research Plan,
  - 2) attending the classes specified in the study programme,
  - 3) passing exams and obtaining credits within prescribed deadlines, as well as fulfilling other obligations provided for in the study programme and General Rules of Study,
  - 4) submitting annual reports on the delivery of the Individual Research Plan,
  - 5) demonstrating scientific achievements related to their course of education at the Doctoral School for the purpose of evaluating [the person's] research activity, including demonstrating the AWF affiliation in publications, in accordance with the location of the delivery of the Individual Research Plan,
  - 6) observing the Matriculation Oath,
  - 7) complying with regulations in force at AWF and protecting the good name of the University,
  - 8) respecting social and community norms,
  - 9) reading the Doctoral Student's Code of Ethics developed by the Doctoral Students' Council,
  - 10) checking obtained grades in the student's account in the University Student Service System (USOS),
  - 11) holding an electronic researcher identifier compliant with international standards (ORCID),
  - 12) immediately informing the Director, in writing, about undertaking employment as an academic teacher or research associate and detailing the scope of such employment,
  - 13) immediately informing the Director in writing about undertaking a course of education at another entity operating a Doctoral School,
  - 14) verifying the doctoral dissertation using a unified anti-plagiarism system.
2. The doctoral student must immediately notify the Director of any change of surname, correspondence address, or email address. Failure to notify the Director of these changes results in any letters and notifications sent to the last provided address being deemed to be duly served.

3. A doctoral student registered for health insurance by the Doctoral School is obliged to immediately notify the Doctoral School Office of any change in the basis for health insurance, such as when the student starts employment, performs work under a service contract, or acquires the status of a family member of an insured person.

#### § 29

1. A doctoral student is subject to disciplinary liability for violations of the regulations in force at AWF, as well as for any misconduct deemed unbecoming to a doctoral student.
2. A doctoral student cannot be penalized for the same act by both the Rector and the Disciplinary Committee.
3. Disciplinary penalties include:
  - 1) admonition,
  - 2) reprimand,
  - 3) reprimand with a warning,
  - 4) suspension of specific doctoral student rights for a period of up to one year,
  - 5) removal from the register of doctoral students.
4. The Disciplinary Committee resolves the matter of the doctoral student in accordance with the provisions contained in the AWF statute.
5. Disciplinary liability of doctoral students is governed by the provisions of Article 307(2), Articles 308-320, and the regulations issued under Article 321 of the Act.

### **Section VII. Final Provisions**

#### § 30

1. The General Rules of Study at the Doctoral School come into force at the beginning of the 2019/2020 academic year, with the Director and the Doctoral School Board fulfilling the tasks specified in these Regulations so as to ensure that the provision of education may commence on 1 October 2019.
  2. In matters not regulated by these General Rules of Study, decisions are made by the Rector or a Vice-Rector authorized by the Rector, after obtaining the opinion of the Doctoral School Director.
  3. Decisions specified in these General Rules of Study concerning individual cases of doctoral students supervised by the Director, which fall under the competencies of the Director, will be made by the Vice-Director
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## **General Rules of Study at the Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie.**

### **Section I. General provisions**

#### **§1**

1. General Rules of Study ("General Rules of Study") at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie, operated by the Akademia Wychowania Fizycznego w Krakowie, hereinafter referred to as "AWF" set out, in particular, the organisation of education at the Doctoral School and related rights and obligations of its doctoral students.
2. Szkoła Doktorska (The Doctoral School) provides education for doctoral students in medical and health sciences, within the scientific discipline of physical culture sciences.
3. Terms used in these General Rules of Study refer to:
  - 1) Act - The Higher Education and Science Act of 20 July 2018 (Journal of Laws year: 2023, item 742 as further amended),
  - 2) KPA - the Code of Administrative Proceedings Act of 14 June 1960 (Journal of Laws year 2023, item 775 as further amended)
  - 3) Szkoła Doktorska Nauk o Kulturze Fizycznej, hereinafter referred to as the AWF Doctoral School, which is an organised form of providing education for doctoral students in preparation for the conferment of a doctoral degree, concluding with submission of a doctoral dissertation,
  - 4) The official body operating the Doctoral School - term that refers to Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie,
  - 5) Vice-Rector - AWF Vice-Rector for Student Affairs,
  - 6) The Scientific Council - a unit indicated in separate AWF statutes,
  - 7) Organisational unit - in particular: a faculty, scientific institute/department or another AWF unit indicated in separate provisions,
  - 8) Doctoral School Director - person in charge of the Doctoral School,
  - 9) Doctoral School Board - an advisory body appointed by the Rector at the request of the Director, operating within the AWF Doctoral School in Kraków,
  - 10) Doctoral student - a person pursuing a course of education at the Doctoral School,
  - 11) IBP - Individual Research Plan
  - 12) 8 PRK - general characteristics of learning outcomes for qualification at Level 8 of Polish Qualifications Framework as set out in the Integrated Qualifications System Act of 22 December 2015 (Journal of Laws year: 2018, item 2153 as further amended) as well as in provisions passed under Art. 7(3) of this Act,
  - 13) USOS - University Student Service System.

#### **§2**

1. Szkoła Doktorska Nauk o Kulturze Fizycznej, established by Order no 10/2019 issued by the Rector of Akademii Wychowania Fizycznego im. Bronisława

Czecha w Krakowie on 18 April 2019 operates on the basis of provisions of the Act, the AWF Statutes and the General Rules of Study at the Doctoral School. The Doctoral School is operated on the basis of applicable regulations, including in particular:

- a) the Act of 3 July 2018 - Provisions implementing the Higher Education and Science Act (Journal of Laws year: 2018, item 1669 as further amended),
  - b) the Higher Education and Science Act of 20 July 2018 (Journal of Laws year: 2023, item 742 as further amended).
2. The Doctoral School is established, transformed and dissolved by the AWF Rector after consulting the Senate.
  3. The Doctoral School organizes education, creates conditions for conducting scientific research and provides administrative services for its doctoral students.
  4. The Doctoral School creates favorable conditions for persons with disabilities by adjusting the tools used for the purpose of admission, academic instruction, and scientific activity.
  5. The course of education at the Doctoral School is delivered based on a study programme and an Individual Research Plan.
  6. Successful completion of the study programme at the Doctoral School leads to the achievement of the learning outcomes prescribed for qualification at level 8 of the Polish Qualifications Framework as set out in the currently applicable MNiSW regulation.
  7. The study programme is approved by the AWF Senate, at the request of the Doctoral School Director or the Doctoral School Board, after consulting the Doctoral Students' Council. In the absence of the relevant opinion or approval from the Doctoral Students' Council regarding the General Rules of Study, a relevant decision on the matter will be made by the Senate.
  8. The Individual Research Plan prepared by the doctoral student in agreement with the supervisor(s) must be approved by the Director within 12 months of the day on which the course of study at the School commenced. Prior to that, the Individual Research Plan must be reviewed by the Doctoral School Board.
  9. Delivery of the Individual Research Plan is subject to the interim assessment.
  10. The administrative services for the Doctoral School and its doctoral students are provided by the Doctoral School Office and other AWF administrative units, within their scope of competence.
  11. The doctoral students of the Doctoral School are collectively represented by the Doctoral Students' Council.
  12. The AWF Rector in agreement with the Doctoral School Director and the Doctoral School Board determines the maximum number of doctoral students that can be admitted to the School in a given academic year.
  13. Detailed terms and conditions of admissions to the Doctoral Schools are governed by separate provisions.
  14. Detailed terms and conditions of the procedure leading to the conferment of a doctoral degree are governed by separate provisions.
  15. The Doctoral Schools provides free education.

## **Section II. The Doctoral School structure**

1. The following constitute the structure of the AWF Doctoral School:
  - 1) The Doctoral School Director

- 2) The Doctoral School Board
- 3) The Doctoral School Office.
2. The Doctoral School is headed by the Director appointed by the Rector, after consulting the Senate.
3. The Director reports directly to the Rector or a duly authorised Vice-Rector.
4. The Director presides over the Doctoral School Board.
5. The Director represents the Doctoral School.
6. Doctoral students report directly to the Director.

#### §4

As part of his/her duties, the Director will, in particular:

- 1) develop a plan of action for the Doctoral School,
- 2) organize the day-to-day operations at the Doctoral School,
- 3) create favourable conditions for provision of effective education at the Doctoral School by ensuring sufficient personnel for delivery of study programmes and Individual Research Plans,
- 4) develop and implement, in agreement with the Doctoral School Board, mechanisms supporting research activity undertaken by doctoral students,
- 5) supervise the overall functioning of the Doctoral School, including compliance and quality of the delivery of study programmes and Individual Research Plans, the quality of scientific supervision provided by the supervisor(s), the process of the Interim Assessment and the documentation of the course of education,
- 6) prepare, in cooperation with the Doctoral School Board, the self-assessment report as part of the Doctoral School's evaluation
- 7) submit to the Rector, after consulting the Doctoral School Board, proposals regarding admissions rules as well as the creation, modification, or termination of a course of education at the Doctoral School,
- 8) submit to the Rector, after consulting the Doctoral School Board and the Doctoral Students' Council, recommended amendments to the General Rules of Study
- 9) submit petitions and requests to relevant collective and single-person AWF bodies relating to the day-to-day functioning of the Doctoral School.
- 10) take decisions with regard to the Doctoral School's property and finances in the scope determined by the Rector,
- 11) take decisions in all matters relating to the Doctoral School that do not fall under the competence of other AWF bodies,
- 12) cooperate with Faculty Deans, the Doctoral Students' Council as well as the social and business environment with regard to doctoral education,
- 13) enroll doctoral students admitted to the Doctoral School,
- 14) issue, on the Rector's authority, administrative decisions refusing admission to the Doctoral School and removing [*students*] from the register of doctoral students,
- 15) issue administrative decisions relating to doctoral scholarships, on the Rector's authority,
- 16) consider objections submitted by doctoral students in all matters relating to the Doctoral School operations that do not fall under the competence of other AWF bodies,
- 17) receive and forward to the Scientific Board requests submitted by doctoral students for appointment or dismissal of (a) supervisor(s) (including



- assistant supervisor) for the period of receiving education at the Doctoral School,
- 18) approve the Individual Research Plan, after consulting it with an expert and the Doctoral School Board,
  - 19) appoint the Interim Assessment Board,
  - 20) extend the deadline for submission of the doctoral dissertation set out in the Individual Research Plan,
  - 21) suspend a doctoral student's course of education in situations detailed in the General Rules of Study,
  - 22) perform any other actions provided for in any applicable provisions of law, AWF Statute, Senate resolutions and / or Rector's orders relating to the Doctoral School's activity.

## §5

1. The Doctoral School Board is appointed by the Rector at the request of the School Director, after consulting the AWF Senate.
2. The Doctoral School Board consists of:
  - 1) the Director, who presides over the Board's activity,
  - 2) the Vice-Director, appointed by the Rector at the Director's request,
  - 3) persons holding the academic degree of *doktor habilitowany* or the title of *professor*, recommended by the Doctoral School Director, with a record of current scientific achievements in the scope of the scientific discipline (or related disciplines) that the Doctoral School provides education in,
  - 4) a representative of doctoral students pursuing a course of education at the Doctoral School, nominated by the Doctoral Students' Council in accordance with the General Rules of Study, referred to in Art. 110(6) in connection with Art. 215 of the Act.
3. The Doctoral School Board is appointed for a term of 4 years.
4. The Rector, at the request of the Doctoral School Director, dismisses member(s) of the Board before the expiry of their term.

## §6

The responsibilities of the Doctoral School Board include in particular:

- 1) reviewing Individual Research Plans,
- 2) creating and reviewing recommendations for terms of admissions to the Doctoral School,
- 3) reviewing recommended admission limits submitted by the Rector,
- 4) participating in creating and reviewing of recommended study programmes at the Doctoral School, including initiating the creation of new programmes or modifications of the existing ones,
- 5) reviewing a plan of action for the Doctoral School, submitted by the Rector,
- 6) analysing the Doctoral School ongoing performance,
- 7) preparing, in cooperation with the Director, the General Rules of Study at the Doctoral School and providing feedback on proposed amendments to these Rules of Study,
- 8) determining the principles of evaluating the progress made with the study programme and the delivery of the Individual Research Plan.
- 9) defining the expected general and specific learning outcomes for qualifications at level 8 of the Polish Qualifications Framework (PRK) that a doctoral student should achieve during their education at the Doctoral School
- 10) assessing progress made by doctoral student with regard to the study programme and the Individual Research Plan,

- 11) laying down the detailed rules for conducting the Interim Assessment,
- 12) reviewing candidates for members of the Board conducting the interim assessment of doctoral students, if the candidate is not employed by AWF,
- 13) preparing, in cooperation with the Director, a self-assessment report in Polish and English for the purpose of evaluating the quality of education,
- 14) promoting the internalization of the educational process at the Doctoral School.

### **Section III. Education at the Doctoral School**

#### **§7**

1. The Doctoral School admits persons who hold a degree of *Magister*, *Magister inżynier* or an equivalent degree or persons referred to in Art. 186(2) of the Act.
2. Candidates are admitted to the Doctoral School on a competitive basis, subject to terms and conditions developed by the Doctoral School Director in agreement with the Doctoral School Board, subject to approval by the Senate and the Rector.
3. The final results of the competition are made public.
4. Admission to the Doctoral School is effected by entering the candidate's name on the list of doctoral students.
5. Refusal to admit a candidate to the Doctoral School is effected through an administrative decision, issued by the Director. One may appeal against such a decision to the AWF Rector or a Vice-Rector, duly appointed by the Rector, in writing, requesting that the case be reconsidered, within 7 days of announcing the results of the admissions procedure.
6. One person can be a doctoral student of only one doctoral school at any one time.
7. Persons admitted to the Doctoral School commence the course of education and acquire doctoral student rights upon taking the Matriculation Oath.
8. The Matriculation Oath is defined and approved by the AWF Kraków Senate. The Oath Certificate, signed by the doctoral student, is kept in the student's personal file.
9. Upon taking the Matriculation Oath, the doctoral student will receive a doctoral student's ID card, subject to terms and conditions laid down in a relevant Rector's decree.
10. The Director may enroll as a doctoral student a person who:
  - 1) has discontinued their education at the Doctoral School after completing the first year of study as a result of removing the person from the register of doctoral students, provided that no more than 3 years have passed since the removal decision was issued and the removal was not due to a negative interim assessment or failure to submit a doctoral dissertation within the timeframe specified in the Individual Research Plan.
  - 2) has requested to be transferred from another Doctoral School, where they completed at least one year of study.
11. Any persons interested in resuming a course of education at the Doctoral School or admission to the Doctoral School through transfer from another Doctoral School must submit a written application to the School Director, that must state and include:
  - 1) the person's personal data: full name, PESEL ID or if not available, the serial number of the person's identity document and address for postal deliveries,
  - 2) information on the course of education at the Doctoral School so far, together with academic CV,

- 3) name(s) of proposed supervisor(s) indicating the discipline within the physical culture sciences which the doctoral dissertation will explore,
  - 4) statement of consent from the proposed supervisor,
  - 5) proposed Individual Research Plan satisfying the criteria prescribed in these General Rules of Study and any other provisions issued on the basis of these General Rules of Study,
  - 6) statement of reasons, including the progress made so far in preparation of the doctoral dissertation,
  - 7) notice of period of receiving a doctoral scholarship at Doctoral School and the period of receiving education at Doctoral School,
  - 8) decision removing [ *the person*] from the register of doctoral students (in cases where the course of doctoral education is to be resumed)
12. When admitting the candidate to the Doctoral School under par. 10, the Director will advise the candidate of curriculum differences to be obligatorily covered by the candidate and propose a timeline for covering such differences.
  13. Admission to the Doctoral School under par. 10 does not extend the period of education at the Doctoral School referred to in §9 (1).
  14. Doctoral students may transfer to another Doctoral School, subject to consent from the person in charge of the receiving school, provided they have fulfilled all the obligations arising from provisions in effect at the doctoral school they are leaving and submitted a written letter of resignation from continuing their course of education.

#### §8

1. The course of education provided by the Doctoral School prepares a doctoral student for the conferment of a doctoral degree.
2. Education is provided based on the study programme and the Individual Research Plan and leads to the achievement of learning outcomes for a qualification at Level 8 PRK.
3. The study programme specifies in particular:
  - 1) compulsory courses and the number of hours assigned to each course
  - 2) semester or year where courses are to be taken,
  - 3) how the course should be completed,
  - 4) the list and number of required credits and exams.
4. The Doctoral School's study programme specifies in particular:
  - 1) courses provided for all doctoral students of the Doctoral School,
  - 2) courses provided for doctoral students preparing doctoral dissertation in physical culture sciences, who have completed a course of higher education in a field that has not provided them with relevant qualifications in physical culture sciences that are required to prepare a doctoral dissertation.
  - 3) research and teaching placements.
5. A doctoral student must complete all courses and practical placements (internships) covered by the Doctoral School's curriculum.
6. A doctoral student may apply to the Director for permission to complete courses assigned to another scientific discipline in another Doctoral School. Once such a permission has been granted, all the courses indicated by the doctoral student become their compulsory courses and they must be completed by the student in order to officially complete a grading period.
7. The Director may refuse to grant the permission referred to in par. 6 if the courses indicated by the doctoral student are not linked to the Individual

Research Plan or require that the AWF Doctoral School cover additional expenses or if the doctoral student's participation in the course is not possible in practical terms. In cases where the courses are conducted by another Doctoral School, additional approval from the Director of the Doctoral School which will conduct the courses is required.

8. A course of education concludes with a submission of a doctoral dissertation together with a positive review of the supervisor(s).

## §9

1. A course of education provided by the Doctoral School for a doctoral student lasts for 8 semesters.
2. The academic year runs from 1 October to 30 September of the next calendar year.
3. An academic semester is the basic grading period at the Doctoral School.
4. A doctoral student submits, in writing, an annual report together with formal feedback from the supervisor(s) (including assistant supervisor) in accordance with the official form approved by the Doctoral School. The report must include a description of progress made with regard to the course of education and delivery of the Individual Research Plan. In order to successfully complete each year of studies the report must be approved by the Director, subject to prior consultation with the Doctoral School Board.
5. Rector, upon accepting a draft of the programme of study submitted by the School Director and obtaining feedback from the Doctoral Students' Council will submit it to the Senate, where the study programme receives a final approval.
6. The organization, schedule, and mode of completing a semester or year of study resulting from the study programme are determined by the Director based on the applicable study programmes and communicated to doctoral students prior to the commencement of the academic semester or year, subject to the academic year calendar as set out by the Rector.
7. The specific scope of requirements for a given course, including terms of completion, is determined by the academic teacher who teaches the classes and communicated to doctoral students through a syllabus at the beginning of the course.
8. Classes and final coursework assessments/exams may be conducted in a foreign language, particularly if the course teacher or doctoral students request so, within the scope and under the conditions specified by the Director.
9. Courses covered by the study programme, taught as educational classes, may be provided by individuals holding at least *doktor's* degree or its equivalent, with a current publication record within the last five years in the discipline of physical culture sciences or a related discipline.
10. A doctoral student may also pursue their education in the following modes:
  - 1) individual timetable, when justified by scientific or extraordinary reasons,
  - 2) individual study programme, when justified by scientific reasons.
11. The individual timetable referred to in section 10 (1) involves, in particular, setting out individual deadlines and the procedures for fulfilling the obligations resulting from the study programme.
12. The individual study programme, detailed terms and deadlines as well as procedure for fulfilling doctoral student's obligations, as referred to in section 10 (2), are approved by the Director, following a request submitted by the doctoral student and reviewed by the supervisor.

13. The individual study programme may be completed in a shorter time than the standard programme, provided it enables the doctoral student to achieve the learning outcomes required for qualifications at Level 8 of the Polish Qualifications Framework (PRK).
14. If a doctoral student fails to properly fulfill the individual study programme, the Director will direct the student to continue their studies in the standard mode. The Director will determine the deadlines for obtaining any missing credits and passing exams.
15. A doctoral student may resign from pursuing the individual timetable or individual study programme by submitting a relevant request to the Director.
16. The terms and procedures for completing practical placements (internships) are determined by the Director, based on the study programme and the Act.

#### § 10

1. All types of classes attended by the doctoral student for a given subject provided for in the study programme conclude with an exam or a graded assessment and are recorded in the student's education records. A doctoral student may not take the exam for a subject for which they have not previously obtained the required credits.
2. The course of education in the Doctoral School is documented, subject to section 3, in particular in:
  - 1) periodic transcripts of records, in the form of USOS data printouts,
  - 2) subject credit sheets stored in the USOS system,
  - 3) the USOS system,
  - 4) the doctoral student's personal file folder.
3. The list of doctoral students is maintained in the form of an album in the USOS system.
4. Detailed rules for documenting the course of education provided by the Doctoral School, including documentation maintained as digital records, are laid down by the Rector in Rector's orders.
5. The overall average of grades includes grades obtained in individual subjects (courses), as provided for in the study programme, granted by person(s) teaching the subject.

#### § 11

1. Within two months of commencing the course of doctoral studies, the doctoral student must submit a formal request to the Scientific Council of the University of Physical Education (AWF), through the Director, for the appointment of a supervisor or supervisors (including an assistant supervisor) under whose guidance the student will deliver the individual research plan and write the doctoral dissertation. The application must include:
  - 1) the doctoral student's personal information: first name, last name, PESEL ID, or, if not applicable, the number of an identity document,
  - 2) the name(s) of proposed supervisor or supervisors (including assistant supervisor), indicating the discipline - physical culture sciences - in which the doctoral dissertation is to be prepared,
  - 3) statement of consent from the proposed supervisor(s) to take on the role,
  - 4) reasons for the choice of supervisor(s) (including assistant supervisor).
2. After reviewing the request, the Director will forward it within two weeks of receiving the request.
3. The AWF Scientific Council appoints the supervisor or supervisors (including an assistant supervisor) within three months of the commencement of the course of

studies at the Doctoral School, and provides the relevant information to the Director and the appointed supervisor(s).

