

Course title Wychowanie fizyczne / Physical education		Kod ECTS	
Name of unit administrating study Physical Education Department of the University of Gdansk			
Studies			
Field of study Chemistry	Type Bachelor	Form Full-time studies	
Teaching staff Physical education teacher from Physical Education Department of the University of Gdansk			
Forms of classes, the realization and number of hours		ECTS credits 0	
A. Forms of classes exercises			
B. The realization of activities exercises in the sports hall or outdoor activities			
C. Number of hours 60 h			
The academic cycle First year, summer semester and second year, winter semester			
Type of course obligatory		Language of instruction English	
Teaching methods exercises		Form and method of assessment and basic criteria for evaluation or examination requirements	
		A. Final evaluation course credit without a grade pass/fail (without grades after semester)	
		B. Assessment methods exercises, the basis for pass is the attendance and active participation in class.	
		C. The basic criteria for evaluation attendance is mandatory, any absence must be assigned in accordance with the rules of classes.	
		D. Method of verification established effects of education <ul style="list-style-type: none"> • presentation of taught and perfected motor skills in the chosen discipline, • observation of work and activity of the student in the classroom with the use of positive measures of health. 	
Required courses and introductory requirements			
A. Formal requirements no requirements			
B. Prerequisites no requirements			
Aims of education <ul style="list-style-type: none"> • develop the need for constant physical activity as a part of healthy lifestyle, • promote different forms of physical activity: sports, tourism and recreation, rehabilitation, • develop the general physical fitness as well as the motor skills and habits in the selected sport disciplines, • support the harmonious psycho-physical development. 			
Course contents 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.			
Bibliography of literature -			
Knowledge <ul style="list-style-type: none"> • students have basic knowledge of physical education 			

Skills

- 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

Social competence

- 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

Contakt:

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