

Subject card

Subject name and code	Physical Education I, PG_00207617						
Field of study	Journalism and Social Communication						
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 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	1		ECTS credits		0.0		
Learning profile	practical		Assessment form		credit		
Conducting unit	Rector						
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	- 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	Brak wymagań						
Assessment methods and criteria	Subject passing criteria		Passing threshold		Percentage of the final grade		
	The basis for passing is attendance and active participation in classes.		100.0%		100.0%		
Recommended reading	Basic literature		1. BOMPA T.: Teoria planowania treningu. Warszawa 1990.				

	Supplementary literature	1. BUCHHOLZ M.: Piłka siatkowa. Gdańsk 1989. 2. CZABAŃSKI B.: Nauczanie techniki pływania. Wrocław 1977. 3. KACZYŃSKI A.: Atlas gimnastycznych ćwiczeń siłowych. Wrocław 2001. 4. NEUMANN H.: Trening koszykówki. 1990. 5. SOZAŃSKI H., WITCZAK T.: Trening szybkości. Warszawa 1981.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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