4. The Director shall inform the doctoral candidate of the appointment of the supervisor or supervisors (including an assistant supervisor).
  - 1) In duly justified cases, the doctoral student may request a change of supervisor or supervisors (including an assistant supervisor), such a request to be submitted to the Scientific Council of AWF through the Director of the School. The request must include: the doctoral candidate's personal information: first name, last name, PESEL number, or, if not applicable, the number of an identity document,
  - 2) the name(s) of proposed new supervisor or supervisors (including assistant supervisor), indicating the discipline—physical culture sciences—in which the doctoral dissertation is to be prepared,
  - 3) statement of consent from the proposed supervisor to take on the role,
  - 4) reasons for the request,
  - 5) a revised individual research plan which, if applicable, has been approved by the proposed supervisor or supervisors (including the assistant supervisor),
  - 6) an opinion from the previous supervisor, specifying the status of the doctoral dissertation as of the date of the request for a change of supervisor, unless circumstances prevent the issuance of such an opinion.
5. The Scientific Council shall inform the Director of any change of supervisor or supervisors (including assistant supervisor).

## § 12

1. The supervisor should be a senior research associate holding a postdoctoral degree of *doktor habilitowany* or higher, with experience in conducting research activity in physical culture sciences or related disciplines, as evidenced by their record of scientific achievements.
2. The role of assistant supervisor may be fulfilled by a person who holds a *doktor's* degree and has experience in conducting research activity within the discipline of physical culture sciences or related disciplines, as evidenced by their record of scientific achievements.
3. In justified cases, a person who does not meet the conditions specified in (1) may be appointed a supervisor, especially if they are employed by a foreign university or research institution, and the Doctoral School Board recognizes that this person has made substantial achievements in the problems of science that the doctoral dissertation relates to.
4. Any person who, over the period of the past 5 years, has supervised the preparation of a dissertation for at least two doctoral candidates whose dissertations, prepared under this person's supervision, failed to receive positive reviews, may not be appointed as a supervisor.
5. The supervisor or supervisors (including the assistant supervisor):
  - 1) conduct doctoral seminars,
  - 2) support doctoral students in their independent research work,
  - 3) provide direct scientific supervision for doctoral students,
  - 4) establish with doctoral students their Individual Research Plans and oversee how these Plans are delivered,
  - 5) provide direction and guidance for the doctoral student's research development track, in particular by: a) holding regular consultations with the

- doctoral students under their supervision, b) providing content-related assistance in the implementation of scheduled research activity and the preparation of the doctoral dissertation,
- 6) assess the doctoral student's research development track by producing a written opinion submitted to the Director each semester, subject to deadlines set out in these General Rules of Study,
  - 7) review all applications and requests submitted by doctoral students regarding the course of their studies, including, in particular, applications for conferences and research placements,
  - 8) notify the Director of the lack of progress made by the doctoral student in the delivery of their Individual Research Plan and request that such doctoral students be disenrolled,
  - 9) perform other tasks specified in separate regulations.
6. The supervisor or supervisors (including the assistant supervisor) jointly fulfill the duties mentioned in par. 5.3. Whenever the supervisor is on academic leave, health leave, or if other circumstances prevent them from properly supervising the doctoral student, the Director will request the appointment of a new supervisor by the Scientific Council.
  7. The supervisor (or supervisors) may request that the Doctoral School Director remove a doctoral student from the register of Doctoral School students if the student fails to fulfill their duties.
  8. Doctoral supervision is subject to evaluation during the doctoral student's interim assessment.

### § 13

1. The Doctoral School Board shall develop guidelines for the preparation of Individual Research Plans within the discipline of Physical Culture Sciences immediately after the commencement of doctoral instruction.
2. The doctoral student, in consultation with their supervisor(s), prepares a draft of their Individual Research Plan within the discipline of Physical Culture Sciences, in accordance with the guidelines referred to in paragraph 1, which include, in particular:
  - 1) A timeline for the completion of the doctoral dissertation,
  - 2) The planned date of publication of:
    - a) a scientific article published in a scientific journal or in peer-reviewed proceedings of an international conference, which, in the year of the article's final publication, were included in the list compiled in accordance with the regulations issued pursuant to Article 267, paragraph 2, item 2(b) of the Act, or
    - b) a scientific monograph published by a publisher that, in the year of the monograph's final publication, was included in the list compiled in accordance with the regulations issued pursuant to Article 267, paragraph 2, item 2(a) of the Act, or a chapter in such a monograph,
  - 3) The deadline for submitting the doctoral dissertation.
3. The doctoral student shall submit the draft of their Individual Research Plan to the Director before the end of the first semester of doctoral training.
4. Failure to submit the draft of the Individual Research Plan within the prescribed deadline may result in the student being removed from the register of doctoral students.

5. Within 30 days of the submission of the draft of the Individual Research Plan by the doctoral student, the Director, after consulting the Doctoral School Board, may:
  - 1) approve the submitted draft of the Individual Research Plan,
  - 2) return the draft of the Individual Research Plan to the doctoral student and supervisor(s) for revision, indicating the parts to be amended or relevant omissions.
6. Within 21 days of receiving the returned draft of the Individual Research Plan, the doctoral candidate and supervisor(s) submit the revised draft of the Individual Research Plan to the Director for approval.
7. Within 14 days of the submission of the revised draft of the Individual Research Plan by the doctoral candidate, the Director, after again consulting the Doctoral School Board, may:
  - 1) approve the submitted draft of the Individual Research Plan,
  - 2) refuse to approve the draft of the Individual Research Plan, which may result in the doctoral student being removed from the register of doctoral candidates.
8. The decision issued by the Director, referred to in par. 5 and 7 (2), may be appealed by submitting to the Rector or a designated Vice-Rector a request for reassessment of the case.
9. Once approved by the Director, the Individual Research Plan becomes the Individual Research Plan within the meaning of the Act.

#### § 14

1. Doctoral students are evaluated on the basis of a semester and annual assessment, which itself is based on:
  - 1) the successful completion of the programme courses at the doctoral school,
  - 2) the evaluation of progress made with the Individual Research Plan based on a submitted report,
  - 3) the evaluation of teaching and research placements completed,
  - 4) the evaluation of the record of scientific achievements related to the subject of the doctoral dissertation, and
  - 5) the interim assessment referred to in the Act.
2. The delivery of the Individual Research Plan is subject to the interim assessment, conducted halfway through the period of education specified in the study programme.
3. The interim assessment is conducted on a pass or fail basis and the Assessment Board adopts the final assessment result by a majority vote.
4. The result of the assessment, along with the statement of reasons, is public.
5. If the interim assessment gains a pass outcome, the Committee may provide recommendations regarding further delivery of the Individual Research Plan.
6. A “fail” outcome of the interim assessment results in the student being removed from the register of doctoral students.
7. A decision removing a doctoral student, issued by the Director, may be appealed through a request for reconsideration of the case, which must be submitted to the Rector or a designated Vice-Rector, within 14 days of the removal.

#### § 15

1. The interim assessment is conducted by the Evaluation Board appointed by the Director, consisting of 3 members, including:



- 1) one person holding a postdoctoral title of *doktor habilitowany* or *profesor* in the discipline in which the doctoral dissertation has been written, employed outside the entity running the Doctoral School (including foreign entities), who has been approved by the Doctoral School Board,
  - 2) two persons holding a postdoctoral title of *doktor habilitowany* or *profesor* in the discipline in which the doctoral dissertation has been written or in related disciplines, employed by the University of Physical Education in Krakow.
2. The doctoral student's supervisor(s) may not be member(s) of the Board in charge of the interim assessment for a doctoral student who is under their supervision.
  3. At the request of a doctoral student undergoing evaluation, submitted no later than 7 days before the interim assessment date, a representative of the doctoral students' community may participate in the Board's sessions as an observer without voting power.
  4. A person may not be appointed a member of the Board if, within the last 5 years:
    - 1) they provided supervision for 4 doctoral students who were subsequently removed from the register of doctoral students due to their failed interim assessment or
    - 2) they supervised the preparation of a dissertation by at least 2 individuals pursuing a doctoral degree who subsequently failed to receive positive reviews, as referred to in Article 191(1).
  5. The evaluation of supervision is based on the assessment of how the supervisor delivered their tasks listed in § 12(5).
  6. The evaluation of progress made with the Individual Research Plan, delivered as an oral presentation and discussion of the achieved outcomes before the Board, include the assessment of:
    - 1) the correctness of the goal and the methodology adopted for the dissertation,
    - 2) the progress made with the doctoral dissertation,
    - 3) the compliance of the [doctoral dissertation's] delivery with the approved schedule (including identification of discrepancies from the initial assumptions that arose during the course of work),
    - 4) the list of the doctoral student's most significant scientific achievements since the commencement of their course of study at the Doctoral School.
  7. The Evaluation Board submits reports detailing the course and the outcome of the doctoral student's evaluation procedure as well as the evaluation of doctoral supervision to the Doctoral School Director.

#### § 16

The Doctoral School Board shall determine detailed rules for conducting the interim assessment immediately after the commencement of the doctoral instruction.

### Section IV: Coursework assessment and exams

#### § 17

1. The following grades are applied for coursework assessment and exams:
  - very good 5.0
  - good plus 4.5
  - good 4.0
  - satisfactory plus 3.5
  - satisfactory 3.0
  - unsatisfactory 2.0
  - pass (zal.)

- fail (nzal.)
- 2. Exams and assessments are held at the premises of the University of Physical Education (AWF).
- 3. Exams and assessments may be held outside the AWF premises, particularly for reasons relating to the doctoral student's health status or practical reasons related to the specific nature of the study programme.

## § 18

1. The exam or coursework assessment for a subject covered by the study programme takes place during the examination season. The exam dates are set by the examiner in agreement with doctoral students, subject to Director's approval. The schedule of exams and assessments must be announced to the doctoral students no later than two weeks before the start of the examination season.
2. Sign language interpreters and assistants for students with disabilities may participate in exams and assessments. Assistants supporting doctoral students with disabilities must hold the Director's consent to participate in any exams or assessments. The course teacher has the right to refuse participation of a doctoral student's assistant in the exam or assessment if the assistant is a professional or expert in the subject in which the doctoral student is taking the exam or assessment.
3. In justified cases, doctoral students with disabilities may, no later than 7 days before the start of the examination season, request that:
  - 1) the exam or assessment dates be adjusted to their needs, subject to prior notification to the examiner,
  - 2) the form of the exam or assessment be changed from written to oral or vice versa,
  - 3) the exam or assessment sheet be delivered to them in a format adapted to the degree of disability (e.g., enlarged text for visually impaired students), subject to prior notification of such a need.
4. In order to pass a subject, the doctoral student must attend the classes provided for in the study programme, obtain passing grades for tasks and/or assignments covered by those classes, and pass the exam or assessment in accordance with the study programme.
5. Doctoral students who have obtained the 'fail' grade in an exam or assessment have the right to retake an exam or assessment for each subject covered by the School's curriculum.
6. A retake exam or assessment cannot take place earlier than 7 days after the date of the first exam or assessment.
7. Failure to attend an exam or assessment on the scheduled date without justification will result in the Director entering the "fail" grade accordingly.
8. In justified cases, the Director may extend the exam/assessment deadline for a doctoral student who did not take the exam/assessment according to the schedule. The application for deadline extension must be submitted within 7 days of the date on which the reason for missing the exam/assessment expired.

## § 19

1. At the request of a doctoral student who has complained about examiner's bias or the manner in which the exam/assessment was administered, the Director

may order a board-supervised evaluation of the student's knowledge and skills. A request for a board-supervised assessment or exam may also be submitted by the teacher of a given subject.

2. The request for a board-supervised evaluation of [*doctoral student's*] knowledge and skills should be submitted within 3 days from the date of the first assessment or exam attempt.
3. The board-supervised assessment or exam will be held within 10 days of the request submission.
4. The board-supervised assessment or exam is conducted before a committee consisting of:
  - 1) the Director acting as the chair,
  - 2) the examiner who conducted the previous exam or the person who issued the assessment grade,
  - 3) a second specialist in the field covered by the exam or assessment, or a specialist in a related subject appointed by the Director.
5. The grade agreed on by the Board for the assessment/exam is final.

## § 20

1. No later than 7 days before the end of the year, doctoral students are required to submit to the Director a report on the progress in delivering their Individual Research Plans, which must be reviewed by their supervisor(s) (including any co-supervisors).
2. The Director grants credit for the reporting period based on data from the USOS system and the reports mentioned in par. 1.
3. For reasons beyond anybody's reasonable control or for academic reasons, the Director may postpone the execution of some of the duties outlined in the study programme until the next semester or academic year, specifying the deadline for their execution.
4. In order to successfully complete a reporting period, the doctoral student needs to fulfil all the requirements of the study programme and receive positive feedback from the supervisor on the progress made in delivering the Individual Research Plan.

## §21

1. The removal of a doctoral student from the register of doctoral students is executed through an administrative decision issued by the Director.
2. A request for reconsideration of the case may be submitted to the Rector or a Vice-Rector appointed by the Rector in response to the decision on removal of a doctoral student.
3. The Director removes a doctoral student from the register of doctoral students in the following cases:
  - 1) The doctoral student has failed interim assessment,
  - 2) The doctoral student has failed to submit the doctoral dissertation within the deadline specified in the Individual Research Plan,
  - 3) The doctoral student has resigned from the programme,
  - 4) The doctoral student has failed to commence the course of study
  - 5) The doctoral student has violated the prohibition to study at more than one doctoral school
  - 6) The doctoral student has been expelled from the School as a final and non-appealable disciplinary measure.

4. Resignation from the course of education at the Doctoral School must be submitted in writing to the Director.
5. A doctoral student may be removed from the register of doctoral students in the following cases:
  - 1) Failure to undertake the course of study,
  - 2) Failure to submit an application for the appointment of a supervisor,
  - 3) Failure to submit an Individual Research Plan,
  - 4) Non-acceptance of the Individual Research Plan,
  - 5) Failure to pass a semester/year,
  - 6) Unsatisfactory progress in preparing the doctoral dissertation,
  - 7) Failure to deliver the Individual Research Plan,
  - 8) Failure to fulfill programme requirements, particularly through:
    - a) unauthorised absence from the classes covered by the curriculum,
    - b) failure to take required exams or assessments,
  - 9) Failure to fulfill obligations set out in the General Rules of Study.
6. The Director confirms the fact of a person's failing to undertake a course of study at the Doctoral School in cases where the person enrolled on the register of doctoral students fails to meet at least one of the following conditions:
  - 1) failure to take the Matriculation Oath within one month of the commencement of the course of education,
  - 2) unauthorised absence from classes for more than one month after the commencement of the course of education.
8. The person conducting the classes is obliged to notify the Director of the doctoral student's absence from classes.
9. A person removed from the register of doctoral students is required to take all necessary actions to settle the clearance form [karta obiegowa] and to return the doctoral student's ID card held.

## **Section V: Extension and suspension of the course of study**

### **§ 22**

1. At the request of the doctoral student, the Director, after consulting the supervisor or supervisors (including the assistant supervisor), may extend the deadline for submitting the doctoral dissertation specified in the Individual Research Plan, for a period of no more than 2 years in total, in the case of:
  - 1) the need to conduct long-term scientific research based on the Individual Research Plan. In order to request an extension of the deadline for submission of doctoral dissertation, the doctoral student must have effected publications referred to in § 13, sec. 2, item 2a,
  - 2) temporary inability to continue education due to illness, based on a medical certificate indicating the period during which the student is unable to pursue their course of education,
  - 3) the need to provide personal care for a sick family member, documented by a medical certificate indicating the period during which the family member is unable to function independently and requires care,
  - 4) holding a disability certificate,
  - 5) the need to provide personal care for a child up to 4 years of age or a child holding a disability certificate.
2. The application for extension of the deadline for submission of the doctoral dissertation must include:
  - 1) the doctoral student's personal data: first name, last name, PESEL ID number, and in its absence, an identity document number,

- 2) statement of reasons, along with an expected deadline for submission of the doctoral dissertation, approved by the supervisor or supervisors (including the assistant supervisor).
3. The following must be attached to the application:
  - 1) the opinion of the supervisor or supervisors (including the assistant supervisor) in the case referred to in par. 1 (1),
  - 2) the updated Individual Research Plan,
  - 3) a medical certificate in the case referred to in par. 1, (2) or (3).
4. A doctoral student applying for an extension of the deadline for submission of the doctoral dissertation must submit the application no later than 30 days before the deadline specified in the Individual Research Plan.

### § 23

1. At the request of the doctoral student, the Director suspends the student's course of education at the Doctoral School for a period corresponding to the duration of:
  - 1) maternity leave,
  - 2) maternity-type leave,
  - 3) paternity leave and parental leave as specified in the Act of 26 June 1974 – the Labour Code (Journal of Laws of 2023, item 1465),
2. During the period of suspension the doctoral student remains entitled to doctoral scholarship. The amount of doctoral scholarship is calculated based on relevant provisions regarding the calculation of maternity benefits. However, the basis for calculating the benefit amount should be understood as the monthly amount of doctoral scholarship available on the day of submitting the suspension request.
3. At the request of the doctoral student, the Director may submit the course of education, especially in the following situations:
  - 1) participation in research visits, these being especially research internships lasting over 5 months,
  - 2) temporary lack of fitness to pursue education due to illness,
  - 3) need to provide care for an ill family member or a child under 4 years or a holder of a disability certificate,
  - 4) other reasons.
4. During the period of suspension referred to in par. 3, the doctoral student's entitlement to doctoral scholarship will not be suspended. However, the period during which the doctoral student will receive the doctoral scholarship must not be longer than 4 years.
5. During the period of suspension of the course of education any deadlines specified in the Individual Research Plan are frozen.
6. The total length of period of suspension of the course of education must not exceed one year.

## **Section VI. Rights and obligations of doctoral students**

### § 24

1. A person registered as a doctoral student begins their course of education and acquires the rights of a doctoral student upon taking the Matriculation Oath.
2. The doctoral student receives a doctoral scholarship under the terms specified in the Act.
3. The Director issues a decision awarding the doctoral scholarship and specifies its amount in accordance with the legal acts referred to in § 2 par. 1.

4. A doctoral student holding a disability certificate, a degree of disability certificate or a certificate referred to in Art. 5 and 62 of the Professional and Social Rehabilitation and Employment of Persons with Disabilities Act of 27 August 1997 will receive a 30% increase on the doctoral scholarship paid to them.
5. The Rector, subject to prior approval from the Director, may increase the amount of the doctoral scholarship beyond the minimum specified in the Act, and may condition its award on the doctoral student's achievements, with each doctoral student receiving a scholarship in the minimum amount as set out in the legal acts referred to in § 2 par. 1.
6. The doctoral scholarship is paid monthly, no later than the 25<sup>th</sup> day of each month. In particularly justified cases, this deadline may be extended until the end of the month.
7. A doctoral student loses its doctoral student status:
  - 1) on the day the doctoral dissertation is submitted within the deadline specified in the Individual Research Plan,
  - 2) on the day the doctoral dissertation is submitted within the deadline specified in the decision issued in accordance with § 22,
  - 3) as a result of the Director's final and non-appealable decision to remove the student from the register of doctoral students.
7. The doctoral scholarship entitlement expires on the first day of the month following the month in which the doctoral student status was terminated or upon expiry of the period specified in Article 209 par. 2 of the Act.

#### § 25

1. Under applicable regulations, a doctoral student is entitled in particular to:
  - 1) acquire knowledge and develop their own interests, and to use for this purpose the teaching facilities, equipment, and resources of the entities running the doctoral school,
  - 2) participate in scientific and research activities, including projects, conferences, and scientific seminars,
  - 3) apply for a student loan under the terms specified in the Act,
  - 4) apply for accommodation to be provided by the AWF student residence under the terms set out in the Rector's order,
  - 5) apply for accommodation for a spouse or child to be provided by the AWF student residence under the terms set out in the Rector's ordinance,
  - 6) apply for scholarships funded by local government units under the terms specified in the Act,
  - 7) apply for scientific scholarships funded by an individual or a legal entity other than a state-owned or local government legal entity, under the terms specified in the Act,
  - 8) apply for the Ministry scholarship for outstanding young scientists under the terms specified in the Act,
  - 9) benefit from discount schemes on public transportation fares, provided that the local government unit operates such discount schemes under the terms specified in the Act,
  - 10) associate in doctoral organisations and associations at AWF under the terms specified in the Act,
  - 11) actively participate in the Doctoral Students' Council under the terms specified in the Act,
  - 12) co-participate in the decisions of AWF's collective bodies through representatives of the doctoral students' council who are members of these bodies under the terms specified in the Act and the AWF Statute,

- 13) for students receiving a doctoral scholarship: to national social, retirement, disability, and accident insurance cover in accordance with the Act of July 3, 2018 – Provisions Introducing the Law on Higher Education and Science (Journal of Laws of 2018, item 1669, as amended),
  - 14) national health insurance cover in accordance with the Act of July 3, 2018 – Provisions Introducing the Law on Higher Education and Science (Journal of Laws of 2018, item 1669, as amended),
  - 15) holiday breaks not exceeding 8 weeks per year, to be taken during the inter-semester break,
  - 16) submit to the AWF authorities proposals concerning study programmes and matters related to the teaching process through their representatives in the doctoral students' council.
2. The Director may, at the request of the doctoral student, finance or co-finance part of the costs to be reasonably incurred in particular for the implementation of:
    - 1) participation in a scientific conference,
    - 2) scientific research,
    - 3) publications,
    - 4) research trips.

