



Subject card

Subject name and code	Sports II , PG_00049252						
Field of study	Spatial Development						
Date of commencement of studies	October 2021	Academic year of realisation of subject	2023/2024				
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	3	Language of instruction	Polish				
Semester of study	6	ECTS credits	0.0				
Learning profile	general academic profile	Assessment form	assessment				
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor						
	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						
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							
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						
	[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)						
	[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						
Subject contents							
Prerequisites and co-requisites							
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade				
		0.0%	0.0%				
Recommended reading	Basic literature						
	Supplementary literature						
	eResources addresses						
Example issues/ example questions/ tasks being completed							
Work placement	Not applicable						