


**KAPITAŁ LUDZKI**  
NARODOWA STRATEGIA SPÓJNOŚCI

Projekt współfinansowany przez  
Unię Europejską w ramach  
Europejskiego Funduszu  
Społecznego

**UNIA EUROPEJSKA**  
EUROPEJSKI  
FUNDUSZ SPOŁECZNY


Course title			ECTS code	
Physical education			16.1.1316	
Name of unit administrating study				
Physical Education and Sports Study Center				
Studies				
faculty	field of study	type	first tier studies (BA)	
		form	full-time	
		specialty	International Business	
		specialization	all	
Faculty of Languages	Cultural Communication	type	first tier studies (BA)	
		form	full-time	
		specialty	all	
		specialization	all	
Faculty of Management	Finance and Accounting	type	first tier studies (BA)	
		form	full-time	
		specialty	all	
		specialization	all	
Teaching staff				
mgr Hanna Wesołowska-Szprada; mgr Jolanta Filipiak; dr Beata Rogo; mgr Wojciech Pawicki; mgr Jarosław Skibicki; dr Jan Patok; mgr Wojciech Oleszkiewicz; mgr Włodzimierz Augustynowicz; mgr Jerzy Zarubin; mgr Tomasz Aftański; mgr Joanna Kapitańska; mgr Iwona Dudzic; mgr Joanna Kania-Kot; mgr Marek Szutowicz; mgr Katarzyna Wyborska; mgr Edward Pawlun; mgr Bożena Hinc; mgr Adam Miotk; mgr Jarosław Skibicki; mgr Marek Bobkiewicz; mgr Bożena Zapolska; mgr Agnieszka Heimrath; mgr Czesław Jakubczyk; mgr Marek Szutowicz; mgr Robert Budnik; mgr Mariusz Kinda; mgr Tomasz Kuśmierk; mgr Joanna Kania-Kot; mgr Wojciech Babiński; mgr Anna Soszyńska; mgr Małgorzata Aftańska; mgr Andrzej Cieplik; mgr Jolanta Malach; mgr Krzysztof Kotwicki; mgr Ewa Kozak				
Forms of classes, the realization and number of hours			ECTS credits	
Forms of classes			0	
Physical education classes				
The realization of activities				
classroom instruction				
Number of hours				
Physical education classes: 30 hours				
The academic cycle				
2023/2024 summer semester				
Type of course		Language of instruction		
obligatory		Polish		
Teaching methods		Form and method of assessment and basic criteria for eveluation or examination requirements		
exercises		Final evaluation		
		Course credit		
		Assessment methods		
		The basic criteria for evaluation		
		Exercises. The basis for pass is the attendance and active participation in class		
Method of verifying required learning outcomes				
Required courses and introductory requirements				
A. Formal requirements				
-				
B. Prerequisites				

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<b>Aims of education</b>	
<ul style="list-style-type: none"> <li>- develop the need for constant physical activity as a part of healthy lifestyle,</li> <li>- promote different forms of physical activity: sports, tourism and recreation, rehabilitation,</li> <li>- develop the general physical fitness as well as the motor skills and habits in the selected sport disciplines,</li> <li>- support the harmonious psycho-physical development</li> </ul>	
<b>Course contents</b>	
dependent on the type of course chosen by the student from the offer: badminton, strength exercises, fitness, futsal, basketball, skating, skiing, nordic walking, football, handball, swimming, self-defense, volleyball, snowboard, tennis, table tennis, powerlifting, floorball, climbing, sailing, general development classes, rehabilitation	
<b>Bibliography of literature</b>	
-	
<b>The learning outcomes (for the field of study and specialization)</b>	<b>Knowledge</b> M1A_W02 M1A_W06 M1A_W10 - students have basic knowledge of physical education
	<b>Skills</b> M1A_U11 - students have basic motor skills in the selected discipline, - students have the ability to engage in a healthy lifestyle, choose the type of physical activity for the whole life and to develop the attitude for lifelong physical activity
	<b>Social competence</b> M1A_K04 M1A_K07 M1A_K09 - students promote the social and cultural importance of sport and physical activity, - students can work as a team, using the principle of "fair play" - students have sense of responsibility for the health and safety of their own and other
<b>Contact</b>	
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