#### § 26

1. A doctoral student, with the consent of the Director, subject to approval from the supervisor or supervisors (including the assistant supervisor), may undertake domestic and international research and teaching placements (as part of their course of education) as well as conduct research at domestic or foreign research institutions. The duration of the placement or research is counted towards the period of education at the Doctoral School.
2. For a doctoral student participating in a placement lasting more than one month, the Director will set individual deadlines for fulfilling the obligations arising from the curriculum.
3. If it is required that research related to the preparation of the doctoral dissertation be conducted outside the premises of the entities operating the Doctoral School, the Director may exempt the doctoral student from the obligation to attend classes covered by the curriculum for the duration of the research and set a new deadline for completing the required classes.

#### § 27

1. A doctoral student, with the consent of the Director, subject to approval from the supervisor or supervisors, may complete part of their course of education through national or international exchange programmes.
2. Before leaving for another university or establishment providing doctoral education, the doctoral student shall agree with the Director on the curriculum and the terms under which the semester or academic year will be completed.
3. Based on a document attesting the completion of courses along with a list of grades, the Director will recognize the period of education completed by the doctoral student.
4. The Doctoral School Director approves courses completed outside the Doctoral School based on a written document confirming the achievement of equivalent learning outcomes and the grades obtained [by the doctoral student].
5. The achieved outcomes are taken into account when calculating the average grade for the semester/year.

## § 28

1. Doctoral students with disabilities are entitled to request that the organization of their education be adapted to account for their type of disability.
2. Adaptations in the organization of education to meet the special needs of persons with disabilities may include:
  - 1) Supporting doctoral students with formalities related to the individualization of the educational process based on their individual needs;
  - 2) Assisting doctoral students in ensuring proper conditions for the delivery of their Individual Research Plan;
  - 3) Modifying the manner of delivering classes to accommodate the individual needs of doctoral students, as required;
  - 4) Changing the dates and forms of assessments and examinations;
  - 5) Adapting educational materials to the individual needs of the doctoral student (educational material adaptation services);
  - 6) Using technological solutions that support the learning process;
  - 7) Support provided by the Rector's Representative for Persons with Disabilities;
  - 8) Assistance provided by an educational assistant, offering support in the teaching-learning and/or research process.

## § 29

1. It is a doctoral student's duty to realize the full potential of educational opportunities provided by the Doctoral School and adhere to the General Rules of Study at the School, which involves, in particular:
  - 1) diligently and conscientiously following the study programme and the Individual Research Plan,
  - 2) attending the classes specified in the study programme,
  - 3) passing exams and obtaining credits within prescribed deadlines, as well as fulfilling other obligations provided for in the study programme and General Rules of Study, submitting annual reports on the delivery of the Individual Research Plan,
  - 4) demonstrating scientific achievements related to their course of education at the Doctoral School for the purpose of evaluating [the person's] research activity, including demonstrating the AWF affiliation in publications, in accordance with the location of the delivery of the Individual Research Plan,
  - 5) observing the Matriculation Oath,
  - 6) complying with regulations in force at AWF and protecting the good name of the University,
  - 7) respecting social and community norms,
  - 8) reading the Doctoral Student's Code of Ethics developed by the Doctoral Students' Council,
  - 9) submitting relevant medical certificates confirming lack of contraindications to undertake the study programme,
  - 10) checking obtained grades in the student's account in the University Student Service System (USOS),
  - 11) holding an electronic researcher identifier compliant with international standards (ORCID),



- 12) immediately informing the Director, in writing, about undertaking employment as an academic teacher or senior research associate and detailing the scope of such employment,
  - 13) immediately informing the Director in writing about undertaking a course of education at another entity operating a Doctoral School,
  - 14) verifying the doctoral dissertation using a unified anti-plagiarism system.
2. The doctoral student must immediately notify the Director of any change of surname, correspondence address, or email address. Failure to notify the Director of these changes results in any letters and notifications sent to the last provided address being deemed to be duly served.
  3. A doctoral student registered for health insurance by the Doctoral School is obliged to immediately notify the Doctoral School Office of any change in the basis for health insurance, such as when the student starts employment, performs work under a service contract, or acquires the status of a family member of an insured person.

#### § 30

1. A doctoral student is subject to disciplinary liability for violations of the regulations in force at AWF, as well as for any misconduct deemed unbecoming to a doctoral student.
2. A doctoral student cannot be penalized for the same act by both the Rector and the Disciplinary Committee.
3. Disciplinary penalties include:
  - 1) admonition,
  - 2) reprimand,
  - 3) reprimand with a warning,
  - 4) suspension of specific doctoral student rights for a period of up to one year,
  - 5) removal from the register of doctoral students.
4. The Disciplinary Committee resolves the matter of the doctoral student in accordance with the provisions contained in the AWF statute.
5. Disciplinary liability of doctoral students is governed by the provisions of Article 307(2), Articles 308-320, and the regulations issued under Article 321 of the Act.

### Section VII. Final Provisions

#### § 31

1. The General Rules of Study at the Doctoral School come into force at the beginning of the 2019/2020 academic year, with the Director and the Doctoral School Board fulfilling the tasks specified in these General Rules of Study so as to ensure that the provision of education may commence on 1 October 2019.
2. In matters not regulated by these General Rules of Study, decisions are made by the Rector or a Vice-Rector authorized by the Rector, after obtaining the opinion of the Doctoral School Director.
3. Decisions specified in these General Rules of Study concerning individual cases of doctoral students supervised by the Director, which fall under the competencies of the Director, will be made by the Vice-Director

Head of Senate  
Prof. dr hab. Andrzej KLIMEK

[Oblong stamp: „ UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, DOCTORAL SCHOOL”, address]

Kraków, 26 June 2020

**Decision of the Doctoral School Director appointing the Admissions Board at  
the AWF Doctoral School of Physical Culture Sciences in Kraków**

Pursuant to items 2 and 3 of the General Rules of Admission for Candidates for the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the year 2020/2021 as adopted by the Senate of the University of Physical Education in Kraków on 25 June 2020 I hereby appoint the Admissions Board composed of:

Wiesław Chwała, Associate Prof., Dr hab. – President

Anna Ścisłowska-Czarnecka, Associate Prof., Dr hab. – Member

Elżbieta Mirek, Associate Prof., Dr hab. – Member

Barbara Frączek, Associate Prof., Dr hab. – Member

Wiesław Alejziak, Associate Prof., Dr hab. – Member

[*Oblong stamp*: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Wiesław Chwała, Dr hab.”] [*Signature*]

[Oblong stamp: „UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, DOCTORAL SCHOOL”, address]

Kraków, 22.06.2021

**Decision of the Doctoral School Director appointing the Admissions Board at  
the AWF Doctoral School of Physical Culture Sciences in Kraków**

Pursuant to items 2 and 3 of the General Rules of Admission (AWF Rector's Order no. 13/2012 of 15.04.2021) I hereby appoint the Admissions Board composed of:

1. President - Barbara Frączek, Associate Prof., Dr hab.
2. Deputy President - Anna Ścisłowska-Czarnecka, Associate Prof., Dr hab.
3. Member - Wiesław Alejziak, Associate Prof., Dr
4. Member – Wanda Forczek – Karkosz, Associate Prof., Dr hab.
5. Member - Elżbieta Mirek, Associate Prof., Dr

[*Oblong stamp: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”*] [*Signature per proxy*]

Cc:

AWF Kraków Rector – Andrzej Klimek, Prof., Dr hab.

AWF Kraków Vice-Rector for Student Affairs – Michał Śpieszny, Associate Prof., Dr hab.

[*Date: 23.06.2021 and a signature added in handwriting*]

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW

DOCTORAL SCHOOL OF PHYSICAL CULTURE SCIENCES IN KRAKÓW

[Address and phone number]

SSD.1-424/2022

Kraków, 3 June 2022

**Decision of the Doctoral School Director appointing the Admissions Board at  
the AWF Doctoral School of Physical Culture Sciences in Kraków**

Pursuant to items 2 and 3 of the General Rules of Admission for Candidates for the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the year 2022/2023 (Resolution no. 6/II/2022 of the Senate of the University of Physical Education in Kraków adopted during the Session held on 24 March 2022) I hereby appoint the Admissions Board composed of:

1. President - Barbara Frączek, Associate Prof., Dr hab.
2. Deputy President - Anna Ścisłowska-Czarnecka, Associate Prof., Dr hab.
3. Member - Wiesław Alejziak, Associate Prof., Dr
4. Member – Wanda Forczek – Karkosz, Associate Prof., Dr hab.
5. Member - Elżbieta Mirek, Associate Prof., Dr.

[*Oblong stamp: " DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor"*] [*Signature per proxy*]

Cc:

AWF Kraków Rector – Andrzej Klimek, Prof., Dr hab.

AWF Kraków Vice-Rector for Student Affairs – Michał Śpieszny, Associate Prof., Dr hab.

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW

DOCTORAL SCHOOL OF PHYSICAL CULTURE SCIENCES IN KRAKÓW

[Address and phone number]

Kraków, 25 June 2023

**Decision of the Doctoral School Director appointing the Admissions Board at Szkoła  
Doktorska Nauk o Kulturze Fizycznej AWF w Krakowie**

Pursuant to items 2 and 3 of the General Rules of Admission for Candidates for the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the year 2023/2024 (Resolution no. 10/II/2023 of the Senate of the University of Physical Education in Kraków adopted during the Session held on 23 February 2023) I hereby appoint the Admissions Board composed of:

1. President - Barbara Frączek, Associate Prof., Dr hab
2. Deputy President - Anna Ścisłowska-Czarnecka, Associate Prof., Dr hab.
3. Member - Wiesław Alejziak, Associate Prof., Dr
4. Member – Wanda Forczek – Karkosz, Associate Prof., Dr hab.
5. Member - Elżbieta Mirek, Associate Prof., Dr.

[*Oblong stamp: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”*] [*Signature per proxy*]

Cc:

AWF Kraków Rector – Andrzej Klimek, Prof., Dr hab.

AWF Kraków Vice-Rector for Student Affairs – Michał Śpieszny, Associate Prof., Dr hab.

UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW

DOCTORAL SCHOOL OF PHYSICAL CULTURE SCIENCES IN KRAKÓW

[Address and phone number]

Kraków, 26 June 2024

**Decision of the Doctoral School Director appointing the Admissions Board at  
the AWF Doctoral School of Physical Culture Sciences in Kraków**

Pursuant to items 2 and 3 of the General Rules of Admission for Candidates for the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków in the year 2024/2025 (Resolution no. 5/II/2024 of the Senate of the the University of Physical Education in Kraków adopted during the Session held on 1 February 2024) I hereby appoint the Admissions Board composed of:

1. President - Barbara Frączek, Associate Prof., Dr hab.
2. Deputy President - Anna Ścisłowska-Czarnecka, Associate Prof., Dr hab.
3. Member - Wiesław Alejziak, Associate Prof., Dr
4. Member – Wanda Forczek – Karkosz, Associate Prof., Dr hab.
5. Member - Elżbieta Mirek, Associate Prof., Dr

[*Oblong stamp: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”*] [*Signature per proxy*]

Cc:

AWF Kraków Rector – Andrzej Klimek, Prof., Dr hab.

AWF Kraków Vice-Rector for Student Affairs – Michał Śpieszny, Associate Prof., Dr hab.

## ORDINANCE No. 31/2019

of the Rector of Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow dated 3 October 2019 on ways to help students with disabilities at Akademia Wychowania Fizycznego w Krakowie [University of Physical Education in Krakow]

Pursuant to Article 23 (1) and (2)(2) and Article 34 of the *Higher Education and Science Law Act* of 20 July 2018 (consolidated text in Journal of Laws of 2018, item 1668 as amended), I hereby order as follows:

### §1

The following rules are implemented to improve and enable the use of educational services at Akademia Wychowania Fizycznego w Krakowie [University of Physical Education in Krakow] for candidates and students with disabilities:

**1. I appoint the Rector's Representative for Disabled Persons whose responsibilities shall include:**

- 1) representing the interests of students and doctoral students with disabilities before the University's bodies, the academic community and external entities;
- 2) providing assistance in regard to the ongoing issues of students and doctoral students with disabilities,
- 3) taking actions to promote the perception and the right treatment of students and doctoral students with disabilities,
- 4) helping organisational units in solving issues relating to the functioning of students and doctoral students with disabilities at the University.

The Representative may also take other actions both to support and provide active help to the disabled members of the academic community, where such actions may arise from the tasks and plans implemented.

**2. The following persons shall have the right to use the services provided by the Representative:**

- 1) candidates and students/doctoral students within disabilities within the meaning of the *Vocational and Social Rehabilitation and Employment of Disabled Persons Act* of 27 August 1997 (consolidated text in Journal of Laws of 2019, item 1172 as amended),
- 2) students/doctoral students who are chronically ill or unable to fully participate in the classes on a standard basis, but who do not have a certificate on disability degree and persons whose inability to fully participate in the classes is caused by a sudden illness or loss of capacity as a result of an accident, but the nature of that disability is temporary.

**3. Assistance at all stages of education:**

**1) Recruitment of candidates with disabilities**

The terms and conditions of recruitment and the recruitment procedure at AWF shall be set out in the Rector's ordinance for a given year. Candidates who are persons with disabilities shall be subject to the same recruitment conditions and recruitment procedures as the other candidates applying for admission to the university. Where a candidate who is a person with disability is unable to register in the electronic recruitment system online, he or she should personally report to the Recruitment Committee so that an assisting person (a Committee employee) registers him or her in the recruitment system.

**2) Conducting an educational process adapted to students with disability**

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Students with a physical impairment who have various issues related to hearing, vision, mobility or other (e.g. metabolic- or endocrinological ones), which affect their ability to various degrees or which limit their ability to study, may take advantage of help in the following scope:

- a) accommodating for the type of disability at the infrastructure location, including the classrooms (e.g. in case of students who are wheelchair users, classes are scheduled in classrooms that are the easiest to access in architectural terms);
- b) deaf or hard of hearing people shall pursue their studies in a manner that makes reception of verbal communication as easy as possible (a guaranteed seat right next to [sic] the instructor in a lecture room/classroom) and/or that facilitates assimilation of the lecture content by providing the materials. A similar procedure is applicable to visually impaired people;
- c) students shall use the electronic information and education resources of the library in the library rooms which are accessible to people with a physical impairment. Resources are accessible to students with disabilities thanks to the IBUK Libra e-book platform, access to the databases on the EBSCO platform from home computers, as well as free-of-charge electronic copies (scanned images) of printed documents with an option of e-mailing them to the student's e-mail address. A work station was created in the *Informatorium* for students with disabilities. It is equipped in a computer set with a 22-inch LED monitor with a large key Magic Keyboard for persons with a visual disfunction, with a Big Track mouse for people with a mobility disfunction; Magic Plus screen magnifier with speech support, and a scanner with OCR software for character recognition. The procedure governing services to students with disabilities has been described on the library's website;
- d) in case of particular difficulties with full participation in the educational process, the student, the Representative and the instructor acting together used to find a solution to a specific case (e.g. an individual form of classes or assignment).

Verification of the learning outcomes shall be adjusted upon the students' request to their individual needs. There is an option of individual meetings with the instructor to get a course credit or pass an exam. The instructor shall select the form of exam in consultation with the student. Sample exam forms: reading questions out loud; changing an oral exam to a written exam or vice versa, and large-print tests. During verification of learning outcomes (interim- or cumulative assignments), students with disabilities may use equipment adapted to their needs.

Students with disabilities may seek assistance of the Representative or of the Dean in each case.

**3) Social support for students with disabilities** In keeping with the *"Rules for determining the amount, awarding and paying out financial assistance benefits to students at full-time and part-time programmes and doctoral students at Akademia Wychowania Fizycznego w Krakowie"*, students may apply for a need-based grant or a rector's scholarship (for the best students). In addition, students who have a certificate of disability may apply for a special grant for disabled people.

Information regarding financial assistance (rules, template application forms, template statements) is available on the University's website. A grant for disabled people shall be awarded to students who have a certificate of disability for 9 months (that is, for the duration of educational classes during an academic year). A hard copy of the documents required



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needs to be submitted at *Dział Nauczania i Spraw Socjalno-Bytowych Studentów* [*Teaching and Student Social and Housing Affairs Section*] which is located in rooms that are accessible to disabled people (entry with a lift from the university's main hall).

#### **4. Notification procedure.**

The up-to-date information for students with disabilities is available on the University's website in the tab: *Dla Studentów/Pełnomocnik ds. Osób Niepełnosprawnych* [*For Students/Representative for Disabled People*].

[*Facsimile of an illegible signature*]

RECTOR

Aleksander Tyka, Prof., Dr Hab.

[*Facsimile of a green stamp and an illegible signature*]

Advocate Maciej Skotnicki

## ORDINANCE No. 8/2024

of the Rector of Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow dated 25 March 2024 on the implementation of the Rules of awarding support and managing funds from the institutional subsidy for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at the University, at Szkoła Doktorska Nauk o Kulturze Fizycznej [the Doctoral School for Physical Culture Sciences], education at the University and at the Doctoral School or conducting research work, effective at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow [University of Physical Education in Krakow]

Pursuant to Article 23 (1) and Article 365(6) of the *Higher Education and Science Law* Act of 20 July 2018 (consolidated text in Journal of Laws of 2023, item 742 as amended), I hereby order as follows:

### § 1

I hereby implement the “*Rules of awarding support and managing funds from the institutional subsidy for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at the University, at Szkoła Doktorska Nauk o Kulturze Fizycznej [the Doctoral School for Physical Culture Sciences], education at the University and at the Doctoral School or conducting research work, effective at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow [University of Physical Education in Krakow]*”, which are enclosed herewith as Enclosure No. 1.

### § 2

This Ordinance shall enter into force as of the announcement date.

RECTOR

(-) Andrzej KLIMEK, Prof., Dr Hab.

## RULES

**of awarding support and managing funds from the institutional subsidy for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at the University, at Szkoła Doktorska Nauk o Kulturze Fizycznej [the Doctoral School for Physical Culture Sciences], education at the University and at the Doctoral School or conducting research work, effective at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow [University of Physical Education in Krakow]**

### § 1

The terms used herein shall have the following meaning:

1. University – Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie [University of Physical Education in Krakow].
2. Institutional subsidy – a subsidy from the State Budget for the implementation of tasks relating to ensuring conditions for disabled people to participate fully in the admission process at universities, at doctoral schools, in the education at universities and doctoral schools and for conducting research work, which is awarded pursuant to Article 371 (2) of the *Higher Education and Science Law Act* (consolidated text in Journal of Laws of 2023, item 742 as amended).
3. Representative – the Rector’s Representative for Disabled People.
4. Person with disability – a person with the status of a student or doctoral student (at doctoral studies or doctoral school) at the University; an employee who conducts research work at the University in a research- or research and educational capacity, who holds an up-to-date certificate of disability degree or equivalent documents.
5. Candidate – a person with disability who participates in the recruitment process at the university, at the doctoral school who needs support to create equal educational opportunities.
6. Commission – the Commission for Awarding Support to Disabled People; its meetings shall be convened by the Representative.
7. Assistant – a person supporting the person with disability in any activities relating to the education process or research work, and also in his/her functioning at the University insofar as required to participate in the education process.
8. Support – any assistance provided in the cashless form, to create conditions that enable people with disabilities to participate fully in the admission process at the university, at the doctoral school and in the education of students, doctoral students and in the conduct of research work by the University employees who are

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employed in a research- and research and educational capacity.

