University of Gdańsk

Subject card

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 2025	Academic year of realisation of subject	2025/2026
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	practical	Assessment form	credit
Conducting unit	Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	mgr Hanna Wesołowska-Szprada	

	Teachers	mgr Joanna Gacyk mgr Anna Soszyńska mgr Jarosław Skibicki mgr Joanna Kania-Kot mgr Tomasz Aftański mgr Sebastian Suchowicz mgr Małgorzata Aftańska mgr Bożena Hinca mgr Włodzimierz Augustynowicz mgr Agnieszka Heimrath mgr Wojciech Pawicki mgr Katarzyna Wyborska mgr Joanna Kapitańska mgr Anna Szargiej mgr Hanna Wesołowska-Szprada mgr Robert Budnik mgr Andrzej Cieplik mgr Mariusz Kinda mgr Marta Parafiniuk mgr Tomasz Kuśmierek mgr Marek Bobkiewicz mgr Adam Miotk mgr Bartłomiej Pepliński mgr Edward Pawlun mgr Ewa Kozak mgr Robert Sokołowicz mgr Iwona Dudzic

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

- shaping the need for constant physical activity as part of a pro-healthy lifestyle,

- popularization of various forms of physical activity: sports, tourism and recreation, rehabilitation,

- formation of general physical fitness and movement skills and habits in the field of selected disciplines,

- supporting harmonious psychophysical development

Learning outcomes

Course outcome	Subject outcome	Method of verification

<table>
<tr><td>Subject contents</td><td colspan="3">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.</td></tr>
<tr><td>Prerequisites and co-requisites</td><td colspan="3">Brak wymagań</td></tr>
<tr><td>Assessment methods and criteria</td><td colspan="3"><table><tr><th>Subject passing criteria</th><th>Passing threshold</th><th>Percentage of the final grade</th></tr><tr><td></td><td>100.0%</td><td>100.0%</td></tr></table></td></tr>
<tr><td rowspan="3">Recommended reading</td><td>Basic literature</td><td colspan="2"></td></tr>
<tr><td>Supplementary literature</td><td colspan="2"></td></tr>
<tr><td>eResources addresses</td><td colspan="2"></td></tr>
<tr><td>Example issues/ example questions/ tasks being completed</td><td colspan="3"></td></tr>
<tr><td>Work placement</td><td colspan="3">Not applicable</td></tr>
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