

## Subject card

|                                                                |                                 |                                                          |                              |                                     |                               |                                                                          |     |
|----------------------------------------------------------------|---------------------------------|----------------------------------------------------------|------------------------------|-------------------------------------|-------------------------------|--------------------------------------------------------------------------|-----|
| Subject name and code                                          | Physical education, PG_00149906 |                                                          |                              |                                     |                               |                                                                          |     |
| Field of study                                                 | Russian Philology               |                                                          |                              |                                     |                               |                                                                          |     |
| Date of commencement of studies                                | October 2026                    | Academic year of realisation of subject                  |                              |                                     |                               | 2026/2027                                                                |     |
| Education level                                                | Bachelor's studies              | Subject group                                            |                              |                                     |                               | Obligatory subject group in the field of study<br>Optional subject group |     |
| Mode of study                                                  | full-time studies               | Mode of delivery                                         |                              |                                     |                               | at the university                                                        |     |
| Year of study                                                  | 1                               | Language of instruction                                  |                              |                                     |                               | Polish                                                                   |     |
| Semester of study                                              | 2                               | ECTS credits                                             |                              |                                     |                               | 0.0                                                                      |     |
| Learning profile                                               | academic                        | Assessment form                                          |                              |                                     |                               | credit                                                                   |     |
| Conducting unit                                                |                                 |                                                          |                              |                                     |                               |                                                                          |     |
| Name and surname of lecturer (lecturers)                       | Subject supervisor              |                                                          | mgr Hanna Wesółowska-Szprada |                                     |                               |                                                                          |     |
|                                                                | Teachers                        |                                                          |                              |                                     |                               |                                                                          |     |
| 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                                             |                                 |                                                          |                              |                                     |                               |                                                                          |     |
| Learning outcomes                                              | Course outcome                  |                                                          | Subject outcome              |                                     | Method of verification        |                                                                          |     |
| Subject contents                                               |                                 |                                                          |                              |                                     |                               |                                                                          |     |
| Prerequisites and co-requisites                                |                                 |                                                          |                              |                                     |                               |                                                                          |     |
| Assessment methods and criteria                                | Subject passing criteria        |                                                          | Passing threshold            |                                     | Percentage of the final grade |                                                                          |     |
|                                                                |                                 |                                                          | 0.0%                         |                                     | 0.0%                          |                                                                          |     |
| 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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