University of Gdańsk

Subject card

Subject name and code	Physical Education I, PG_00193375		
Field of study	Geography		
Date of commencement of studies	October 2026	Academic year of realisation of subject	2027/2028
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	2	Language of instruction	Polish
Semester of study	3	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	mgr Hanna Wesołowska-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

- 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

Basic literature	
Supplementary literature	
eResources addresses	

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

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