

**Subject card**

<b>Subject name and code</b>	Physical Education I, PG_00201409						
<b>Field of study</b>	Water Management and Protection of Water Resources						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>				2026/2027	
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>				Obligatory subject group in the field of study Optional subject group	
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>				at the university	
<b>Year of study</b>	1	<b>Language of instruction</b>				Polish	
<b>Semester of study</b>	1	<b>ECTS credits</b>				0.0	
<b>Learning profile</b>	practical	<b>Assessment form</b>				credit	
<b>Conducting unit</b>	Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		mgr Hanna Wesolowska-Szprada				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		0.0		0.0	30
<b>Subject objectives</b>	<ul style="list-style-type: none"> <li>- shaping the need for constant physical activity as part of a pro-healthy lifestyle,</li> <li>- popularization of various forms of physical activity: sports, tourism and recreation, rehabilitation,</li> <li>- formation of general physical fitness and movement skills and habits in the field of selected disciplines,</li> <li>- supporting harmonious psychophysical development</li> </ul>						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>			<b>Method of verification</b>	
<b>Subject contents</b>	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.						
<b>Prerequisites and co-requisites</b>	Brak wymagań						
<b>Assessment methods and criteria</b>	<b>Subject passing criteria</b>		<b>Passing threshold</b>			<b>Percentage of the final grade</b>	
	The basis for passing is attendance and active participation in classes.		100.0%			100.0%	
<b>Recommended reading</b>	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.
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Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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