University of Gdańsk

Subject card

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|---|---|---|---|
| Subject name and code | Physical Education II, PG_00118826 | | |
| Field of study | Genetics and Experimental Biology, Natural Resources Conservation, Biotechnology, Psychology, Taxes and Tax Consultancy | | |
| 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 |
| 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 | Biuro CWFiS -> Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector | | |
| Name and surname of lecturer (lecturers) | Subject supervisor | | |
| | 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**

- 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 |
|---|---|---|

**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**

No requirements

**Assessment methods and criteria**

| Subject passing criteria | Passing threshold | Percentage of the final grade |
|---|---|---|
| Credit is based on attendance and active participation in class | 100.0% | 100.0% |

**Recommended reading**

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| Basic literature | |
| Supplementary literature | |
| eResources addresses | |

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| Example issues/ example questions/ tasks being completed | |
| Work placement | Not applicable |

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