

Course title	Physical Fitness Training (Sports)					ECTS code	14.3.EM.OR.1999				
						ECTS credits	2				
Name of unit administrating study		Field of study	MSG**		Field of specialisation	IB;					
Teaching staff	swfis swfis,										
Number of hours											
Lectures	0	Classes	60	Tutorials	0	Laboratory	0	Seminars	0	Language classes	0
Forma aktywności						Year&Type of studies*		1 SS1,			
Hours with the participation of the academic teacher (including office hours, exams, others):						Semester:		1-2,			
Hours without the participation of the academic teacher (student's self-study, homeworks):						Type of course:		obligatory			
Total number of hours:						0		Language of instruction:		English	
Teaching form	in-class learning										
Teaching methods	Activating methods in training classes,										
Prerequisites (required courses and introductory requirements)											
Required courses	no formal requirements										
Introductory requirements	no initial requirements										
Assessment method, forms and criteria											
Assessment method	Course completion (graded)										
Assessment criteria	The participation in the classes is mandatory. Any absence must be passed in accordance with the rules of SWFiS classes.										
Course objectives											
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.											
Learning outcomes											
Course contents											
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											
Recommended reading lists											
Literature is updated constantly by a teacher.											
Contact	,										

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

** MSG - International Economic Relations