## § 2

1. Support as part of institutional subsidy shall be provided to people with disabilities, as referred to in § 1 (4) and (5).
2. The following activities in particular may be funded from the institutional subsidy:
  - 1) With respect to adjusting the infrastructure of the University/dormitories to the needs of people with disabilities (eliminating architectural barriers, where the amount does not exceed **PLN 10,000 gross**):
    - a) renovating existing infrastructure for people with disabilities,
    - b) the costs of use and maintenance of equipment for people with disabilities (lifts/elevators/machines/etc.),
    - c) ensuring parking spaces,
    - d) adapting places and passageways (marking footpaths), places and sanitary facilities at the University and in dormitories to make them accessible for people with disabilities,
    - e) adapting premises/classrooms to the needs of people with disabilities; equipping them with specialist equipment to compensate for the disability,
    - f) the costs of audit and verification of the University's accessibility to people with disabilities, including the costs of audits of information availability and accessibility (including in particular but not limited to: online service platforms, computer- and mobile applications), communication with people with disabilities, the teaching- and research process,
    - g) the costs of consultations/specialist training courses concerning accessibility (architectural accessibility, availability/accessibility of information, etc.) for the university staff, including persons responsible for investment projects and renovation works, buildings' maintenance, creating online service platforms, (computer and mobile) applications.
  - 2) in the process of admission, in particular:
    - a) a diagnosis of the needs and capabilities of people with disabilities, in order to provide them with conditions that will enable them to participate fully in the education process and in the conduct of research work,
    - b) adapting the places, the time schedule and forms of educational classes, including individual classes in the education process and in the conduct of research work,
    - c) the costs of recruitment of students/doctoral students with disabilities: adapting information- and recruitment materials and teaching aids (including online service platforms) to the candidates' needs, with the reservation that the information materials shall not contain any content promoting the Academy – they shall only aim at transmitting information on the conditions of recruitment and of studying,

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- d) ensuring full participation of people with disabilities in the process of verifying knowledge (exams, credits, etc.) by ensuring adequate conditions, procedure and teaching means,
  - e) providing and adjusting the relevant teaching/learning materials, including: transferring [content] to the text version or a large-print version; preparing notes in the electronic form or in Braille alphabet, as well as graphic documents with a text layer and with alternative descriptions of graphic objects – text documents, large print, Braille print, embossed graphics (tactile graphics), 3D prints, using interactive whiteboards, sign language interpreting; services of sign language interpreters and sign language courses for students/doctors and employees conducting research work, cued speech courses, alternative transcription courses, remote interpreting services, such as video-interpreter services; lip speaking services, etc.),
  - f) providing notes in an accessible form, including the services of an assistant and the remote note-taking services (preparing notes in the electronic form or in a larger hand-written form, Braille notes, etc.),
  - g) providing specialist- and scientific literature for people with disabilities, including the purchase of books for the library, transferring content to a form that is accessible to people with disabilities (text versions, graphic versions with a digital layer and alternative descriptions, large print, Braille print, audio recordings, etc.),
  - h) providing work stations with multimedia service (a Xerox copier, a scanner, OCR software, also for the Representative),
  - i) purchase of electronic books, audiobooks, Braille books for the University's Library,
  - j) the costs of lease/rental of specialists aids/devices that facilitate accessibility for people with disabilities,
  - k) the costs of arranging for foreign language classes in the form of group classes or one-on-one classes, including classes on Polish as a foreign language for deaf- and hard of hearing people,
  - l) the costs of additional consultations and compensatory classes, including one-on-one classes,
  - m) the costs of office- and administration units relating to the service of people with disabilities,
  - n) providing specialist training courses for the University staff to support full participation of people with disabilities in the recruitment, education and conduct of research work,
  - o) specialist training courses that support the educational process of people with disabilities, that enable students/doctors and people

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- conducting research work to have the right spatial orientation on the University's premises and learn how to use assistive technologies, enhance knowledge and gain social competences,
- p) the costs of technology solutions and the costs of specialist advice/courses to support adaptation of people with disabilities in the academia,
  - q) providing specialist consultations (e.g. psychological-, psychiatric-, legal-, vocational- and speech therapist consultations) to people with disabilities in order to support their education process and the conduct of research work, and to assistants in areas relating to their responsibilities arising from their role as an assistant to a person with disability,
  - r) the purchase of equipment and specialist devices to support the educational process, such as specialist software, projectors to display the lecture content, up to **PLN 10,000 gross**,
  - s) financing the University's own contribution when applying for subsidy as part of the "PFRON ABSOLWENT" programme or in other programmes/courses, unless the legislation or the rules of the project/programme/undertaking exclude financing/ co-financing from "subsidy for the benefit of people with disabilities",
  - t) providing the right conditions/adapting condition to conduct physical education classes for people with disabilities, providing specialist equipment (platforms, high-performance wheelchairs, etc.) up to **PLN 10,000 gross**,
  - u) supporting university sections that organise and prepare people with disabilities for taking part in camps, courses, olympics, and paralympics,
  - v) providing alternative forms of physical education classes to people with disabilities,
  - w) the costs associated with the conduct of specialist classes.
- 3) As regards transport, accommodation and participation in events, notably:
- a) financing the costs of transporting people with disabilities between the university facilities as well as to/from the University, and between the University and place of residence,
  - b) providing support in covering excessive costs of taking part in domestic- and international training courses/conferences, sport classes, research and sports camps/olympics/paralympics, etc.,
  - c) financing of accommodation costs when necessary to implement a specialist project or when necessary due to special needs of the person with disability,
  - d) the costs relating to the preparation of specialist/alternative conditions/devices and materials allowing people with disabilities to take an active part in an undertaking/meeting.

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- 4) As regards providing optimal assistive technologies, including in particular:
- a) ensuring accessibility of the University's websites for people with disabilities, including the creation of universally designed webpages, adapting existing webpages, supervising and monitoring accessibility on a regular basis,
  - b) ensuring accessibility of computer- and mobile applications for people with disabilities,
  - c) ensuring accessibility of e-learning courses and other multimedia materials, including the creation of universally designed multimedia materials, adapting existing multimedia materials, supervising and monitoring accessibility on a regular basis,
  - d) providing access to specialist resources of library service platforms,
  - e) equipping University facilities/rooms in assistive products for people with vision/hearing impairment, including induction loops, FM systems, up to **PLN 10,000 gross**,
  - f) the costs of solutions that compensate for disability, providing remote services based on modern technologies, such as sign language interpreting or remote note taking,
  - g) providing technical- and technological solutions that support navigation, spatial orientation, mobile information and other services for people with disabilities,
  - h) on-line accessibility/e-learning as part of teaching/learning- and educational aids and consultations with teaching/research staff members, online courses,
  - i) purchase of multimedia equipment for lending,
  - j) providing online maintenance service to the unit that serves people with disabilities,
  - k) purchase of equipment and technical devices, including hearing aids and vision aids used during classes (the equipment may only be lent to people with disabilities), with a unit value of no more than **PLN 10,000 gross**.
- 5) As regards employment and remuneration of employees of organisational units that support people with disabilities, notably:
- a) the costs of employing/remunerating/improving qualifications and competences of employees of offices/units that deal with accessibility for people with disabilities,
  - b) remunerating assistants providing assistance services who are employed for the needs of candidates and people with disabilities.

### § 3

1. It is forbidden to spend the funds as part of the institutional subsidy for covering costs relating to:
- 1) the tuition fees paid by the people with disabilities,
  - 2) scholarships, grants or other benefits for people with disabilities,

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- 3) team-building meetings,
  - 4) medical rehabilitation or treatment of people with disabilities, particularly the costs of purchasing equipment for treatment and medical rehabilitation, orthopaedic items and aids, and physiotherapist' fees,
  - 5) promotion of the University (e.g. financing the costs of trips to promote the university, for example, in secondary schools, or printing leaflets for candidates, preparing a promotion video about the University),
  - 6) investment-related expenditure,
  - 7) the publication of articles in journals that are not relating to the university's accessibility for people with disabilities.
2. Participation of people with disabilities in classes as part of support must be documented in the form of an attendance list and an accounting record (bills or invoices) to prove that an expense was incurred on account of conducting such classes.
  3. Specialist equipment and facilities purchased for the needs of people with disabilities (with a unit value of up to **PLN 10,000 gross**) may be lent to people with disabilities or to the University staff members in order for them to conduct classes for people with disabilities. The equipment is not accessible to the public and is found in a separate count area.
  4. Public procurement procedures effective at the University shall apply to ordering deliveries and services funded from the institutional subsidy.

#### § 4

1. The amount of funds spent for the purposes specified in § 2(2) shall depend on the amount of subsidy granted to the University.
2. The Representative shall be responsible for the implementation of tasks relating to the expenditures.
3. The support, as referred to § 2(1), shall be granted by the Commission, upon the written request of a person with disability, or – in cases that affect the entire community of people with disabilities – the Commission may take decisions on its own initiative, without a request.
4. A person with disability is required to attach to its request, as referred to in item 3, a certified copy of an up-to-date certificate of disability or an equivalent document. The request should contain reasons.
5. The requests should be sent to the Representative via *Dział Nauczania i Spraw Socjalno-Bytowych Studentów* [Teaching and Student Social and Housing Affairs Section].
6. The Commission shall be appointed by the Rector by way of an ordinance.
7. The members of the Commission are as follows:
  - 1) Representative – as the chairperson,
  - 2) Chancellor or an employee designated by the Chancellor;
  - 3) Bursar or an employee designated by the Bursar;



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- 4) Representative of the doctoral students delegated by the Doctoral Students Government Council;
  - 5) Student with disability – designated by the University Student Government Council.
8. The Commission shall remain authorised until a new Commission has been appointed.
  9. The Commission shall deliberate and make decisions during meetings.
  10. Decisions at the Commission meetings shall be adopted by a simple majority of votes in the presence of at least half of the Commission Members. In the event of a tie, the Chairperson shall have the casting vote.
  11. Minutes shall be taken from the Commission meetings and signed by all Commission Members attending the meeting.
  12. While taking its decisions, the Commission shall examine the applications in terms of the purposefulness of the support requested, while taking into consideration the following factors in particular: the period for which the disability certificate was granted, the degree and the type of disability.
  13. The Commission's decisions shall be made in writing on the application form submitted by the person with disability. Where the decision on support is made by the Commission on its own initiative, the decisions shall be documented in the minutes from the meeting.
  14. Persons with disabilities shall acknowledge in writing that they reviewed the Commission's decision to award or refuse the award of support in *Dział Nauczania i Spraw Socjalno-Bytowych [Teaching and Student Social and Housing Affairs Section]* within 7 days from the date of the Commission's meeting.
  15. The Commission's decisions may be appealed to the Rector; the appeal shall be filed via the Representative, within 14 days from the acknowledgment of the Commission's decision review.
  16. The Rector's decision shall be final and not subject to appeal.

## § 5

1. A person who is a student/doctoral student with disability shall lose the right to use a specific form of support in the following situations:
  - 1) he or she has been removed from the list of students/doctoral students,
  - 2) he or she has been suspended in his or her rights as a student/doctoral student,
  - 3) he or she is on a leave/his/her education was suspended pursuant to the Rules of studies/ Rules of Szkoła Doktorska Nauk o Kulturze Fizycznej w Krakowie [Doctoral School of Physical Culture Sciences in Krakow],
  - 4) he or she does not adhere to the rules for awarding specific forms of support or to these Rules,
  - 5) his or her certificate of disability has expired.
2. A person with disability who is a member of the academic staff shall lose the right

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to use a specific form of support in the following situations:

- 1) leave for health reasons,
  - 2) holiday leave, special leave,
  - 3) in any other case where the person does not provide work on account of an illness, caring for a sick child or a family member, caring for a healthy child, caring for a child pursuant to Article 188 of the Labour Code, maternity leave, parental leave, or paternity leave.
3. The Commission shall decide on the loss of right to use a specific form of support.

## § 6

1. A person with disability who has a disability at a considerable degree may request individual support in the form of an assistant or a sign language interpreter; in special cases, upon a request of the disabled person with reasons, such a request may also be filed by a person who has a disability at a moderate degree.
2. The template request for an assistant is enclosed herewith as **Enclosure No. 1**. A person with disability who applies for an assistant or interpreter shall propose a person who will play that role or shall ask the Representative for assistance in finding an assistant or interpreter.
3. A student, doctoral student or a university employee may act as an assistant.
4. Assistant support to a person with disability shall be granted for a term or for an academic year.
5. The assistant duties shall in particular include the following:
  - 1) social activation of people with disabilities at the University,
  - 2) helping people with disabilities in overcoming architectural barriers when moving around the University, in getting to lectures and classes and in moving around the University buildings,
  - 3) helping the people with disabilities to complete documents relating to the education process,
  - 4) helping the people with disabilities in taking part in classes included in the curriculum for the term for which support was granted, such as taking notes from lectures, classes, etc.
  - 5) completing any formalities relating to the studies at the university's administration offices on behalf of the person with disability,
  - 6) assisting the person in contacts with lecturers to receive learning materials, set dates of credits and exams, etc.
  - 7) providing assistance in the use of library resources and Xerox copying the instructional materials,
  - 8) providing assistance in relation to the participation of a student with disabilities in a study visit, training- or educational trip,
  - 9) providing assistance in relation to the participation of a student with disabilities in traineeship, training courses or conferences,
  - 10) preparing monthly reports on the course of their own work and submitting

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- them to the Representative,
- 11) taking care of the safety of the person with disability,
  - 12) cooperating with the Representative and acting on the Representative's guidelines.
6. A person with disability shall use the assistant's help only during activities relating to the education process or the conduct of research work at the University or relating to his/her functioning at the University that he or she is unable to perform on his/her own in whole or in part. The assistant shall not provide help during personal activities, transport to the university or during the course on spatial orientation. The above referred needs relate to the lives of the disabled people in various areas and arise irrespective of the place in which those people function.
  7. An assistant or interpreter is hired pursuant to a work order agreement and his/her work is supervised by the Representative.
  8. The agreement shall set out the scope of the services provided and the hourly rate for those services, as determined by the Rector, upon accounting for the degree and nature of disability of the support user.
  9. The agreement shall be settled on a monthly basis according to the hourly rate, based on the documents specified in the agreement and the monthly records concerning the services provided by the assistant, where the said records shall be submitted by the assistant by the 5th day of the following month at *Dział Nauczania i Spraw Socjalno-Bytowych Studentów* [Teaching and Student Social and Housing Affairs Section], using a form enclosed herewith as **Enclosure No. 2**.
  10. The Representative shall verify the settlement of the services provided and the hours worked by the assistant, and upon approval by the Rector, the Representative shall submit the monthly settlement of the assistant's work hours to the Payroll Section.

## § 7

1. A person with disability may apply for support in the form of extra and/or individual classes that account for the specific needs arising from the student's/doctoral student's disability, provided the nature of his/her disability justifies the conduct of such classes.
2. The purpose of such extra or individual classes is to help disabled students and doctoral students in learning the material that they were unable to assimilate or master during the classes due to their disability.
3. The template request for individual support in the form of extra or individual classes is enclosed herewith as **Enclosure No. 1**.
4. The extra or individual classes shall be held outside the study plan.
5. The number of disabled students or doctoral students taking part in the extra classes accounting for the specific needs arising from their disability should not be greater than five (5).

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6. The number of members in a group may be lower or the classes may be held on a one-on-one basis with a disabled student or doctoral student, as long as it is necessary due to the type and degree of disability and/or the specific nature of the class subject.
  7. Consent to extra classes for disabled students or doctoral students shall be granted by the Rector, upon the request of a student/doctoral student concerned, upon receiving the advice of the Representative and – in the case of doctoral students – also of the Doctoral School Director.
  8. The Commission shall determine the number of hours of extra classes for disabled students or doctoral students.
  9. The rate of pay for the extra classes for disabled students shall be determined by the Rector in accordance with the rules of remunerating employees and other individuals who conduct classes which are effective at the University. The remuneration shall be paid as part of the existing appointment/contract of employment or as additionally reported hours of instruction completed by the individual employees, from the subsidy of the Ministry of Science and Higher Education for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at universities, at doctoral schools, in the education at universities and doctoral schools and for conducting research work.

## § 8

1. Specialist equipment and software shall be lent at the request of the person with disability. The template request form is enclosed herewith as **Enclosure No. 3**.
2. A list of specialist equipment is available at the Representative's.
3. The equipment may be lent for one term, one year or for the entire duration of the studies.
4. The specialist equipment and software shall be lent pursuant to an agreement between the person with disability and the University. The template agreement is enclosed herewith as **Enclosure No. 4**.
5. The person with disability shall return the undamaged equipment on loan within the deadline set out in the agreement, and the return shall be acknowledged by way of a hand-over and acceptance report, the template of which is enclosed herewith as **Enclosure No. 5**.
6. The person with disability shall promptly submit a written report of the equipment damage, theft or loss to *Dział Nauczania i Spraw Socjalno-Bytowych Studentów* [Teaching and Student Social and Housing Affairs Section].
7. The person with disability shall be financially liable for the equipment used.
8. The person with disability shall not bear the costs relating to the wear and tear of the equipment on loan resulting from normal use.
9. The University shall not be responsible and liable for data stored by the person with disability on the equipment on loan.
10. All files and computer programmes installed by a person with disability shall be

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removed before returning the equipment on loan. Only computer programs/files from legal sources may be installed on the equipment.

## § 9

As for any matters not addressed in these Rules, all decisions shall be made by the Rector.

RECTOR

(-) Andrzej Klimek, Prof., Dr Hab.

### **Enclosures with:**

“The Rules of awarding support and managing funds from the institutional subsidy for tasks relating to ensuring conditions for disabled people to participate fully in the admission process at the University, at Szkoła Doktorska Nauk o Kulturze Fizycznej [the Doctoral School for Physical Culture Sciences], education at the University and at the Doctoral School or conducting research work, effective at Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow [University of Physical Education in Krakow]”;

**Enclosure No. 1** – Template request for support award to a student with disability;

**Enclosure No. 2** – Template form “Record of working hours of an educational assistant of a person with disability/sign language interpreter”;

**Enclosure No. 3** – Template request for lending specialist equipment;

**Enclosure No. 4** – Template terms and conditions for lending specialist equipment are enclosed with the Rules;

**Enclosure No. 5** – Template handover and acceptance report regarding the specialist equipment lent.

**REQUEST FOR SUPPORT AWARD  
TO A STUDENT WITH DISABILITY**

**I. Student's personal data**

Name and surname: .....

PESEL:..... Place of birth: .....

Mailing address:..... ..

Phone: ..... e-mail address: .....

Student identification number: .....

Year of study: I II III IV V

Faculty:.....

Major: .....

Type of studies:

Full-time/part-time, 1st study cycle,      2nd study cycle, Doctoral School, long cycle programme

**II. Degree and type of disability and a brief description of disability:**

**III. Indicating health-related issues in the education process:**

**IV. Period for which support is requested:**

From.....to .....

**V. The expected scope of support:**

**VI. The requested number of hours of support: .....h/month**

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(date and signature of the requestor)

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(date of request receipt and employee's signature)

**I represent that:**

1. I hereby consent to the processing of special categories of personal data by Akademia Wychowania Fizycznego w Krakowie [University of Physical Education in Krakow] at al. Jana Pawła II 78 to enable the provision of support.
2. I know that I may withdraw my consent at any time by submitting a consent withdrawal form to the AWF Data Protection Officer.
3. The information contained in the questionnaire is true and accurate.

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(date/print name)

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↓ (To be completed by the Representative for the Disabled People) ↓

**OPINION of the Commission for Awarding Support to Disabled Persons:**

On ....., the Commission for Awarding Support to Disabled Persons has decided to award/not to award support to the student/doctoral student: .....

student identification number:.....

major: .....

The extent of the support awarded: .....

for the period: (from .....to..... )

Reasons:

.....  
.....  
.....  
.....

.....  
(signature of the Representative for the Disabled People)

I represent that I have reviewed the decision of the Commission for Awarding Support to Disabled Persons.

\_\_\_\_\_  
(date and signature of the requestor)



## WORK HOURS RECORD

of the educational assistant to the person with disability/sign language interpreter

Name and surname of educational assistant/sign language interpreter:.....

DATE ..... DAY OF WEEK (Mon, Tue, Wed, Thu, Fri).....

[illegible]

Krakow, on .....-/

**REQUEST  
FOR LENDING SPECIALIST EQUIPMENT**

**Name and surname:** .....

**National Identification Number (PESEL):** .....

**Student identification number:** .....

**Phone/e-mail address:** .....

**I kindly ask you to lend me** (*equipment type*):

1 ..... , for the period .....

2 ..... , for the period .....

**Reasons for the request:**

.....  
.....

**I represent that:**

1. I hereby consent to the processing of special categories of personal data by Akademia Wychowania Fizycznego w Krakowie [University of Physical Education in Krakow] at al. Jana Pawła II 78 for the following purpose:
2. I know that I may withdraw my consent at any time by submitting a consent withdrawal form to the AWF Data Protection Officer.
3. I have read the terms and conditions of lending specialist equipment from Akademia Wychowania Fizycznego w Krakowie [University of Physical Education in Krakow].

\_\_\_\_\_  
(place/date/print name of the student)

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(To be completed by the Representative for the Disabled People \*delete as appropriate)

↓ (To be completed by the Representative for the Disabled People) ↓

Commission for Awarding Support to Disabled Persons:

\* has decided to lend specialist equipment (name and reference number),:

1 ..... , for the period

2 ..... , for the period

\* Akademia Wychowania Fizycznego w Krakowie [the University of Physical Education in Krakow] does not lend specialist equipment specified in this request.

**Reasons:**

.....  
.....  
.....

.....

(signature of the Representative for the Disabled People)

## **Enclosure No. 4 with the Rules**

### **Terms and conditions of lending specialist equipment by a person with disabilities**

1. Akademia Wychowania Fizycznego (University of Physical Education, the “University”) hereby lends specialist equipment being part of its assets in order to facilitate learning and improve the educational process.
2. The student/doctoral student borrowing the equipment (the “Borrower”) undertakes to use the equipment in accordance with its intended purpose and features, while adhering to the rules of proper use and maintenance set out in the instructions for use.
3. The Borrower is required to take due precautions while using the equipment; in particular, the Borrower shall not leave the equipment unattended in a public space and shall secure it against unauthorised access.
4. The Borrower undertakes to return the equipment unconditionally on the end date of the borrowing period.
5. The Borrower is required to return the equipment loaned in a not deteriorated condition; however, the Borrower shall not be liable for the wear and tear resulting from proper use of the equipment.
6. In the event that the equipment is used in breach of its purpose, intended use and features, the University shall have the right to demand that the equipment be returned immediately.
7. The Borrower shall bear full financial liability for the equipment borrowed.
8. The Borrower shall have to duty to report promptly any damage to the equipment to the Representative for Disabled People.
9. Any damage caused through the Borrower’s fault shall be removed at his/her expense.
10. In the event of the equipment’s loss or theft, the Borrower shall be required to report that fact to the Police and to notify the Representative for Disabled Persons.
11. In the event of failure to deliver a report on discontinuation of investigation proceedings regarding the equipment lost, the Borrower shall be required to reimburse its value according to the price as on the day the equipment was lent for use.
12. Akademia Wychowania Fizycznego w Krakowie [the University of Physical Education in Krakow] reserves the right to take legal action against persons who avoid financial liability for equipment lost or damaged through their fault or to suspend benefits in the form of financial assistance.
13. In signing this document, the Borrower acknowledges the acceptance of these terms and conditions.

