

# FIT FOR THE FUTURE

PHOTOGRAPHY BY SYLWIA PIWOWAR

The Józef Piłsudski University of Physical Education in Warsaw is dedicated to health-focused education, research, and community engagement. With a mission firmly rooted in promoting well-being, the university prepares future professionals, advances scientific knowledge, and promotes practices that have a meaningful impact on individuals and communities alike.



The Zygmunt Szelest  
Athletics Stadium



Photo 1:  
The Janusz Kusociński  
Athletics Hall

As one of Poland's oldest sports universities, the Józef Piłsudski University of Physical Education has been championing an active lifestyle and promoting health for 95 years. Located on a 58-hectare campus in Warsaw, the university offers a wide range of programs across three faculties: Physical Education, Rehabilitation, as well as Physical Education and Health (the latter located in Biała Podlaska). It also provides postgraduate and doctoral studies, preparing professionals in fields such as physical education, physiotherapy, nursing, cosmetology, occupational therapy, tourism, and recreation.

Students in sports-related programs gain expertise in personal training, motor preparation, and teaching methods, preparing them to become future educators, coaches, and trainers dedicated to improving society's physical fitness and overall well-being. The curriculum is designed to address a wide range of health and fitness goals—from weight management to endurance building and preventive care—teaching students to customize training programs to meet individual needs. Physiotherapy students develop advanced skills to support patients in regaining mobility and managing health conditions, with a focus on mastering modern therapeutic techniques through hands-on training. They gain a comprehensive foundation in health sciences, complemented by practical knowledge of cutting-edge physiotherapy methods and innovative approaches to preventive healthcare. Throughout their studies, these future specialists participate in practical sessions where they learn to diagnose health issues and design tailored preventive and therapeutic exercise plans.

The university is also a leader in health-related research, conducting projects that examine the effects of physical activity on mental and physical well-being, as well as pioneering rehabilitation methods. This includes research into the benefits of exercise for older adults, a focus area of growing importance in today's society. These initiatives take place in cutting-edge facilities such as the Central Research Laboratory and the Interdepartmental Laboratory of Neuropsychophysiology. The recent establishment of the Center for Technology and Knowledge Transfer underscores the university's commitment to bridging the gap between research and practical application, fostering the commercialization of knowledge and technological innovations.

Equally important is the university's role in health promotion, demonstrated through educational campaigns, workshops, and events. From raising awareness about healthy lifestyles to collaborating with schools and NGOs and organizing sports events, the university's influence extends far beyond its campus, supporting the well-being of the wider community.

This photo essay by Sylwia Piwowar captures the dynamic spirit of a university where health, education, and innovation intersect, offering a vibrant glimpse into its lasting legacy and contributions to society.

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Photo 2:  
Trophy case showcasing sports achievements

Photo 3:  
Monument to Marshal Józef Piłsudski, the patron of the University

Photo 4:  
Training field for educational activities

Photo 5:  
The Janusz Kusociński Athletics Hall

Photo 6:  
"Golden Circle" of Outstanding Sports Figures





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Photo 7:  
Throwing range – a training  
area for discus throwers  
and hammer throwers

Photo 8:  
Station for testing  
the exercise capacity  
of wheelchair users,  
Central Research Laboratory



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Photo 9:  
BBS measurement station for  
assessing postural stability,  
Central Research Laboratory



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Photo 10:  
The Janusz Kusociński  
Athletics Hall



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Photo 11  
Monoprofile Medical  
Simulation Center



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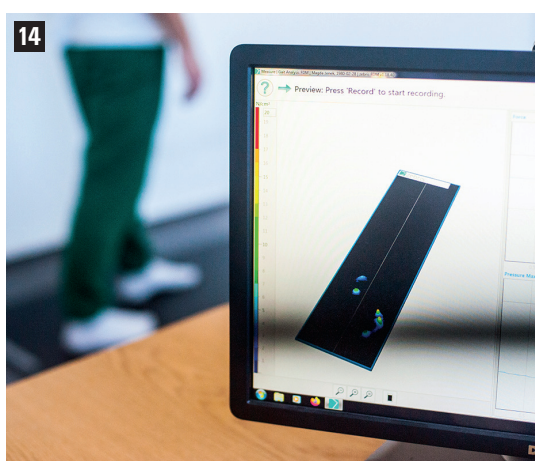
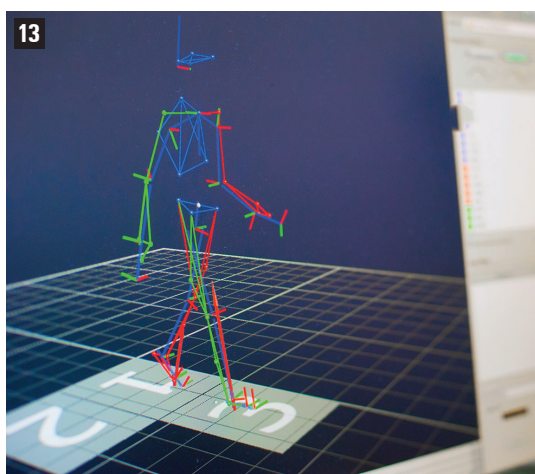
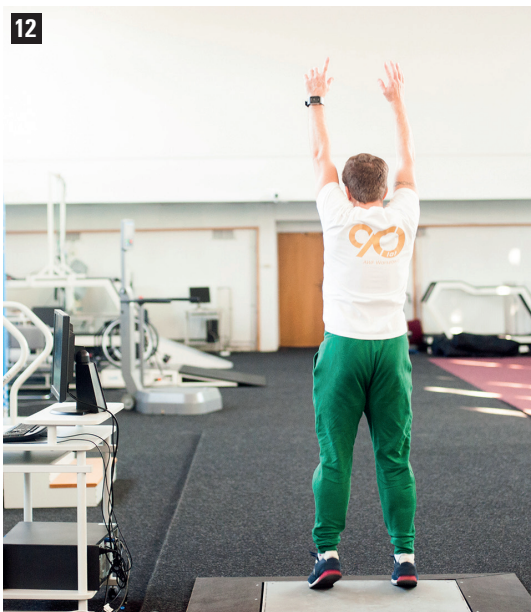


Photo 12:  
JBA Staniak jump analysis  
platform, Central Research  
Laboratory

Photo 13:  
3D motion analysis  
(Vicon system), Central  
Research Laboratory

Photo 14:  
Gait and balance analysis  
(Zebris dynamographic  
platform), Central Research  
Laboratory

Photo 15:  
Basketball training,  
team sports hall

Photo 16:  
Swimming pool