

Physical Education

Short description of subject	Physical Education course covers 2 semesters and 60 didactic hours. Practical classes (30 h per semester) are obligatory and are in weekly intervals during whole semester 2 h each. Detailed rules of classes and work safety will be described during the first class.	
Necessary requirements for practicals	Sportswear and exercise shoes required	
Location	Practicals are in the Sport and Recreational Center Głęboka 31 street.	
Person responsible and Dept	Mgr Piotr Lorencowicz the Physical Education and Sports Centre Głęboka 31 street, room no 319. piotrlorencowicz@op.pl	
Schedule	Date: 1- detailed rules of classes and work safety. Fitness, gym. Date: 2 – gym, basketball. Date: 3 – basketball, cardio gym. Date: 4 – cardio gym, fitness. Date: 5 – fitness, gym. Date: 6 – gym, basketball. Date: 7– basketball, cardio gym. Date: 8 – cardio gym, fitness. Date: 9 – fitness, gym. Date: 10 – gym, basketball. Date: 11 – basketball, cardio gym. Date: 12 – cardio gym, fitness Date: 13 – fitness, gym. Date: 14 – gym, basketball. Date: 15 – basketball, cardio gym. Course credit.	
Didactic materials	Books – info in sylabusses.	