---

(place and date)

---

(student’s signature)

Krakow, on.....

**HANDOVER AND ACCEPTANCE REPORT  
of the specialist equipment on loan**

**Name and surname:** .....

**National Identification Number (PESEL):**.....

**Student identification number:** .....

**Phone/e-mail address:**.....

In reference to the request dated .....for lending specialist equipment  
(name and reference number)

1 ..... ,for the period.....

2 ..... , for the period.....

the above-referred equipment was handed over to the Borrower on .....  
in an undamaged condition.

(Comments:

.....  
.....)

---

*(place, date and student's signature)*

---

*(signature of the Representative for the Disabled People)*

---

(To be completed by the Representative for the Disabled People)

On ....., the Borrower returned the loaned equipment specified in item .....

---

in the following condition: .....

Comments:.....

.....

*(signature of the Representative for the Disabled People)*

ORDER NO. 28/2019

issued by the Rector of Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie of 27 September 2019 implementing the General Rules of Study at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie.

Pursuant to Art. 205 (1) and (2) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws year 2018, item 1668 as amended), in connection with Art. 292 of the Act of 3 July 2018 - Provisions implementing the Higher Education and Science Act (Journal of Laws year: 2018, item 1669 as further amended), in execution of Senate Resolution no. 35/IX/2019 of 26 September 2019 I hereby order as follows:

§ 1

1. I hereby implement the General Rules of Study at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie, which constitute an appendix to this Order.
2. The General Rules of Study shall come into force on 1 October 2019.

RECTOR  
Prof. dr hab. Aleksander TYKA  
[Signature]

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## **RESOLUTION 4/II/2024**

adopted by the SENATE of the University of Physical Education in Kraków during a session held on 1 February 2024.

Acting in accordance with Art. 28(1) of the Higher Education and Science Act of 20 July 2018 (Journal of Laws for year 2023, item 742 as further amended) and §26 of the University Statute, the Senate has adopted the following resolution:

Pursuant to Art. 205 par. 2-3 of the Higher Education and Science Act of 20 July 2018 (Journal of Laws year 2023 item 742 as further amended), subject to agreement with the University Council of Doctoral Students, the Senate has unanimously (of 30 members of the Senate eligible to vote, 23 members of the Senate were present, of which 23 members of the Senate voted in support of the Resolution with no opposing votes or abstentions) approved the General Rules of Study at the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków.

These Rules of Study will be mandatory for the doctoral students (Doctoral School participants) commencing the course of study beginning from academic year 2024/2025.

The General Rules of Study at the Doctoral School of Physical Culture Sciences at the University of Physical Education in Kraków constitute an integral part of this Resolution.

*Head of Senate*  
*Prof. dr hab. Andrzej KLIMEK*



## CERTIFIED TRANSLATION FROM POLISH

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[Logo]

**ANNOUNCEMENT NO. 3 ISSUED BY THE DOCTORAL SCHOOL DIRECTOR  
ON THE INTERIM ASSESSMENT PROCEDURE FOR AWF KRAKÓW DOCTORAL STUDENTS IN  
THE ACADEMIC YEAR 2020/21  
DATED 20.05.2021**

1. The Interim Assessment, conducted by the Assessment Board, will take place between 13 and 17 September 2021, Room 308 in Wing III of the Main Building of AWF Kraków
2. The first stage of the assessment procedure will take place between 1 June and 15 July 2021. The relevant documentation must be sent to [sekretariatszodr@awf.krakow.pl](mailto:sekretariatszodr@awf.krakow.pl) and submitted at the Doctoral School Office.

[Signature: B Frączek]

**GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENT AT SZKOŁA DOKTORSKA  
NAUK O KULTURZE FIZYCZNEJ W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE**

Legal basis: The Higher Education and Science Law Act of 20 July 2018, Journal of Laws no. 15668, Art. 202 and 203; General Rules of Study at Szkoła Doktorska AWF w Krakowie, & 14 par. 1-7, & 15 par. 1-6.

1. The interim assessment, conducted to assess the Doctoral Student's progress in delivering the Individual Research Plan (IPB), takes place halfway through the education period specified in the Doctoral School's Study Programme.
2. The interim assessment is conducted by the Assessment Board, hereinafter referred to as the Board, appointed by the Doctoral School Director. The Board is composed of:
  - a) the Doctoral School Director, who serves as the Head of the Board;
  - b) one member holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared, employed outside the University of Physical Education (AWF) in Kraków;
  - c) one member for whom AWF in Kraków is the primary place of employment, holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared.
3. The interim assessment is primarily based on the doctoral student's report detailing the progress made on their Individual Research Plan. The report specifically includes

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information on timeliness and progress made as well as the quality of tasks performed according to the dissertation timetable. The report template constitutes Appendix No. 1 to the General Interim Assessment Rules. Doctoral Students must submit all required documentation within the official deadlines as announced by the Doctoral School Director.

4. The interim assessment process consists of two stages:
  - a) The first stage involves the submission by the Doctoral Student of a written scientific self-assessment report within the deadline specified in the official announcement made by the Doctoral School Director. The self-assessment report summarizes the progress and achievements (including the student's statement on the conditions/challenges encountered in implementing the IPB, preparing the dissertation, collaboration with the Supervisor, etc.) along with Appendix No. 1.
  - b) The second stage consists of an oral presentation and discussion before the Board. In a presentation prepared using Microsoft PowerPoint (or similar software), doctoral students present the key assumptions of their research work and the progress of their research; they further discuss their research publications and other scientific achievements and respond to questions from the Board members regarding the submitted documentation. The presentation must not take longer than 15 minutes.
5. Each Board member, in a closed session, will evaluate the doctoral student based on Appendix No. 2, taking into account:
  - a) the Doctoral Student's development and their academic achievements record, including: publications (the number of articles accepted for publication or published since the admission to the Doctoral School in peer-reviewed journals listed by the Ministry of Education and Science (MEiN), the order of the authors and journal ranking points); active participation in scientific conferences (the number and form of presentations, conference type, awards and distinctions received); participation in research projects (grant type and the person's role in the project); research fellowships (location, type, and duration); other achievements listed by the Doctoral Student.
  - b) progress made on the Study Programme (timeliness and quality of completed tasks and responsibilities, obtained credits and the average grade achieved during the course of study).

### **CERTIFIED TRANSLATION FROM POLISH**

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- c) progress made on the student's Individual Research Plan and preparation of the doctoral dissertation.
6. The interim assessment concludes with either a pass or fail grade, as decided by a majority vote in a secret ballot.
  7. The assessment outcome, along with a statement of reasons, is public and will be communicated as an official administrative decision issued on the day of the Board's session.
  8. Failure to submit the self-assessment report by the doctoral student within the specified deadline or their unauthorised absence from the oral presentation will automatically result in a negative outcome of the assessment.
  9. A negative outcome of the interim assessment results in the student being removed from the register of doctoral students.
  10. A decision removing a doctoral student from the register of doctoral students as a result of the negative outcome of the interim assessment may be appealed through a request for reconsideration of the case, which must be submitted to the Vice-Rector for Students Affairs, within 14 days of the removal.

*[Signature: B Frączek]*

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I, the undersigned, duly appointed Polish-English translator, entered in the Register of Sworn Translators in the custody of Polish Minister of Justice under no TP/1412/06 hereby certify that the foregoing English text is a true and accurate translation of the attached document presented to me in Polish.

No. in the Register: 52/2025

Translated and certified by

Jaworzno, Poland 10 February 2025

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## RESOLUTION no. 1/2022

**issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 3 June 2022**

detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2021/2022.

Pursuant to Article 202 par. 2-5; Article 203 par. 1(1) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2022, item 574 as further amended) and § 14 and 15 of the General Rules of Study at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie, I hereby order as follows:

1. The interim assessment, conducted to assess the Doctoral Student's progress in delivering the Individual Research Plan (IPB), takes place halfway through the education period specified in the Doctoral School's Study Programme.
2. The interim assessment is conducted by the Assessment Board, hereinafter referred to as the Board, appointed by the Doctoral School Director. The Board is composed of:
  - a) the Doctoral School Director, who serves as the Head of the Board;
  - b) one member holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared, employed outside the University of Physical Education (AWF) in Kraków;
  - c) one member for whom AWF in Kraków is the primary place of employment, holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared.
3. The interim assessment will be primarily based on the doctoral student's report detailing the progress made on their Individual Research Plan. The report specifically includes information on timeliness and progress made as well as the quality of tasks performed according to the dissertation timetable. The report template constitutes Appendix No. 1 to the General Interim Assessment Rules. Doctoral Students must submit all required documentation not later than 1 July 2022.
4. The interim assessment process consists of two stages:
  - a) The first stage involves the submission by the Doctoral Student of a written scientific self-assessment report within the deadline specified in (3). The self-assessment report summarizes the progress and achievements (including the student's statement on the conditions/challenges encountered in implementing the

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IPB, preparing the dissertation, collaboration with the Supervisor, etc.) along with Appendix No. 1.

b) The second stage consists of an oral presentation and discussion before the Board, to be held on 21 and 22 September 2022 in Room F located the main AWF building. In a presentation prepared using Microsoft PowerPoint (or similar software), doctoral students present the key assumptions of their research work and the progress of their research; they further discuss their research publications and other scientific achievements, and respond to questions from the Board members regarding the submitted documentation. The presentation must not take longer than 15 minutes.

5. Each Board member, in a closed session, evaluates each doctoral student based on Appendix No. 2, taking into account:

a) the Doctoral Student's development and their academic achievements record, including: publications (number of articles accepted for publication or published since the admission to the Doctoral School in peer-reviewed journals listed by the Ministry of Education and Science (MEiN), the order of the authors and journal ranking points); active participation in scientific conferences (number and form of presentations, conference type, awards and distinctions received); participation in research projects (grant type and the person's role in the project); research fellowships (location, type, and duration); other achievements listed by the Doctoral Student.

b) progree made on the Study Programme (timeliness and quality of completed tasks and responsibilities, obtained credits and the average grade achieved during the course of study).

c) progress made on the student's Individual Research Plan and preparation of the doctoral dissertation.

6. The interim assessment concludes with either a pass or fail grade, as decided by a majority vote in a secret ballot.
7. The assessment outcome, along with a statement of reasons, is public and will be communicated to the Doctoral Students as an official administrative decision issued by the Director of the Doctoral School within three working days.
8. Failure to submit the self-assessment report by the deadline or an unjustified absence from the oral presentation will automatically result in a negative outcome of the assessment.

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9. A negative outcome of the interim assessment results in the student being removed from the register of doctoral students.
  10. A decision removing a doctoral student from the register of doctoral students as a result of the negative outcome of the interim assessment may be appealed through a request for reconsideration of the case, which must be submitted to the Vice-Rector for Students Affairs, within 14 days of the removal.
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## RESOLUTION no. 1/2023

**issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 12 May 2023**

detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2022/2023.

Pursuant to Article 202 par. 2-5; Article 203 par. 1(1) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2022. Item 574 as further amended) and § 14 and 15 of the General Rules of Study at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie, I hereby order as follows:

1. The interim assessment, conducted to assess the Doctoral Student's progress in delivering the Individual Research Plan (IPB), takes place halfway through the education period specified in the Doctoral School's Study Programme.
2. The interim assessment is conducted by the Assessment Board, hereinafter referred to as the Board, appointed by the Doctoral School Director. The Board is composed of:
  - a) the Doctoral School Director, who serves as the Head of the Board;
  - b) one member holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared, employed outside the University of Physical Education (AWF) in Kraków;
  - c) one member for whom AWF in Kraków is the primary place of employment, holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared.
3. The interim assessment will be primarily based on the doctoral student's report detailing progress made on their Individual Research Plan. The report specifically includes information on timeliness and progress made as well as the quality of tasks performed according to the dissertation timetable. The report template constitutes Appendix No. 1 to the General Interim Assessment Rules.
4. Along with the report, doctoral students must submit a written self-assessment summarizing their research progress and achievements (including a personal statement on the conditions/challenges encountered in delivering the Individual Research Plan and preparing the doctoral dissertation) as well as a supervisor performance evaluation form, which evaluates collaboration with the supervisor. The evaluation form template constitutes Appendix No. 2 to the Interim Assessment Guidelines.

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5. Doctoral students are required to submit the above-mentioned documentation by 23 June 2023.
  6. The interim assessment process consists of two stages:
    - a) The first stage involves the submission by the Doctoral Student of a written scientific self-assessment report within the deadline specified in (5). The self-assessment report summarizes the progress and achievements (including the student's statement on the conditions/challenges encountered in implementing the IPB, preparing the dissertation, collaboration with the Supervisor, etc.) along with Appendix No. 1 and Appendix No. 2.
    - b) The second stage consists of an oral presentation and discussion before the Board, to be held on 18 September 2023 in Room E located in the main AWF building. In a presentation prepared using Microsoft PowerPoint (or similar software), doctoral students present the key assumptions of their research work and the progress of their research; they further discuss their research publications and other scientific achievements, and respond to questions from the Board members regarding the submitted documentation. The presentation must not take longer than 15 minutes.
  7. Each Board member, in a closed session, evaluates each doctoral student based on Appendix No. 2, taking into account:
    - a) the Doctoral Student's development and their academic achievements record, including: publications (number of articles accepted for publication or published since the admission to the Doctoral School in peer-reviewed journals listed by the Ministry of Education and Science (MEiN), the order of the authors and journal ranking points); active participation in scientific conferences (number and form of presentations, conference type, awards and distinctions received); participation in research projects (grant type and the person's role in the project); research fellowships (location, type, and duration); other achievements listed by the Doctoral Student.
    - b) progress made on the Study Programme (timeliness and quality of completed tasks and responsibilities, obtained credits and the average grade achieved during the course of study).
    - c) progress made on the student's Individual Research Plan and preparation of the doctoral dissertation.
  8. The interim assessment concludes with either a pass or fail grade, as decided by a majority vote in a secret ballot.



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9. The assessment outcome, along with a statement of reasons, is public and will be presented orally on the day of the Board meeting and communicated as an official administrative decision issued by the Director of the Doctoral School within three working days.
  10. Failure to submit the self-assessment report by the deadline or an unjustified absence from the oral presentation will automatically result in a negative outcome of the assessment.
  11. A negative outcome of the interim assessment results in the student being removed from the register of doctoral students.
  12. A decision removing a doctoral student from the register of doctoral students as a result of the negative outcome of the interim assessment may be appealed through a request for reconsideration of the case, which must be submitted to the Vice-Rector for Students Affairs, within 14 days of the removal.

Doctoral School Director

Barbara Frączek, AWF Prof., Dr hab.

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## RESOLUTION no. 1/2024

**issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 24 May 2024**

detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2023/2024.

Pursuant to Article 202 par. 2-5; Article 203 par. 1(1) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2024. Item 124) and § 14 and 15 of the General Rules of Study at Szkoła Doktorska Nauk o Kulturze Fizycznej Akademii Wychowania Fizycznego im. Bronisława Czecha w Krakowie, I hereby order as follows:

1. The interim assessment, conducted to assess the Doctoral Student's progress in delivering the Individual Research Plan (IPB), takes place halfway through the education period specified in the Doctoral School's Study Programme.
2. The interim assessment is conducted by the Assessment Board, hereinafter referred to as the Board, appointed by the Doctoral School Director. The Board is composed of:
  - a) the Doctoral School Director, who serves as the Head of the Board;
  - b) one member holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared, employed outside the University of Physical Education (AWF) in Kraków;
  - c) one member for whom AWF in Kraków is the primary place of employment, holding the title of *Profesor* or *Doktor habilitowany* in the discipline in which the doctoral dissertation is being prepared.
3. The interim assessment will be primarily based on the doctoral student's report detailing progress made on their Individual Research Plan. The report specifically includes information on timeliness and progress made as well as the quality of tasks performed according to the dissertation timetable. The report template constitutes Appendix No. 1 to the General Interim Assessment Rules.
4. Along with the report, doctoral students must submit a written self-assessment summarizing their research progress and achievements (including a personal statement on the conditions/challenges encountered in delivering the Individual Research Plan and preparing the doctoral dissertation) as well as a supervisor performance evaluation form, which evaluates collaboration with the supervisor. The evaluation form template constitutes Appendix No. 2 to the Interim Assessment Guidelines.

- 
5. Doctoral students are required to submit the above-mentioned documentation by 25 June 2023.
  6. The interim assessment process consists of two stages:
    - a) The first stage involves the submission by the Doctoral Student of a written scientific self-assessment report within the deadline specified in (5). The self-assessment report summarizes the progress and achievements (including the student's statement on the conditions/challenges encountered in implementing the IPB, preparing the dissertation, collaboration with the Supervisor, etc.) along with Appendix No. 1 and Appendix No. 2.
    - b) The second stage consists of an oral presentation and discussion before the Board, to be held on 13 September 2024 in Room E located in the main AWF building. In a presentation prepared using Microsoft PowerPoint (or similar software), doctoral students present the key assumptions of their research work and the progress of their research; they further discuss their research publications and other scientific achievements, and respond to questions from the Board members regarding the submitted documentation. The presentation must not take longer than 15 minutes.
  7. Each Board member, in a closed session, evaluates each doctoral student based on Appendix No. 2, taking into account:
    - a) the Doctoral Student's development and their academic achievements record, including: publications (number of articles accepted for publication or published since the admission to the Doctoral School in peer-reviewed journals listed by the Ministry of Education, the order of the authors and journal ranking points); active participation in scientific conferences (number and form of presentations, conference type, awards and distinctions received); participation in research projects (grant type and the person's role in the project); research fellowships (location, type, and duration); other achievements listed by the Doctoral Student.
    - b) progress made on the Study Programme (timeliness and quality of completed tasks and responsibilities, obtained credits and the average grade achieved during the course of study).
    - c) progress made on the student's Individual Research Plan and preparation of the doctoral dissertation.
  8. The interim assessment concludes with either a pass or fail grade, as decided by a majority vote in a secret ballot.
  9. The assessment outcome, along with a statement of reasons, is public and will be presented orally on the day of the Board meeting and communicated as an official administrative decision issued by the Director of the Doctoral School within three working days.

- 
10. Failure to submit the self-assessment report by the deadline or an unjustified absence from the oral presentation will automatically result in a negative outcome of the assessment.
  11. A negative outcome of the interim assessment results in the student being removed from the register of doctoral students.
  12. A decision removing a doctoral student from the register of doctoral students as a result of the negative outcome of the interim assessment may be appealed through a request for reconsideration of the case, which must be submitted to the Vice-Rector for Students Affairs, within 14 days of the removal.

Doctoral School Director

Barbara Frączek, AWF Prof., Dr hab.



SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Doctoral Student's Report  
for Interim Assessment**

<b>Period:</b>	<b>20..... - 20.....</b>
<b>Details of the Doctoral Student</b>	
Full name	
Student identifier	
Year of admission to the Doctoral School	
<b>Doctoral dissertation</b>	
Title of the doctoral dissertation	
Scheduled deadline for submission of the doctoral dissertation	
<b>Supervisor</b>	
Full name	
Title/Degree	
Unit	
<b>Assistant Supervisor</b>	
Full name	
Title/Degree	
Unit (place of employment)	

1. Doctoral Student's development and academic achievements record						
List of publications prior to the commencement of the course of education at the Doctoral School (data to be reviewed by the Board, not subject to assessment)						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
A. List of publications since the commencement of the course of education at the Doctoral School List only those publications that were printed during the reporting period and those that have been officially accepted by the editorial board (confirmed with a DOI number).						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
B. Participation in scientific conferences since the commencement of the course of study at the Doctoral School To be attached: documents confirming presentations at conferences or photocopies of the abstracts contained in the Book of Abstracts, document confirming any awards and distinctions granted						
No.	Authors	Title of the presentation (type of presentation: oral/poster)	Conference name (add link to the website containing information on the conference)	Organiser and place (conference type: national/ international)	Conference dates	Award (Did the paper receive an award or distinction YES/NO)
1.						
2.						
3.						

<b>C. Research projects/grants</b> (e.g. research AWF Krakow, NCN, NCBR, FNP; to be attached: a document confirming participation in the grant—information from the grant provider or the original application, printed report or another official document specifying list of research team members.)					
No.	Name of institution	Project/Grant title	Type of grant	Period	Person's role in the project
1.					
2.					
3.					

<b>D. Fellowships related to the doctoral dissertation, including training visits completed under the Erasmus+ Programme</b> (excluding professional training courses, from the commencement of the course of education at doctoral school, please attach a document confirming completion of the fellowship)				
No.	Fellowships (specify the type of fellowship – national or international)	Name of the institution and the full name of the research supervisor	Place	Duration
1.				
2.				
3.				

<b>E. Other achievements / activity</b> (e.g. passive participation in conferences, postgraduate studies and training courses/internships; involvement in organizing committees of scientific conferences and other organizational activities; activities aimed at the promotion and development of science and teaching)	
No.	Type of involvement/activity
1.	
2.	
3.	
4.	
5.	

