



Subject card

Subject name and code	Sports I, PG_00049243						
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	5	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		mgr Kazimierz Rozwadowski				
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						