

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	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	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 Wesółowska-Szprada	

	Teachers		mgr Jarosław Skibicki mgr Hanna Wesołowska-Szprada mgr Tomasz Kuśmierek mgr Marek Bobkiewicz mgr Tomasz Aftański mgr Marta Parafiniuk mgr Edward Pawlun mgr Wojciech Pawicki mgr Adam Miotk mgr Agnieszka Heimrath mgr Bartłomiej Pepliński mgr Sebastian Suchowicz mgr Włodzimierz Augustynowicz mgr Małgorzata Aftańska mgr Mariusz Kinda mgr Robert Budnik mgr Anna Soszyńska mgr Robert Sokółowicz mgr Andrzej Cieplik mgr Joanna Gacyk mgr Ewa Kozak mgr Anna Szargiej mgr Katarzyna Wyborska mgr Bożena Hinca mgr Joanna Kania-Kot mgr Joanna Kapitańska mgr Iwona Dudzic				
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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