<b>2. Study Programme Progress Overview</b>
<b>Exams and coursework credits</b> (appendix – Doctoral Student’s Periodic Achievement Sheet together with an opinion from a staff member at the AWF Doctoral School Office)
<b>3. Individual Research Plan Progress Overview</b> (Describe the execution of the stages of the research schedule completed so far and the progress in preparing the doctoral dissertation.)
<b>A. Execution of the stages of the research schedule completed so far</b> (description- max. 1 A4 page, Calibri 12, spacing: 1.5)
<b>B. Progress made on the doctoral dissertation</b> (description – max. 2 A4 pages , Calibri 12, spacing: 1.5)
<b>C. Supervisor’s opinion regarding progress made on the Individual Research Plan and the doctoral dissertation as well as the Doctoral Student’s attitude/engagement</b>

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)

**Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor)

**Second/Assistant Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor/Assistant Supervisor)





Appendix no. 1 to Resolution no. 1/2022  
issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
on 24 June 2022

GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Doctoral Student's Report  
for Interim Assessment**

<b>Period:</b>	<b>20..... - 20.....</b>
<b>Details of the Doctoral Student</b>	
Full name	
Student identifier	
Year of admission to the Doctoral School	
<b>Doctoral dissertation</b>	
Title of the doctoral dissertation	
Scheduled deadline for submission of the doctoral dissertation	
<b>Supervisor</b>	
Full name	
Title/Degree	
Unit	
<b>Assistant Supervisor</b>	
Full name	
Title/Degree	
Unit (place of employment)	

1. Doctoral Student's development and academic achievements record						
List of publications prior to the commencement of the course of education at the Doctoral School (data to be reviewed by the Board, not subject to assessment)						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
A. List of publications since the commencement of the course of education at the Doctoral School List only those publications that were printed during the reporting period and those that have been officially accepted by the editorial board (confirmed with a DOI number).						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
B. Participation in scientific conferences since the commencement of the course of study at the Doctoral School To be attached: documents confirming presentations at conferences or photocopies of the abstracts contained in the Book of Abstracts, document confirming any awards and distinctions granted						
No.	Authors	Title of the presentation (type of presentation: oral/poster)	Conference name (add link to the website containing information on the conference)	Organiser and place (conference type: national/ international)	Conference dates	Award (Did the paper receive an award or distinction YES/NO)
1.						
2.						
3.						

<b>C. Research projects/grants</b> (e.g. research AWF Krakow, NCN, NCBR, FNP; to be attached: a document confirming participation in the grant—information from the grant provider or the original application, printed report or another official document specifying list of research team members.)					
No.	Name of institution	Project/Grant title	Type of grant	Period	Person's role in the project
1.					
2.					
3.					

<b>D. Fellowships and other forms of cooperation with national and foreign research centres, related to the doctoral dissertation, including training visits completed under the Erasmus+ Programme</b> (excluding professional training courses, from the commencement of the course of education at doctoral school, please attach a document confirming completion of the fellowship)				
No.	Fellowships (specify the type of fellowship – national or international)	Name of the institution and the full name of the research supervisor	Place	Duration
1.				
2.				
3.				

<b>E. Other achievements / activity</b> (e.g. passive participation in conferences, postgraduate studies and training courses/internships; involvement in organizing committees of scientific conferences and other organizational activities; activities aimed at the promotion and development of science and teaching)	
No.	Type of involvement/activity
1.	
2.	
3.	
4.	
5.	

<b>2. Study Programme Progress Overview</b>	
<b>Exams and coursework credits</b> (appendix – Doctoral Student’s Periodic Achievement Sheet together with an opinion from a staff member at the AWF Doctoral School Office)	
<b>3. Individual Research Plan Progress Overview</b> (Describe the execution of the stages of the research schedule completed so far and the progress in preparing the doctoral dissertation.)	
<b>A. Execution of the stages of the research schedule completed so far</b> (description- max. 1 A4 page, Calibri 12, spacing: 1.5)	
<b>B. Progress made on the doctoral dissertation</b> (description – max. 2 A4 pages , Calibri 12, spacing: 1.5)	
<b>C. Supervisor’s opinion regarding progress made on the Individual Research Plan and the doctoral dissertation as well as the Doctoral Student’s attitude/engagement</b>	

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)

**Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor)

**Second/Assistant Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor/Assistant Supervisor)



Appendix no. 1 to Resolution no. 1/2023  
issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
on 12 May 2023

GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Doctoral Student's Report for Interim Assessment**

<b>Period:</b>	<b>20..... - 20.....</b>
<b>Details of the Doctoral Student</b>	
Full name	
Student identifier	
Year of admission to the Doctoral School	
<b>Doctoral dissertation</b>	
Title of the doctoral dissertation	
Scheduled deadline for submission of the doctoral dissertation	
<b>Supervisor</b>	
Full name	
Title/Degree	
Unit	
<b>Assistant Supervisor</b>	
Full name	
Title/Degree	
Unit (place of employment)	

1. Doctoral Student's development and academic achievements record						
List of publications prior to the commencement of the course of education at the Doctoral School (data to be reviewed by the Board, not subject to assessment)						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
A. List of publications since the commencement of the course of education at the Doctoral School List only those publications that were printed during the reporting period and those that have been officially accepted by the editorial board (confirmed with a DOI number).						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
B. Participation in scientific conferences since the commencement of the course of study at the Doctoral School To be attached: documents confirming presentations at conferences or photocopies of the abstracts contained in the Book of Abstracts, document confirming any awards and distinctions granted						
No.	Authors	Title of the presentation (type of presentation: oral/poster)	Conference name (add link to the website containing information on the conference)	Organiser and place (conference type: national/ international)	Conference dates	Award (Did the paper receive an award or distinction YES/NO)
1.						
2.						
3.						

<b>C. Research projects/grants</b> (e.g. research AWF Krakow, NCN, NCBR, FNP; to be attached: a document confirming participation in the grant—information from the grant provider or the original application, printed report or another official document specifying list of research team members.)					
No.	Name of institution	Project/Grant title	Type of grant	Period	Person's role in the project
1.					
2.					
3.					

<b>D. Fellowships and other forms of cooperation with national and foreign research centres, related to the doctoral dissertation, including training visits completed under the Erasmus+ Programme</b> (excluding professional training courses, from the commencement of the course of education at doctoral school, please attach a document confirming completion of the fellowship)				
No.	Fellowships (specify the type of fellowship – national or international)	Name of the institution and the full name of the research supervisor	Place	Duration
1.				
2.				
3.				

<b>E. Other achievements / activity</b> (e.g. passive participation in conferences, postgraduate studies and training courses/internships; involvement in organizing committees of scientific conferences and other organizational activities; activities aimed at the promotion and development of science and teaching)	
No.	Type of involvement/activity
1.	
2.	
3.	
4.	
5.	

<b>2. Study Programme Progress Overview</b>
<b>Exams and coursework credits</b> (appendix – Doctoral Student’s Periodic Achievement Sheet together with an opinion from a staff member at the AWF Doctoral School Office regarding the timeliness of submitting documents related to the course of study and the Doctoral Student’s involvement in the organisation of events at the Doctoral School)
<b>3. Individual Research Plan Progress Overview</b> (Describe the execution of the stages of the research schedule completed so far and the progress in preparing the doctoral dissertation.)
<b>A. Execution of the stages of the research schedule completed so far</b> (description- max. 1 A4 page, Calibri 12, spacing: 1.5)
<b>B. Progress made on the doctoral dissertation</b> (description – max. 2 A4 pages , Calibri 12, spacing: 1.5)
<b>C. Supervisor’s opinion regarding progress made on the Individual Research Plan and the doctoral dissertation as well as the Doctoral Student’s attitude/engagement</b>

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)

**Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor)

**Second/Assistant Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor/Assistant Supervisor)





Appendix no. 1 to Resolution no. 1/2024  
issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
on 24 May 2024

GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Doctoral Student's Report for Interim Assessment**

<b>Period:</b>	<b>20..... - 20.....</b>
<b>Details of the Doctoral Student</b>	
Full name	
Student identifier	
Year of admission to the Doctoral School	
<b>Doctoral dissertation</b>	
Title of the doctoral dissertation	
Scheduled deadline for submission of the doctoral dissertation	
<b>Supervisor</b>	
Full name	
Title/Degree	
Unit (place of employment)	
<b>Assistant Supervisor</b>	
Full name	
Title/Degree	
Unit (place of employment)	

1. Doctoral Student's development and academic achievements record						
List of publications prior to the commencement of the course of education at the Doctoral School (data to be reviewed by the Board, not subject to assessment)						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
A. List of publications since the commencement of the course of education at the Doctoral School List only those publications that were printed during the reporting period and those that have been officially accepted by the editorial board (confirmed with a DOI number).						
No	Authors	Title	Journal name, Publisher's name, year, issue, pages	IF / MEiN points	DOI	
1.						
2.						
3.						
B. Participation in scientific conferences since the commencement of the course of study at the Doctoral School To be attached: documents confirming presentations at conferences or photocopies of the abstracts contained in the Book of Abstracts, document confirming any awards and distinctions granted						
No.	Authors	Title of the presentation (type of presentation: oral/poster)	Conference name (add link to the website containing information on the conference)	Organiser and place (conference type: national/ international)	Conference dates	Award (Did the paper receive an award or distinction YES/NO)
1.						
2.						
3.						

**C. Research projects/grants**

(e.g. research funded by MNiSW, NCN, NCBR, FNP; to be attached: a document confirming participation in the grant—information from the grant provider or the original application, printed report or another official document specifying list of research team members.)

No.	Name of institution	Project/Grant title	Type of grant	Period	Person's role in the project
1.					
2.					
3.					

**D. Fellowships and other forms of cooperation with national and foreign research centres, related to the doctoral dissertation, including training visits completed under the Erasmus+ Programme**

(excluding professional training courses, from the commencement of the course of education at doctoral school, please attach a document confirming completion of the fellowship)

No.	Fellowships (specify the type of fellowship – national or international)	Name of the institution and the full name of the research supervisor	Place	Duration
1.				
2.				
3.				

**E. Other achievements / activity**

(e.g. passive participation in conferences, postgraduate studies and training courses/internships; involvement in organizing committees of scientific conferences and other organizational activities; activities aimed at the promotion and development of science and teaching; cooperation with the University Council of Doctoral Students)

No.	Type of involvement/activity
1.	
2.	
3.	
4.	
5.	

<b>2. Study Programme Progress Overview</b>	
<b>Exams and coursework credits</b> (appendix – Doctoral Student’s Periodic Achievement Sheet together with an opinion from a staff member at the AWF Doctoral School Office regarding the timeliness of submitting documents related to the course of study and the Doctoral Student’s involvement in the organisation of events at the Doctoral School.)	
<b>3. Individual Research Plan Progress Overview</b> (Describe the execution of the stages of the research schedule completed so far and the progress in preparing the doctoral dissertation.)	
<b>A. Execution of the stages of the research schedule completed so far</b> (description- max. 1 A4 page, Calibri 12, spacing: 1.5)	
<b>B. Progress made on the doctoral dissertation</b> (description – max. 2 A4 pages , Calibri 12, spacing: 1.5)	
<b>C. Supervisor’s opinion regarding progress made on the Individual Research Plan and the doctoral dissertation as well as the Doctoral Student’s attitude/engagement</b>	

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)

**Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor)

**Second/Assistant Supervisor’s approval**

.....  
(Place, date)

.....  
(Legible signature of the Supervisor/Assistant Supervisor)



Appendix no. 2 to Resolution no. 1/2023  
issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
on 12 May 2023

GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Supervisor Performance Evaluation Form**

Details of the Doctoral Student	
Full name	
Student identifier	
Supervisor	
Full name	
Title/Degree	
Unit (place of employment)	
Assistant Supervisor*	
Full name	
Title/Degree	
Unit	

\* Please fill out a separate form for the Assistant Supervisor

Supervisor Performance Evaluation						
Aspects of the Student-Supervisor cooperation		Evaluation (You must leave a comment for any 'bad' or 'very bad' entries)				
		Very good	Good	Bad	Very bad	Comment
1.	Frequency and punctuality of meetings					
2.	Supervisor's availability					

3.	Meetings with the Supervisor being useful for the successful accomplishment of research-related tasks.					
4.	Supervisor showing interest in progress made on the doctoral dissertation					
5.	[Supervisor's] skills in sustaining effective motivation for research effort					
6.	Supervisor's attitude towards the Doctoral Student (kindness, willingness to help)					
7.	Content-related support in preparing the Individual Research Plan					
8.	Quality of seminars					
9.	Channels of communication with the Supervisor?	Face to face	Phone	Email	Others	Comment

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)



Appendix no. 2 to Resolution no. 1/2024  
issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF  
on 24 May 2024

GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Supervisor Performance Evaluation Form**

Details of the Doctoral Student	
Full name	
Student identifier	
Supervisor	
Full name	
Title/Degree	
Unit (place of employment)	
Assistant Supervisor*	
Full name	
Title/Degree	
Unit (place of employment)	

\* Please fill out a separate form for the Assistant Supervisor

Supervisor Performance Evaluation						
Aspects of the Student-Supervisor cooperation		Evaluation <i>(You must leave a comment for any 'bad' or 'very bad' entries)</i>				
		Very good	Good	Bad	Very bad	Comment
1.	Frequency and punctuality of meetings					
2.	Supervisor's availability					

3.	Meetings with the Supervisor being useful for the successful accomplishment of research-related tasks.					
4.	Supervisor showing interest in progress made on the doctoral dissertation					
5.	[Supervisor's] skills in sustaining effective motivation for research effort					
6.	Supervisor's attitude towards the Doctoral Student (kindness, willingness to help)					
7.	Content-related support in preparing the Individual Research Plan					
8.	Quality of seminars					
9.	Channels of communication with the Supervisor?	Face to face	Phone	Email	Others	Comment

.....  
(Place, date)

.....  
(Legible signature of the Doctoral Student)





GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ

W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Interim Assessment Sheet**

Details of the Doctoral Student	
Full name	
National (PESEL) identifier	
Student identifier	

1. Doctoral Student's development and academic achievements record		
Assessment criteria	Grade (1-inadequate 2-average, 3-positive)	
A. Publications		
B. Participation in scientific conferences		
C. Projects / Research grants		
D. Fellowships and cooperation with research centres and institutions		
E. Other achievements		
Average score		
2. Study Programme Progress Report		
Assessment criteria	Ocena (positive/negative)	
EXAMS AND COURSEWORK CREDITS		
3. Individual Research Plan Progress Report		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
Timeliness of the execution and progress made on the assumed research work	5-Excellent delivery of the Research Plan 4-Adequate delivery of the Research Plan, minor shortcomings 3- Generally adequate delivery of the Research Plan, shortcomings and minor mistakes 2-Inadequate delivery of the Research Plan, serious mistakes in the research set-up and the research timeline 1-The description is complete, leading to a negative outcome	

Average score		
4. Evaluation of the Doctoral Student		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
<b>Mode of research presentation</b>	5-Excellent preparation and delivery of the presentation 4- Well prepared and delivered presentation, minor mistakes 3- The presentation has been correctly prepared and delivered, multiple shortcomings 2- Multiple shortcomings in presentation and its delivery 1- Serious mistakes in the research presentation, unclear presentation; the presentation was delivered without proper preparation 0-Lack of presentation, no presentation skills, negative outcome	
<b>Discussion relating to the research paper</b>	5- Excellent responses to questions and issues raised by the Board 4- The Doctoral Student was well prepared and provided correct answers to the questions asked by the Board 3- The Doctoral Student provided both correct and incorrect answers to questions asked by the Board 2- The answers to questions asked by the Board were not satisfactory 1- The majority of the questions were left unanswered; lack of basic knowledge with regard to the research conducted 0- No answers were provided to any questions, leading to a negative outcome	
<b>Questions</b>		
	<b>Average score</b>	
<b>Total points from the stage 3 and 4</b>		
<b>Descriptive evaluation (max 300 words)</b>		
<b>Notes</b>		

## Final Interim Assessment Report

This ... day of ... , 20... Ms/Mr ..... undertook the Interim Assessment at Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. B. Czecha w Krakowie before the Assessment Board composed of:

Head of the Assessment Board: .....

External Member: .....

Board Member representing AWF Kraków: .....

### Evaluation of the Doctoral Student

Positive/negative outcome (underline as applicable)

Descriptive Assessment (in case of negative assessment, max 100 words)

.....  
Place, date

.....  
Signature of the Head of the Board

.....  
External Member

.....  
Board Member representing AWF Kraków

### Final approval of the Assessment by the Doctoral School Director

Positive

Negative

.....  
place, date

.....  
Signature of the Doctoral School Director

--



GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Interim Assessment Sheet**

Details of the Doctoral Student	
Full name	
National (PESEL) identifier	
Student identifier	

1. Doctoral Student's development and academic achievements record		
Assessment criteria	Grade (1-inadequate 2-average, 3-positive)	
A. Publications		
B. Participation in scientific conferences		
C. Projects / Research grants		
D. Fellowships and cooperation with research centres and institutions		
E. Other achievements		
Average score		
2. Study Programme Progress Report		
Assessment criteria	Ocena (positive/negative)	
EXAMS AND COURSEWORK CREDITS	Positive	
3. Individual Research Plan Progress Report		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
Timeliness of the execution and progress made on the assumed research work	5-Excellent delivery of the Research Plan 4-Adequate delivery of the Research Plan, minor shortcomings 3- Generally adequate delivery of the Research Plan, shortcomings and minor mistakes 2-Inadequate delivery of the Research Plan, serious mistakes in the research set-up and the research timeline 1-The description is complete, leading to a negative	

	outcome	
<b>Average score</b>		
<b>4. Evaluation of the Doctoral Student</b>		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
<b>Mode of research presentation</b>	5-Excellent preparation and delivery of the presentation 4- Well prepared and delivered presentation, minor mistakes 3- The presentation has been correctly prepared and delivered, multiple shortcomings 2- Multiple shortcomings in presentation and its delivery 1- Serious mistakes in the research presentation, unclear presentation; the presentation was delivered without proper preparation 0-Lack of presentation, no presentation skills, negative outcome	
<b>Discussion relating to the research paper</b>	5- Excellent responses to questions and issues raised by the Board 4- The Doctoral Student was well prepared and provided correct answers to the questions asked by the Board 3- The Doctoral Student provided both correct and incorrect answers to questions asked by the Board 2- The answers to questions asked by the Board were not satisfactory 1- The majority of the questions were left unanswered; lack of basic knowledge with regard to the research conducted 0- No answers were provided to any questions, leading to a negative outcome	
<b>Date and signature of the Evaluator</b>		

### Final Interim Assessment Report

This ... day of ... , 20... Ms/Mr ..... undertook the Interim Assessment at Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. B. Czecha w Krakowie before the Assessment Board composed of:

Head of the Assessment Board: .....

External Member: .....

Board Member representing AWF Kraków: .....

<b>Questions</b>
<b>Notes</b>
<b>Evaluation of the Doctoral Student</b>
Descriptive evaluation
Positive/negative outcome (underline as applicable)
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">Place, date</p> </div> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">Signature of the Head of the Board</p> <p>.....</p> <p style="text-align: center;">External Member</p> <p>.....</p> <p style="text-align: center;">Board Member representing AWF Kraków</p> </div> </div>

<b>Final approval of the Assessment by the Doctoral School Director</b>	
Positive	Negative
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">place, date</p> </div> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">Signature of the Doctoral School Director</p> </div> </div>	



GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Interim Assessment Sheet**

Details of the Doctoral Student	
Full name	
National (PESEL) identifier	
Student identifier	

1. Doctoral Student's development and academic achievements record		
Assessment criteria	Grade (1-inadequate 2-average, 3-positive)	
A. Publications		
B. Participation in scientific conferences		
C. Projects / Research grants		
D. Fellowships and cooperation with research centres and institutions		
E. Other achievements		
Average score		
2. Study Programme Progress Report		
Assessment criteria	Ocena (positive/negative)	
EXAMS AND COURSEWORK CREDITS	Positive	
3. Individual Research Plan Progress Report		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
Timeliness of the execution and progress made on the assumed research work	5-Excellent delivery of the Research Plan 4-Adequate delivery of the Research Plan, minor shortcomings 3- Generally adequate delivery of the Research Plan, shortcomings and minor mistakes 2-Inadequate delivery of the Research Plan, serious mistakes in the research set-up and the research timeline 1-The description is complete, leading to a negative	



	outcome	
<b>Average score</b>		
<b>4. Evaluation of the Doctoral Student</b>		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
<b>Mode of research presentation</b>	5-Excellent preparation and delivery of the presentation 4- Well prepared and delivered presentation, minor mistakes 3- The presentation has been correctly prepared and delivered, multiple shortcomings 2- Multiple shortcomings in presentation and its delivery 1- Serious mistakes in the research presentation, unclear presentation; the presentation was delivered without proper preparation 0-Lack of presentation, no presentation skills, negative outcome	
<b>Discussion relating to the research paper</b>	5- Excellent responses to questions and issues raised by the Board 4- The Doctoral Student was well prepared and provided correct answers to the questions asked by the Board 3- The Doctoral Student provided both correct and incorrect answers to questions asked by the Board 2- The answers to questions asked by the Board were not satisfactory 1- The majority of the questions were left unanswered; lack of basic knowledge with regard to the research conducted 0- No answers were provided to any questions, leading to a negative outcome	
<b>Date and signature of the Evaluator</b>		

### Final Interim Assessment Report

This ... day of ... , 20... Ms/Mr ..... undertook the Interim Assessment at Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. B. Czecha w Krakowie before the Assessment Board composed of:

Head of the Assessment Board: .....

External Member: .....

Board Member representing AWF Kraków: .....

