

## Subject card

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|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------|
| Subject name and code                    | Physical Education - Winter Semester, PG_00159832                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                         |                                                |
| Field of study                           | Informatics, Nuclear safety and radiological protection, American Studies, Biology, Medical Biology, Genetics and Experimental Biology, Natural Resources Conservation, Chemical Business, Chemistry, Environmental Protection, Biotechnology, Economics, International Economic Relations, Cultural Communication, Kashubian Ethno studies, English Studies, German Studies, Studies in Classical Philology, Polish Studies, Romance Studies, Spanish and Portuguese Studies, Cultural Studies, Applied Linguistics, Logopedics, Audiovisual Production, Chinese Studies, Balkan Studies, Film and Audio-Visual Culture Studies, Theatre Studies, Russian Philology, Russian Studies, Scandinavian Studies, Slavic Studies, Eastern Studies, Management of Artistic Institutions, Archaeology, Ethnology, History, History of Art, Sightseeing and Historical Tourism, German Studies, Religious Studies, Bioinformatics, Physics, Medical Physics, National Security, Diplomacy, Journalism and Social Communication, Philosophy, Pedagogy, Pre-school and Early School Education, Special Pedagogy, Political Studies, Psychology, Sociology, Aquaculture – Business And Technology, Geography, Geology, Water Management and Protection of Water Resources, Oceanography, Criminology and Criminal Justice, Criminology, Taxes and Tax Consultancy, Law, Finance and Accounting, Informatics and Econometrics, Management, Management of Healthcare Institutions, Informatics, Social Work, Sport Management, International Business, , Japanese Studies, Museology and Preservation of Cultural Heritage, Creative Writing |                                         |                                                |
| Date of commencement of studies          | October 2024                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Academic year of realisation of subject | 2024/2025                                      |
| Education level                          | Bachelor's studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Subject group                           | Obligatory subject group in the field of study |
| Mode of study                            | full-time studies                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Mode of delivery                        | at the university                              |
| Year of study                            | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Language of instruction                 | Polish                                         |
| Semester of study                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | ECTS credits                            | 0.0                                            |
| Learning profile                         | academic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Assessment form                         | credit                                         |
| Conducting unit                          | Rector                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                         |                                                |
| Name and surname of lecturer (lecturers) | Subject supervisor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | mgr Hanna Wesółowska-Szprada            |                                                |

|                                             |                                                                                                                                                                                                                                                                                                                                                                                                           |                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                     |                        |            |     |
|---------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|------------------------|------------|-----|
|                                             | Teachers                                                                                                                                                                                                                                                                                                                                                                                                  |                                                          | mgr Bożena Hinca<br>mgr Ewa Kozak<br>mgr Joanna Gacyk<br>mgr Anna Soszyńska<br>mgr Robert Budnik<br>mgr Edward Pawlun<br>mgr Sebastian Suchowicz<br>mgr Andrzej Cieplik<br>mgr Krzysztof Kotwicki<br>mgr Joanna Kania-Kot<br>mgr Marek Bobkiewicz<br>mgr Tomasz Aftański<br>mgr Marta Parafiniuk<br>dr Beata Rogo<br>mgr Małgorzata Aftańska<br>mgr Tomasz Kuśmierek<br>mgr Agnieszka Heimrath<br>mgr Wojciech Pawicki<br>mgr Katarzyna Wyborska<br>mgr Iwona Dudzic<br>mgr Mariusz Kinda<br>mgr Joanna Kapitańska<br>mgr Hanna Wesołowska-Szprada<br>mgr Adam Miotk<br>mgr Włodzimierz Augustynowicz<br>mgr Jarosław Skibicki<br>mgr Robert Sokołowicz |                                     |                        |            |     |
| Lesson types                                | Lesson type                                                                                                                                                                                                                                                                                                                                                                                               | Lecture                                                  | Tutorial                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Laboratory                          | Project                | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                                                                                                                     | 0.0                                                      | 30.0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 0.0                                 | 0.0                    | 0.0        | 30  |
|                                             | E-learning hours included: 0.0                                                                                                                                                                                                                                                                                                                                                                            |                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                     |                        |            |     |
| Learning activity and number of study hours | Learning activity                                                                                                                                                                                                                                                                                                                                                                                         | Participation in didactic classes included in study plan |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Participation in consultation hours |                        | Self-study | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                                                                                                                     | 30                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 0.0                                 |                        | 0.0        | 30  |
| Subject objectives                          | <div>- shaping the need for constant physical activity as part of a pro-healthy lifestyle,</div> <div>- popularization of various forms of physical activity: sports, tourism and recreation, rehabilitation,</div> <div>- formation of general physical fitness and movement skills and habits in the field of selected disciplines,</div> <div>- supporting harmonious psychophysical development</div> |                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                     |                        |            |     |
| Learning outcomes                           | Course outcome                                                                                                                                                                                                                                                                                                                                                                                            |                                                          | Subject outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                     | Method of verification |            |     |

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| Subject contents                                               | Depending on the type of activities selected by the student from the CWFIS offer: badminton, body and mind, aerobic exercise with body shaping elements, strength training, fitness, full body workout, compensatory and corrective gymnastics, golf, yoga, basketball, ice skating, outdoor marching with athletics elements, skiing, swimming lessons, nirvana fitness, Nordic walking, soccer, indoor soccer, swimming, power pump, self-defense, volleyball, stretching with yoga elements, tabata, modern dance, beginner tennis, intermediate tennis, table tennis, trekking, cardio training, circuit training, bicycle training, floorball, sport climbing, zumba, sailing, theory classes. |                   |                               |
| Prerequisites and co-requisites                                | Brak wymagań                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                   |                               |
| Assessment methods and criteria                                | Subject passing criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Passing threshold | Percentage of the final grade |
|                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 100.0%            | 100.0%                        |
| Recommended reading                                            | Basic literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                   |                               |
|                                                                | Supplementary literature                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |                               |
|                                                                | eResources addresses                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                   |                               |
| Example issues/<br>example questions/<br>tasks being completed |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                   |                               |
| Work placement                                                 | Not applicable                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                   |                               |

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