

Subject card

Subject name and code	Physical Education II, PG_00193466						
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	4	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 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	<ul style="list-style-type: none"> - 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							
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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