<b>Questions</b>
<b>Notes</b>
<b>Evaluation of the Doctoral Student</b>
Descriptive evaluation
Positive/negative outcome (underline as applicable)
<div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">Place, date</p> </div> <div style="width: 50%;"> <p>.....</p> <p style="text-align: center;">Signature of the Head of the Board</p> <p>.....</p> <p style="text-align: center;">External Member</p> <p>.....</p> <p style="text-align: center;">Board Member representing AWF Kraków</p> </div> </div>

<b>Final approval of the Assessment by the Doctoral School Director</b>	
Positive	Negative
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">place, date</p> </div> <div style="width: 50%;"> <p>.....</p> <p style="text-align: center;">Signature of the Doctoral School Director</p> </div> </div>	



GENERAL INTERIM ASSESSMENT RULES FOR DOCTORAL STUDENTS AT  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ  
W AKADEMII WYCHOWANIA FIZYCZNEGO IM. B. CZECHA W KRAKOWIE

**Interim Assessment Sheet**

Details of the Doctoral Student	
Full name	
National (PESEL) identifier	
Student identifier	

1. Doctoral Student's development and academic achievements record		
Assessment criteria	Grade (1-inadequate 2-average, 3-positive)	
A. Publications		
B. Participation in scientific conferences		
C. Projects / Research grants		
D. Fellowships and cooperation with research centres and institutions		
E. Other achievements		
Average score		
2. Study Programme Progress Report		
Assessment criteria	Ocena (positive/negative)	
EXAMS AND COURSEWORK CREDITS	Positive	
3. Individual Research Plan Progress Report		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
Timeliness of the execution and progress made on the assumed research work	5-Excellent delivery of the Research Plan 4-Adequate delivery of the Research Plan, minor shortcomings 3- Generally adequate delivery of the Research Plan, shortcomings and minor mistakes 2-Inadequate delivery of the Research Plan, serious mistakes in the research set-up and the research timeline 1-The description is complete, leading to a negative	

	outcome	
<b>Average score</b>		
<b>4. Evaluation of the Doctoral Student</b>		
Evaluation criterion	Scoring interpretation	Score awarded by the Board Members
<b>Mode of research presentation</b>	5-Excellent preparation and delivery of the presentation 4- Well prepared and delivered presentation, minor mistakes 3- The presentation has been correctly prepared and delivered, multiple shortcomings 2- Multiple shortcomings in presentation and its delivery 1- Serious mistakes in the research presentation, unclear presentation; the presentation was delivered without proper preparation 0-Lack of presentation, no presentation skills, negative outcome	
<b>Discussion relating to the research paper</b>	5- Excellent responses to questions and issues raised by the Board 4- The Doctoral Student was well prepared and provided correct answers to the questions asked by the Board 3- The Doctoral Student provided both correct and incorrect answers to questions asked by the Board 2- The answers to questions asked by the Board were not satisfactory 1- The majority of the questions were left unanswered; lack of basic knowledge with regard to the research conducted 0- No answers were provided to any questions, leading to a negative outcome	
<b>Date and signature of the Evaluator</b>		

### Final Interim Assessment Report

This ... day of ... , 20... Ms/Mr ..... undertook the Interim Assessment at Szkoła Doktorska Nauk o Kulturze Fizycznej at Akademia Wychowania Fizycznego im. B. Czecha w Krakowie before the Assessment Board composed of:

Head of the Assessment Board: .....

External Member: .....

Board Member representing AWF Kraków: .....

<b>Questions</b>
<b>Notes</b>
<b>Evaluation of the Doctoral Student</b>
Descriptive evaluation
Positive/negative outcome (underline as applicable)
<div style="display: flex; justify-content: space-between; align-items: flex-start; padding: 10px;"> <div style="width: 45%;"> <p>.....</p> <p style="text-align: center;">Place, date</p> </div> <div style="width: 50%;"> <p>.....</p> <p style="text-align: center;">Signature of the Head of the Board</p> <p>.....</p> <p style="text-align: center;">External Member</p> <p>.....</p> <p style="text-align: center;">Board Member representing AWF Kraków</p> </div> </div>

<b>Final approval of the Assessment by the Doctoral School Director</b>	
Positive	Negative
<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="width: 45%;"> <p>.....</p> <p>place, date</p> </div> <div style="width: 50%;"> <p>.....</p> <p>Signature of the Doctoral School Director</p> </div> </div>	

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AKADEMIA WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ

[Address and phone number]

Kraków, 9 July 2024

**Decision of the Doctoral School Director appointing the  
the Assessment Board for the purpose of conducting the Interim Assessment for Second-  
Year Doctoral Students (year of admission : 2022/2023) at Szkoła Doktorska Nauk o Kulturze  
Fizycznej AWF w Krakowie**

Pursuant to Art. 202 (4) of the Higher Education and Science Law Act 20 July 2018 (Journal of Laws year 2024, item 124), § 15 (1) – (3) of the General Rules of Study at the Doctoral School, subject to Resolution 1/2024 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 24 May 2024 on General Interim Assessment Rules for doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2023/2024, with the Board's Head and Members having been duly approved by the AWF Doctoral School Council

§ 1

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Małgorzata Bagińska**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 2

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Jakub Deląg**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 3

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Izabela Kaczorowska**, Mgr, to be composed of:

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Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

#### § 4

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Anna Kałuża**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

#### § 5

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Zuzanna Komarek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Barbara Frączek, Prof., Dr hab.

#### § 6

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Agnieszka Koteja**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Barbara Frączek, Prof., Dr hab.

#### § 7

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Wojciech Wąsacz**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

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§ 8

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Piotr Woźniak**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 7

This decision is hereby publicly announced through the official website of the AWF Doctoral School.

[*Oblong stamp*: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”] [*Signature per proxy*]

Doctoral School Director



Kraków, 16.09.2021

**Announcement no. 6/2021 issued by the Doctoral School Director on decisions regarding the Interim Assessment of Year 2 Doctoral Students in the academic year 2020/2021**

Upon conducting, on 16.09.2021, the assessment by the Assessment Board acting pursuant to Art.202 (2) and (3) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2021, item 478), § 14 par. 1 (5) (2-6) and §15 (1)-(5) of the General Study Regulations at the Doctoral School and General Interim Assessment Rules for Doctoral Students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie I hereby inform that our Year 2 Doctoral Students have obtained the following results:

Full name of the Doctoral Student: **Marcin Błaszcz, Mgr**

Title of the doctoral dissertation: The Impact of an Original Multimedia Self-Management Intervention on Selected Psychological and Functional Aspects and Physical Activity in Post-Stroke Patients

Supervisor: Elżbieta Mirek, Prof. AWF, Dr Hab.,

Assistant Supervisor: Szymon Pasiut, Dr. N. Med.

Date of Interim Assessment: 16.09.2021

Board session time: 9.30 – 10.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Jagoda Chmiel, Mgr**

Title of the doctoral dissertation: Effectiveness of Neuro-Orthopedic Activity-Dependent Plasticity Therapy and Traditional Therapy in the Management of Cervical Discogenic Pain Syndromes

Supervisor: Elżbieta Szczygieł, Prof. AWF, Dr Hab.,

Assistant Supervisor: Grażyna Guzy, Dr.

Date of Interim Assessment: 16.09.2021

Board session time: 11.45-12.15

The Assessment outcome: successful

Full name of the Doctoral Student: **Katarzyna Fedejko, Mgr**

Title of the doctoral dissertation: Assessment of the Impact of Gait Re-Education Using an Automated Gait Trainer on Gait Pattern Improvement and Quality of Life in Individuals with Locomotion Disorders

Supervisor: Wiesław Chwała, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 16.09.2021

Board session time: 11.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Łukasz Rydzik, Mgr**

Title of the doctoral dissertation: Selected Aspects of Kickboxing Fight Analysis Including Physical Fitness and Physiological Parameters

Supervisor: Tomasz Ambroży, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 16.09.2021

Board session time: 10.15 – 10.45

The Assessment outcome: successful

Full name of the Doctoral Student: **Natalia Serafin, Mgr**

Title of the doctoral dissertation: The Role of the Metacognitive Self in the Effective Functioning of Master-Level Swimmers

Supervisor: Małgorzata Siekańska, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 16.09.2021

Board session time: 12.30 – 13.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Kamil Sokołowski, Mgr**

Title of the doctoral dissertation: Morphological, Physiological, and Kinematic Factors Determining Young Swimmers' Sports Performance in Front Crawl

Supervisor: Marek Strzała, Prof. AWF, Dr Hab.

Date of Interim Assessment: 16.09.2021

Board session time: 13.15-13.45

The Assessment outcome: successful

[Signature: B Frączyk]

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Kraków, 21 September 2022

**Announcement no. 1/2022 issued by the Doctoral School Director on decisions regarding the Interim Assessment of Year 2 Doctoral Students in the academic year 2021/2022**

Upon conducting, on 21.09.2022, the assessment by the Assessment Board acting pursuant to Art.202 (2) and (3) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2022, item 574 as further amended), § 14 par. 1 (5) (2-6) and §15 of the General Study Regulations at the Doctoral School and Order no. 1/2022 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie dated 3 June 2022 detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2021/2022 I hereby inform that our Year 2 Doctoral Students have obtained the following results:

Full name of the Doctoral Student: **Aleksander Drwal, Mgr**

Title of the doctoral dissertation: The Impact of Anaerobic (Speed-Strength) Training on Endurance Capacity

Supervisor: Marcin Maciejczyk, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 21.09.2022

Board session time: 10.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Paulina Handzlik-Waszkiewicz, Mgr**

Title of the doctoral dissertation: The Effect of Bebo® Training and Assisted EMG-Biofeedback on Pelvic Floor Muscle Function in Women after Spontaneous Delivery and Caesarean Section

Supervisor: Agnieszka Suder, Prof. AWF, Dr Hab.,

Assistant Supervisor: Iwona Sulowska-Daszyk, Dr.,

Date of Interim Assessment: 21.09.2022

Board session time: 10.30 – 11.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Dawid Janczarzyk, Mgr**

Title of the doctoral dissertation: Evaluation of the Effectiveness of Myofascial Techniques in Improving Posture, Joint Mobility, Tissue Oxygenation, and Pain Reduction in Individuals with Upper Crossed Syndrome

Supervisor: Edyta Mikołajczyk, Prof. AWF, Dr Hab.,

Assistant Supervisor: Agata Milert, Dr.,

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Date of Interim Assessment: 21.09.2022

Board session time: 11.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Małgorzata Lipowska, Mgr**

Title of the doctoral dissertation: The Impact of Plyometric Training on Running Economy in Triathletes After Intensive Cycling

Supervisor: Andrzej Klimek, Prof., Dr Hab.,

Assistant Supervisor: Łukasz Tota, Dr.,

Date of Interim Assessment: 21.09.2022

Board session time: 11.30 – 12.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Sebastian Masel, Mgr**

Title of the doctoral dissertation: The Effect of Various Post-activation Potentiation Enhancement (PAPE) Protocols on Anaerobic Power in Physically Active Individuals and High Performance Volleyball Players

Supervisor: Marcin Maciejczyk, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 21.09.2022

Board session time: 12.00 – 12.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Bartosz Zając, Mgr**

Title of the doctoral dissertation: Analysis of Training Loads in High-Level Junior Category Road Cyclists from Szkoła Mistrzostwa Sportowego w Świdnicy

Supervisor: Tadeusz Ambroży, Prof., Dr Hab.,

Date of Interim Assessment: 21.09.2022

Board session time: 12.30-13.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Olga Klocek, Mgr**

Title of the doctoral dissertation: Effects of Lower Limb Power Development in 13–15-Year-Old Volleyball Players in the course of Experimental Plyometric Efficiency Training

Supervisor: Michał Spieszny, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 22.09.2022

Board session time: 10.00 – 10.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Ewa Karpecka-Gałka, Mgr**

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Title of the doctoral dissertation: The Impact of a One-Month High-Altitude Expedition on the Health, Nutrition, Physical Fitness, and Gut Microbiome Structure of High-Altitude Climbers

Supervisor: Barbara Frączek, Prof. AWF, Dr Hab.,

Assistant Supervisor: Kinga Humińska-Lisowska, Dr.,

Date of Interim Assessment: 22.09.2022

Board session time: 10.30 -11.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Paulina Kasprzyk, Mgr**

Title of the doctoral dissertation: Evaluation of the Effectiveness of Occupational Therapy in the Rehabilitation of Upper Limb Function in Post-Stroke Patients

Supervisor: Elżbieta Mirek, Prof. AWF, Dr Hab.,

Assistant Supervisor: Paulina Aleksander-Szymanowicz, Dr.,

Date of Interim Assessment: 22.09.2022

Board session time: 11.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Maciej Olszewski, Mgr**

Title of the doctoral dissertation: Assessment of the Relationship Between Hip Muscle Endurance and the Function of the Ankle Joint and Foot Complex in Individuals With Chronic Ankle Instability

Supervisor: Joanna Golec, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 22.09.2022

Board session time: 11.30 – 12.00

The Assessment outcome: successful

[Signature: B Frączek]

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Kraków, 18 September 2023

**Announcement no. 1/2023 issued by the Doctoral School Director on decisions regarding the Interim Assessment of Year 2 Doctoral Students in the academic year 2022/2023**

Upon conducting, on 18.09.2023, the assessment by the Assessment Board acting pursuant to Art.202 (2) and (3) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2023, item 742), § 14 par. 1 (5) (2-6) and §15 of the General Study Regulations at the Doctoral School and Order no. 1/2023 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie dated 12 May 2023 detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2022/2023 I hereby inform that our Year 2 Doctoral Students have obtained the following results:

Full name of the Doctoral Student: **Paulina Arytmiak, Mgr**

Title of the doctoral dissertation: Changes in Body Composition and Motor Fitness in Children (Aged 11–15) residing in Kraków during the COVID-19 Pandemic

Supervisor: Łukasz Kryst, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 11.30 – 12.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Adrianna Dzidek, Mgr**

Title of the doctoral dissertation: The Impact of Whole-Body Cryotherapy on Selected Skin Characteristics and the Profile of Selected Adipokines and Sirtuins in Middle-Aged Individuals with Varying Degrees of Body Fatness

Supervisor: Anna Piotrowska, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 10.00 – 10.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Sara Gamrot, Mgr**

Title of the doctoral dissertation: The Effect of Positional Release Therapy and Muscle Energy Technique of Latent Trigger Points of the Sternocleidomastoid Muscle on Changes in Cervical Spine Range of Motion and Bioelectrical Activity of Selected Muscles

Supervisor: Joanna Golec, Prof., Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 10.30 – 11.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Anna Klimek-Jelonek, Mgr**

Title of the doctoral dissertation: Polish Women's Mountaineering Activity in the Tatra Mountains Between 1945 and 1989

Supervisor: Ewa Roszkowska, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 11.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Karolina Nowak, Mgr**

Title of the doctoral dissertation: Evaluation of the Quality of Health Resort Services provided by "Wieliczka" Salt Mine

Supervisor: Zygmunt Kruczek, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 12.00 – 12.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Marcin Piwecki, Mgr**

Title of the doctoral dissertation: Analysis of Stress Transmission in Selected Musculoskeletal Structures based on the Example of Transsegregational Massage

Supervisor: Krzysztof Kassolik, Prof. AWF Wrocław, Dr Hab.,

Date of Interim Assessment: 18.09.2023

Board session time: 12.30 – 13.00

The Assessment outcome: successful

*[Signature: B Frączek]*

Kraków, 13 September 2024

**Announcement no. 1/2024 issued by the Doctoral School Director on decisions regarding the Interim Assessment of Year 2 Doctoral Students in the academic year 2023/2024**

Upon conducting, on 13.09.2024, the assessment by the Assessment Board acting pursuant to Art.202 (2) and (3) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2023, item 742), § 14 par. 1 (5) (2-6) and §15 of the General Study Regulations at the Doctoral School and Ordinance no. 1/2024 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie dated 24 May 2024 detailing the rules of conducting interim assessments of doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2023/2024 I hereby inform that our Year 2 Doctoral Students have obtained the following results:

Full name of the Doctoral Student: **Małgorzata Bagińska, Mgr**

Title of the doctoral dissertation: The Impact of a Custom Training Programme in Normobaric Hypoxia on Changes in Bone Turnover Markers and Carbohydrate and Lipid Metabolism in Pre-Senior Women

Supervisor: Tomasz Pałka, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 10.00 – 10.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Jakub Deląg, Mgr**

Title of the doctoral dissertation: Sports in the Polish Scouting Association (Związek Harcerstwa Polskiego) in the Years 1920-1939

Supervisor: Janusz Wojtyczka, Prof. KAAFM, Dr Hab.,

Date of Interim Assessment: 27.09.2024

Board session time: 8.30 – 9.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Izabela Kaczorowska, Mgr**

Title of the doctoral dissertation: The Impact of a HIIT Training Program in Normobaric Hypoxia on the Expression Levels of Selected miRNAs and Running Economy in Endurance Athletes

Supervisor: Tomasz Pałka, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 13.00 – 13.30

The Assessment outcome: successful



Full name of the Doctoral Student: **Anna Kałuża, Mgr**

Title of the doctoral dissertation: The Effect of Physical Training in Normobaric Hypoxia on ProOxidant-Antioxidant Imbalance, Inflammatory Markers, Intestinal Damage, and Mitochondrial Energy Release Rate in Young Untrained Men

Supervisor: Tomasz Pałka, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 10.30 – 11.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Zuzanna Komarek, Mgr**

Title of the doctoral dissertation: The Impact of Sleep Restriction on Selected Exercise Capacities and Physical Fitness in Physically Active Women

Supervisor: Michał Spieszny, Prof. AWF, Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 11.00 – 11.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Agnieszka Koteja, Mgr**

Title of the doctoral dissertation: The Effect of an Aqua Fitness Training Programme on Quality of Life, Body Composition, and Physical and Functional Fitness in Early Old Age

Supervisor: Michał Spieszny, Prof. AWF, Dr Hab.

Date of Interim Assessment: 13.09.2024

Board session time: 11.30-12.00

The Assessment outcome: successful

Full name of the Doctoral Student: **Wojciech Wąsacz, Mgr**

Title of the doctoral dissertation: The Influence of an Experimental Training Programme on the Morphofunctional Profile of Brazilian Jiu-Jitsu Athletes

Supervisor: Tadeusz Ambroży, Prof., Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 12.00 – 12.30

The Assessment outcome: successful

Full name of the Doctoral Student: **Piotr Woźniak, Mgr**

Title of the doctoral dissertation: Evaluation of the Effectiveness of a Developed Robotic Device for Individuals with Limb Dysfunction in Terms of User Comfort and Functionality

Supervisor: Joanna Golec, Prof., Dr Hab.,

Date of Interim Assessment: 13.09.2024

Board session time: 13.30 -14.00

The Assessment outcome: successful

[Signature: B Frączyk]

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## **ORDINANCE No. 37/2022**

**of the Rector of Akademia Wychowania Fizycznego im. Bronisława Czecha in Krakow  
dated 9 December 2022 on the implementation of the Rules of Erasmus+ Student  
Mobility for Students of Doctoral School at Akademia Wychowania Fizycznego  
for Years 2023-2027**

Pursuant to Article 23 (1) and (2)(2) of the *Higher Education and Science Law* Act of 20 July 2018 (consolidated text in Journal of Laws of 2022, item 574 as amended), I hereby order as follows:

### **§ 1**

1. In **Enclosure No. 1** with this Ordinance, I announce the *Rules of Erasmus+ Student Mobility for Students of Doctoral School at Akademia Wychowania Fizycznego for Years 2023-2027*.
2. The scholarship mobility of Doctoral School Students shall be funded from the KA131-2022 Project funds once the funds available under the KA131-2021 Project have been used.

### **§ 2**

This Ordinance shall enter into force upon being signed.

**RECTOR**

(-) Andrzej Klimek, Prof., Dr Hab.

**Enclosure No. 1  
with Ordinance No. 37/2022  
dated 9 December 2022**

[Image of the EU flag] Erasmus +

[Image of AWF logo] AWF Krakow 1927

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# **RULES OF ERASMUS+ MOBILITY ACTIONS FOR STUDENTS OF DOCTORAL SCHOOL AT AKADEMIA WYCHOWANIA FIZYCZNEGO FOR YEARS 2023-2027**

## **MOBILITY OF DOCTORAL SCHOOL STUDENTS**

Erasmus+ is a scholarship programme for doctoral students who spend a part of their studies and traineeships in another country within the European Union, as well as Iceland, Liechtenstein, Norway, Turkey, the Republic of North Macedonia, Serbia and other countries that are eligible for a specific project as part of the ECTS.

### **§ 1**

#### **General principles**

1. Doctoral students shall have the opportunity to undertake a learning and training mobility as part of the funding.
2. Learning mobility actions under Erasmus+ may only be implemented by universities that hold a valid Erasmus Charter for Higher Education (ECHE) making them eligible to take part in the Programme.
3. An inter-institutional agreement between the university and the receiving institution must be signed before a doctoral students' exchange (in the case of university studies) can take place.-/
4. Inter-institutional agreements under the Erasmus+ Programme may be initiated by the individual units of the University. Agreements on behalf of Akademia Wychowania Fizycznego in Krakow (hereinafter AWF) shall be signed by the Vice-Rector for Student Affairs who is in charge of the Erasmus+ Programme.
5. The institution receiving the doctoral students must be in a country that participates in the Erasmus+ Programme.
6. Detailed information and a list of all inter-institutional agreements effective in a given academic year shall be published online at: **<https://www.awf.krakow.pl/erasmus/umowy-z-uczelniami>** AWF doctoral students may only undertake a study period in another country under those agreements.
7. Doctoral School students who wish to undertake a traineeship under Erasmus+ Programme may go to a foreign enterprise or a foreign institution that expressed its willingness to receive them for a traineeship under the Erasmus+ Programme. Doctoral students shall search for a partner institution in which they wish to carry out their traineeship on their own. The institutions must be in a country that participates in the Erasmus+ Programme.
8. Detailed information on the possibility of obtaining a grant under the Erasmus+ Programme is available online at **<https://www.awf.krakow.pl/erasmus>**.
9. While receiving an Erasmus+ grant, doctoral students may not receive any other grant from the European Union funds.

