

<b>Course title</b>		Physical Fitness Training (Sports)						<b>ECTS code</b>		14.3.EM.OR.1999	
								<b>ECTS credits</b>		2	
<b>Name of unit administrating study</b>				<b>Field of study</b>		MSG**		<b>Field of specialisation</b>		IB;	
<b>Teaching staff</b>		swfis swfis,									
<b>Number of hours</b>											
<b>Lectures</b>	0	<b>Classes</b>	60	<b>Tutorials</b>	0	<b>Laboratory</b>	0	<b>Seminars</b>	0	<b>Language classes</b>	0
<b>Forma aktywności</b>								<b>Year&amp;Type of studies*</b>		1 SS1,	
<b>Hours with the participation of the academic teacher (including office hours, exams, others):</b>								<b>Semester:</b>		1-2,	
<b>Hours without the participation of the academic teacher (student's self-study, homeworks):</b>								<b>Type of course:</b>		obligatory	
<b>Total number of hours:</b>						0		<b>Language of instruction:</b>		English	
<b>Teaching form</b>		in-class learning									
<b>Teaching methods</b>		Activating methods in training classes,									
<b>Prerequisites (required courses and introductory requirements)</b>											
<b>Required courses</b>		no formal requirements									
<b>Introductory requirements</b>		no initial requirements									
<b>Assessment method, forms and criteria</b>											
<b>Assessment method</b>		Course completion (graded)									
<b>Assessment criteria</b>		The participation in the classes is mandatory. Any absence must be passed in accordance with the rules of SWFiS classes.									
<b>Course objectives</b>											
Student has a basic knowledge of physical education. Student has basic motor skills in chosen sport discipline. Student has the ability to engage in healthy lifestyle with a choice of activities for the whole life and attitudes conducive to lifelong physical activity. Student promotes the social and cultural importance of sport and physical activity. Student cares and develops its own preferences in the field of physical activity.											
<b>Learning outcomes</b>											
<b>Course contents</b>											
It depends on the type of course chosen by the student from the offer of SWFiS: racquetball, workout training, fitness, futsal, basketball, skating, skiing, nordic walking, football, handball, swimming, self-defense, volleyball, snowboarding, tennis, table tennis, powerlifting, sports climbing, sailing, generally developmental classes and rehabilitation											
<b>Recommended reading lists</b>											
Literature is updated constantly by a teacher.											
<b>Contact</b>		,									

\* SS1- undergraduate studies \* SS2 - graduate studies \* SDang - doctoral studies

\*\* MSG - International Economic Relations