



## Subject card

|   |  |  |                                     |            |   |         |     |
|---|--|--|-------------------------------------|------------|---|---------|-----|
| Subject name and code                       | Physical Education, PG_00044601  |  |                                     |            |   |         |     |
| Field of study                              | Transport  |  |                                     |            |   |         |     |
| Date of commencement of studies             | October 2020   | Academic year of realisation of subject  |                                     |            | 2021/2022   |         |     |
| Education level                             | first-cycle 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                           | 3  | ECTS credits   |                                     |            | 0.0   |         |     |
| Learning profile                            | general academic profile   | Assessment form  |                                     |            | assessment  |         |     |
| Conducting unit                             | Academic Sports Centre -> Prorektor ds. studenckich  |  |                                     |            |   |         |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor   |  | mgr Kazimierz Rozwadowski           |            |   |         |     |
|   | Teachers   |  |                                     |            |   |         |     |
| Lesson types and methods of instruction     | 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   |  |                                     |            |   |         |     |
|   | Adresy na platformie eNauczenie:   |  |                                     |            |   |         |     |
| 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                          | Approving of healthy style of life by means of physical activity.<br><br>Developing a correct body posture and building up physical fitness.<br><br>Getting to know basic information about sports disciplines.<br><br>Using the acquired knowledge in order to choose the proper physical activity. |  |                                     |            |   |         |     |
| Learning outcomes                           | Course outcome   | Subject outcome  |                                     |            | Method of verification  |         |     |
|   | [K6_K91] analyses level of own physical fitness and is able to prepare training plan enabling her/him to improve her/his mobility and also achieve relaxation of the mind  | Students analyse levels of their fitness and plan trainings enabling them to improve various aspects of their motoric condition, which gives them a chance of physical relaxation. They learn to appreciate the importance of undertaking physical effort for their health. They learn to describe basic physiological mechanisms connected with physical effort |                                     |            | [SK2] Assessment of progress of work<br>[SK1] Assessment of group work skills |         |     |
|   | [K6_W91] has basic knowledge of physical culture, anatomy and physiology, and recognizes physical activity as a component of culture in its broad sense (sport and recreation)   | They learn to describe basic physiological mechanisms connected with physical effort.  |                                     |            | [SW1] Assessment of factual knowledge   |         |     |
|   | [K6_U91] has mobility skills allowing her/him to lead healthy lifestyle choosing activities depending on age and occupation, and also is able to promote attitudes conducive to physical activity  | They demonstrate chosen technical elements of particular sports disciplines (to choose from: aerobic, judo, basketball, handball, athletics, volleyball, football, swimming, skiing, tennis, table tennis, rowing and sailing).  |                                     |            | [SU1] Assessment of task fulfilment   |         |     |