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10. All doctoral students who undertake a mobility activity under the Erasmus+ Programme are required to comply with the European Student Card which may be reviewed online [https://www.awf.krakow.pl/attachments/article/3452/Karta%20studenta%20Erasmusa\\_2021\\_2027.pdf](https://www.awf.krakow.pl/attachments/article/3452/Karta%20studenta%20Erasmusa_2021_2027.pdf).

## § 2

### Principles of Doctoral School Students selection/recruitment

1. The procedure for the intake, selection and evaluation of candidates for scholarship-funded mobility under Erasmus+ shall be set by the University in pursuit of its own policy of European cooperation, as declared in the application for the Erasmus Charter for Higher Education, while adhering to the intake rules as part of a competition.
2. Recruitment for the entire academic year (winter and summer terms) shall be held each year between **February** and **April** via the enrolment form which is available online at <https://www.awf.krakow.pl/erasmus>. Upon logging in, doctoral students may select no more than three universities [and] depending on the Recruitment Committee's decision, they may be awarded only one trip from the offer available. The Vice-Rector for Student Affairs may decide to hold another recruitment round and set its date, provided there are available slots in the Partner Universities and provided the University has funds available for the payment of grants to the parties concerned.
3. Recruitment for Doctoral School students' traineeships is held continuously until the funds available to the University for the payment of grants to students have been used.
4. Upon submission of the application form in the online system, doctoral students who apply for a study period/traineeship under the Erasmus+ Programme in their first year of study are required to submit to the AWF Rector's Office a printed and signed application form, along with the information on the grade on their diploma of the second study cycle which shall be at least 4.0 as well as the type and level of foreign language proficiency. The data entered should be confirmed by an administrative staff member at the Doctoral School. Obtaining a diploma of completing the second study cycle shall be the proof that the doctoral student has the knowledge of a foreign language at least at the B2 level, as per the information in the diploma supplement. Doctoral students who are in higher years of study are required to submit to the AWF Rector's Office a printed and signed application form, along with information on the grade obtained during the term preceding the study period which shall not be lower than 4.0.
5. Knowledge of another foreign language, as listed in item 4, which is the language of instruction/traineeship in the receiving institution shall be confirmed by a language certificate at the B1/B2 level in the language required in the partner institution. Doctoral students who do not have such a certificate shall be required to submit a certificate from the AWF Foreign Language Centre to prove their language proficiency at that level.
6. The subsequent selection procedure for the studies shall be conducted by the Recruitment Committee which may hold additional interviews with the candidates for the mobility. The Recruitment Committee shall be appointed by the Doctoral School Director in the following composition:

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- 1) Doctoral School Director;
  - 2) Erasmus+ Programme Coordinator at the University;
  - 3) a representative of the Doctoral Student Government Council, and
  - 4) the person handling the Erasmus+ Programme matters.
7. Decisions of the Recruitment Committee may be appealed. Doctoral students may submit a written notice of appeal to the Vice-Rector for Student Affairs within 7 days from the results announcement date. The Erasmus+ Programme Board of Appeal shall be appointed ad hoc by the Vice-Rector for Student Affairs.
  8. The decision on the admission of doctoral students for a study period abroad shall be taken by the receiving university.
  9. Doctoral students' selection shall be conducted upon accounting for the terms and conditions of the inter-institutional agreements (the number of doctoral students sent, the number of months of study periods abroad, the level of study, and the language proficiency).
  10. The employees supporting the Erasmus+ Programme Office shall be responsible for submitting the doctoral students' nominations to the partner universities.
  11. Doctoral School students should select a partner university that offers study programme(s) that correspond(s) to the field of study at the home university, that is at the third study cycle.
  12. Under the Erasmus+ Programme, doctoral students may undertake the following mobility actions:
    - 1) long-term study/traineeship mobility periods, from 2 to 12 months: physical mobility (at least 2 months) and an optional virtual component (the minimum/maximum duration is unspecified);
    - 2) short-term study/traineeship mobility periods (from 5 to 30 days of physical mobility) combined with an (optional) virtual component (the minimum/maximum duration is unspecified); and
    - 3) BIPs: short-term study mobility periods (from 5 to 30 days of physical mobility) combined with a mandatory virtual component (the minimum/maximum duration is unspecified) – a minimum of 3 ECTS.
  13. The total duration of the mobility period, including participation in prior activities under the Erasmus Programme (the so-called mobility capital), may not exceed 12 months in any given study cycle. The mobility capital may be used only once in any given study cycle.
  14. Selection for traineeships and short-term study mobility periods of doctoral students (also applicable to blended mobility) shall be conducted according to a simplified procedure. Upon meeting the formal criteria (the grade point average and the language proficiency), obtaining a confirmation from the Erasmus+ Programme Office that funds

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are available for the study trip and approval of their Advisor and the Doctoral School Director, candidates may pursue the study period planned.

15. The study period abroad under the Erasmus+ Programme may not exceed one academic year, i.e. the studies must not be continued in the winter term of the following academic year.
16. When leaving for another country (study period/traineeship) under the Erasmus+ Programme, doctoral students' study must not be suspended and they must have successfully completed all courses taught to date in the term preceding the study period (enrolment for the term to be studied at the partner university).
17. Doctoral students must have the status of a doctoral student at AWF in Krakow when leaving for the partner university.
18. Doctoral School students in their final year of study who apply for a study period abroad for the final term of their studies at AWF shall obtain written consent of their advisor and of the Doctoral School Director (while applying for the study period abroad).
19. Doctoral students with a level of recognised disability who have been approved for a mobility action under the Erasmus+ Programme shall receive a higher grant for "participants with fewer opportunities".

### **§ 3**

#### **Recruitment procedure**

1. A list of doctoral students selected under the Erasmus+ Programme shall be created as a result of the recruitment procedure and it shall comprise the core list and the reserve list. The lists shall be made by the Secretary to the Recruitment Committee or by a person designated by the Doctoral School Director.
2. Doctoral students who did not receive additional financing for the mobility activity should remember to submit their resignation upon the end of the recruitment process at AWF, unless they decide to pursue the mobility activity with a zero grant (without additional financing).

### **§ 4**

#### **Grant amount and terms of payment**

1. Grants awarded under the Erasmus+ Programme are of supplementary nature (additional financing). They are awarded as extra financing to cover the additional costs relating to the travel and stay in the receiving institution.
2. The Erasmus+ National Agency shall award to the university a total pool of funds for students for a given academic year and the amount arises from the rules of distributing the subsidy received by Poland. The university shall distribute the total pool among students and doctoral students selected for the mobility actions.

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3. The grant amount shall be set for a given project each year by the Erasmus+ National Agency. Once set, the monthly rates must not be changed. The grant amount shall be calculated pro-rata, depending on the number of days of stay confirmed by the receiving institution. The rates effective for a given project shall be posted online at: **<https://www.awf.krakow.pl/erasmus>**
  4. Doctoral students shall be required to take out an insurance policy for the duration of the study period/traineeship. The insurance policy shall at least cover health insurance, third-party liability insurance and accident insurance. In the case of mobility within the EU, the national health insurance of the participant shall include basic cover during the stay in another EU member state using the European Health Insurance Card. However, that insurance may not be sufficient in all situations, for example, when returning to Poland is necessary or for a special medical intervention or in the case of mobility with partner countries. In such a case, an extra private medical insurance may also be needed. Taking out an insurance against the costs of treatment relating to a sudden Covid-19 illness is also recommended during the pandemic. The third-party liability insurance and accident insurance shall cover damages caused by the participant or to the participant while staying abroad. There are different regulations governing those types of insurance in various countries, and participants risk not being covered by the standard systems, for example, if they are not considered to be employees or if they have not been formally registered by the receiving organisation. In addition to the above, it is also recommended that you take out insurance against the loss or theft of documents, travel tickets and luggage.
  5. Doctoral students who are Polish nationals are required to register in the Odyseusz service platform maintained by the Ministry of Foreign Affairs.
  6. Prior to travel, doctoral students are required to sign a financing agreement between the University and the doctoral student at the Erasmus+ Office. The advance payment shall be made within 30 days from the agreement signing date, but not earlier than 45 days from the planned exchange start date, and it shall be 70% of the amount set out in the agreement. The procedures and the list of the documents required are available online at:  
**<https://www.awf.krakow.pl/erasmus/dla-studentow/3459-przed-wyjazdem>**
  7. The start date of the mobility period shall be the first day on which the doctoral student must be present in the receiving organisation (the first day of classes/traineeship), as per the date in the *financial agreement*.
  8. The end date shall be the last day of presence in the receiving organisation, as per the date in the *financial agreement*.
  9. The final grant amount shall be accrued during the stay settlement upon the return, on a pro-rata basis, depending on the number of days actually spent by the participant in the receiving institution abroad. In the case of incomplete months, the additional financing amount shall be calculated by multiplying the number of days in the incomplete month by 1/30 of that amount. If the confirmed stay period is longer than agreed with the University in the financial agreement document, the amount of the additional financing remains unchanged and will not include additional financing for the period beyond the agreed one for which the additional financing shall be zero.



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10. If the payment defined in the agreement between the University and doctoral student is lower than 100% of the amount calculated upon the return on the basis of the document from the receiving institution, the remaining portion of the grant shall be paid out within 45 calendar days from the end of the settlement process. If the payment defined in the agreement between the University and doctoral student is higher than 100% of the amount calculated upon the return on the basis of the document from the receiving institution, a reimbursement order shall be issued within 45 calendar days from the end of the settlement process. The reimbursement shall be made within 30 calendar days from the date of receiving a call to do so.
  11. To settle the mobility action, you should [take the following actions] within 14 days from the mobility end:
    - 1) settle the mobility action in the Doctoral School by obtaining enrolment for another term of study on the basis of the document called [*document name given in English*] *Transcript of Records* (a study period) obtained from the receiving institution. In the case of traineeships, you need to inform the Doctoral School Director of the traineeship completion;
    - 2) settle the mobility action in the Erasmus+ Office by submitting: [*document names given in English and Polish*] a *Transcript of Records*, *Certificate of Stay* with the exact start- and end dates of the stay; completing the mandatory report/on-line EU survey of the scholar in the system; taking a language test in the OLS system upon the end of the mobility action (if required).
  12. Doctoral students who wish to continue their studies at the foreign institution during the following term must request the Doctoral School Director at their home university for permission to extend their stay abroad. Extending the stay abroad – only within one academic year – is possible upon approval of both universities – the foreign one and AWF, but there is no guarantee that the student will receive an Erasmus+ grant for the extra study period. Upon the receipt of a complete set of documents from the doctoral student which shall comprise:
    - 1) a request for the extension of the studies for another term;
    - 2) a confirmation of the stay at the partner university during the first term; a document confirming successful completion of courses planned for the winter term at the foreign university – the *Transcript of Records*, the *Learning Agreement* for the second term approved by the coordinators from AWF and the partner university; and
    - 3) the foreign university's permission to continue the studies; the *Learning Agreement* for another term of study agreed and approved by the Doctoral School, the Doctoral School Director shall give his/her opinion on the request and send the complete set of documents to the Rector's Office not later than on 10 December of the academic year in which the mobility action is to take place. A list of doctoral students extending their studies for another term can only be drafted on the basis of complete documents and only the persons included in the list may be covered by the additional financing, if any, during the next term.
  13. The additional financing may not be used for covering similar costs that have already been / are being financed from Union funds.

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14. Each participant of the Erasmus+ Programme is required to comply with the arrangements he or she undertook when signing the financial agreement before their mobility and when reviewing the 2021-2027 Erasmus Card. Should those obligations not be kept and should the duration of the person's stay at the foreign institution be shortened as a result, the Vice-Rector for Student Affairs may resolve that the doctoral student shall return the entire grant amount.

## **§ 5**

### **Final provisions**

The documents relating to the recruitments held shall be kept in the AWF Erasmus+ Office for 5 years.

RECTOR

(-) Andrzej Klimek, Prof., Dr Hab.

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Kraków, 16.07.2021

**Decision of the Doctoral School Director appointing the  
the Assessment Board for the purpose of conducting the Interim Assessment for 2<sup>nd</sup>-Year  
Doctoral Students at Szkoła Doktorska Nauk o Kulturze Fizycznej AWF w Krakowie**

Pursuant to Art. 202 (4) and (5) of the Higher Education and Science Law Act of 20 July 2018 (Journal of Laws year 2001, item 478), § 15 (1),(2) and (3) of the General Rules of Study at the Doctoral School and the General Interim Assessment Rules for Doctoral Students at Szkoła Doktorska Nauk o Kulturze Fizycznej w AWF w Krakowie, with the Board's Head and Members having been duly approved by the AWF Doctoral School Council

§ 1

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Marcin Błaszcz**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

Board Member: Grzegorz Juras, Prof. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 2

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Jagoda Chmiel**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

Board Member: Adam Maszczyk, Prof. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 3

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Katarzyna Fedejko**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

Board Member: Grzegorz Juras, Prof. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 4

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Łukasz Rydzik**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

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Board Member: Grzegorz Juras, Prof. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 5

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Natalia Serafin**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 6

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Kamil Sokołowski**, Mgr, to be composed of:

Head of the Board: Barbara Frączek, Dr hab. - AWF Kraków

Board Member: Adam Maszczyk, Prof. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 7

This decision is hereby publicly announced through the official website of the AWF Doctoral School.

[*Oblong stamp*: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”] [*Signature per proxy*]

## **CERTIFIED TRANSLATION FROM POLISH**

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AKADEMIA WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE

SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ

[Address and phone number]

Kraków, 30 June 2022

**Decision of the Doctoral School Director appointing the  
the Assessment Board for the purpose of conducting the Interim Assessment for Second-  
Year Doctoral Students (year of admission : 2020/2021) at Szkoła Doktorska Nauk o Kulturze  
Fizycznej AWF w Krakowie**

Pursuant to Art. 202 (4) of the Higher Education and Science Law Act 20 July 2018 (Journal of Laws year 2022, item 574), § 15 (1) – (3) of the General Rules of Study at the Doctoral School, subject to Resolution 1/2023 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on General Interim Assessment Rules for doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2021/2022, with the Board's Head and Members having been duly approved by the AWF Doctoral School Council

### § 1

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Aleksander Drwal**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 2

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Paulina Handzlik-Waszkiewicz**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### **CERTIFIED TRANSLATION FROM POLISH**

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#### § 3

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Dawid Janczarzyk**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

#### § 4

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Ewa Karpecka-Gałka**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Bogdan Bacik, Prof. AWF Katowice, Dr hab.

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

#### § 5

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Paulina Kasprzyk**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Bogdan Bacik, Prof. AWF Katowice, Dr hab.

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

#### § 6

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Olga Klocek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Bogdan Bacik, Prof. AWF Katowice, Dr hab.

Board Member: Barbara Frączek, Prof. AWF Kraków, Dr hab.

## **CERTIFIED TRANSLATION FROM POLISH**

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### § 7

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Małgorzata Lipowska**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 8

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Sebastian Masek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 9

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Maciej Olszewski**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Bogdan Bacik, Prof. AWF Katowice, Dr hab.

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 10

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Bartosz Zając**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

**CERTIFIED TRANSLATION FROM POLISH**

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§ 11

This decision is hereby publicly announced through the official website of the AWF Doctoral School.

[*Oblong stamp:* " DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor" ] [*Signature per proxy*]

Doctoral School Director

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I, the undersigned, duly appointed Polish-English translator, entered in the Register of Sworn Translators in the custody of Polish Minister of Justice under no TP/1412/06 hereby certify that the foregoing English text is a true and accurate translation of the attached document presented to me in Polish.

No. in Register: 85/2025  
Translated and certified by:  
Jaworzno, Poland 9 March 2025



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AKADEMIA WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ

[Address and phone number]

Kraków, 3.07.2023

**Decision of the Doctoral School Director appointing the  
the Assessment Board for the purpose of conducting the Interim Assessment for Second-  
Year Doctoral Students (year of admission : 2021/2022) at Szkoła Doktorska Nauk o Kulturze  
Fizycznej AWF w Krakowie**

Pursuant to Art. 202 (4) of the Higher Education and Science Law Act 20 July 2018 (Journal of Laws year 2022, item 574), § 15 (1) – (3) of the General Rules of Study at the Doctoral School, subject to Resolution 1/2023 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 12 May 2023 on General Interim Assessment Rules for doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2022/2023, with the Board's Head and Members having been duly approved by the AWF Doctoral School Council

§ 1

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Paulina Arytmiak**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Grzegorz Juras, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

§ 2

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Adrianna Dzidek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

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### § 3

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Sara Gamrot**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 4

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Anna Klimek-Jelonek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Adam Maszczyk, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 5

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Karolina Nowak**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Grzegorz Juras, Prof., Dr hab., – AWF Katowice

Board Member: Michał Spieszny, Prof. AWF Kraków, Dr hab.

### § 6

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Marcin Piwecki**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Prof. AWF Kraków, Dr hab.

Board Member: Grzegorz Juras, Prof., Dr hab., – AWF Katowice

Board Member: Barbara Frączek, Prof. AWF Kraków, Dr hab.

### § 7

This decision is hereby publicly announced through the official website of the AWF Doctoral School.

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[*Oblong stamp*: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”] [*Signature per proxy*]

Doctoral School Director

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AKADEMIA WYCHOWANIA FIZYCZNEGO IM. BRONISŁAWA CZECHA W KRAKOWIE  
SZKOŁA DOKTORSKA NAUK O KULTURZE FIZYCZNEJ

[Address and phone number]

Kraków, 9 July 2024

**Decision of the Doctoral School Director appointing the  
the Assessment Board for the purpose of conducting the Interim Assessment for Second-  
Year Doctoral Students (year of admission : 2022/2023) at Szkoła Doktorska Nauk o Kulturze  
Fizycznej AWF w Krakowie**

Pursuant to Art. 202 (4) of the Higher Education and Science Law Act 20 July 2018 (Journal of Laws year 2024, item 124), § 15 (1) – (3) of the General Rules of Study at the Doctoral School, subject to Resolution 1/2024 issued by the Director of Szkoła Doktorska Nauk o Kulturze Fizycznej AWF im. Bronisława Czecha w Krakowie on 24 May 2024 on General Interim Assessment Rules for doctoral students at Szkoła Doktorska Nauk o Kulturze Fizycznej w Akademii Wychowania Fizycznego w Krakowie in the academic year 2023/2024, with the Board's Head and Members having been duly approved by the AWF Doctoral School Council

§ 1

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Małgorzata Bagińska**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 2

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Jakub Deląg**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 3

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Izabela Kaczorowska**, Mgr, to be composed of:

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Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

#### § 4

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Anna Kałuża**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

#### § 5

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Zuzanna Komarek**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Barbara Frączek, Prof., Dr hab.

#### § 6

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Agnieszka Koteja**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof – AWF Katowice

Board Member: Barbara Frączek, Prof., Dr hab.

#### § 7

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Wojciech Wąsacz**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Michał Krzysztofik, Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

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§ 8

I hereby appoint the Assessment Board for the purpose of conducting the interim assessment for Doctoral Student: **Piotr Woźniak**, Mgr, to be composed of:

Head of the Board: Maria Gacek, Dr hab., AWF Kraków Prof. - AWF Kraków

Board Member: Adam Maszczyk, Prof., Dr hab. – AWF Katowice

Board Member: Michał Spieszny, Dr hab. – AWF Kraków

§ 7

This decision is hereby publicly announced through the official website of the AWF Doctoral School.

[*Oblong stamp: “ DOCTORAL SCHOOL DIRECTOR, UNIVERSITY OF PHYSICAL EDUCATION IN KRAKÓW, Barbara Frączek, Dr hab. Associate Professor”*] [*Signature per proxy*]

Doctoral School Director



**AKADEMIA KULTURY FIZYCZNEJ**  
im. BRONISŁAWA CZECHA W KRAKOWIE  
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Konto: Bank Pekao SA 50 1240 4722 1111 0000 4854 7181  
[www.awf.krakow.pl](http://www.awf.krakow.pl)

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**REKTOR**


Kraków, dnia 7 marca 2025 roku

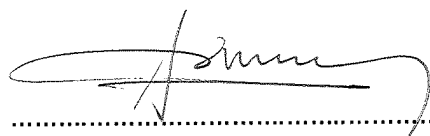
R.013-18/2025

### UPOWAŻNIENIE

Ja, Profesor dr hab. Andrzej Klimek, Rektor Akademii Kultury Fizycznej im. Bronisława Czecha w Krakowie, niniejszym upoważniam Prof. dr hab. Barbarę Frączek, Dyrektora Szkoły Doktorskiej Nauk o Kulturze Fizycznej AKF w Krakowie, do podpisania w imieniu Rektora następujących dokumentów:

1. Raportu samooceny
2. Uzupełnień do raportu samooceny
3. Uwag do raportu z ewaluacji
4. Zastrzeżeń do oceny

  
.....  
Prof. dr hab. Barbara Frączek  
Dyrektor Szkoły Doktorskiej  
Nauk o Kulturze Fizycznej

  
.....  
Prof. dr hab. Andrzej KLIMEK  
Rektor Akademii Kultury Fizycznej  
im. Bronisława Czecha w Krakowie

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# KEN

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2023-2027



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Minister of Science  
Republic of Poland

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Assessment of the quality of education in doctoral schools  
is made by the Science Evaluation Committee

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The Evaluation System of Doctoral Schools  
is financed by the Ministry of Science

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