

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, Spatial Management , 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, Logistics and Mobility, , Japanese Studies, Museology and Preservation of Cultural Heritage, Creative Writing, Historical game design, Law in Sport						
Date of commencement of studies	October 2026		Academic year of realisation of subject		2026/2027		
Education level	uniform Master's studies		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	academic		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 Wesolowska-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
		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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