

# March Edition 2023

## First year of studies, 1st semester

### 17 march 2023

9.30-10.15 [Introduction to study](#) dr Magdalena Dzitkowska-Zabielska, MA Sylwia Markot

### 18 march 2023

7:00 - 9:15 [Basic principles, goals and variables of resistance training part I](#), dr hab.

Michał Wilk

### 25 march 2023

8:00 - 10:15 [Basic principles, goals and variables of resistance training part II](#), dr hab.

Michał Wilk

### 15 april 2023

8:00-10:15 [High level of strength performance: blood flow restriction, controlled movement tempo, velocity-based training, Science and practical application](#), dr hab.

Michał Wilk

### 19 may 2023

8.00-10.15 [Reporting session and academic discussion](#), dr Magdalena Dzitkowska-Zabielska

### 26 may 2023

8.00-10.15 [Research ethics](#), dr Monika Żmudzka