

| Faculty of Tourism and Recreation Gdansk University of Physical Education and Sport | | Speciality of Physical Recreation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--|--|---------|-------------|-------------------------------------|-------|--------------|---------------|--------------|----------------------------------|------|---|------|---------|------|---|------|----------|------|---|------|---------|------|---|------|--------|------|---|------|---------|------|---|------|---|------|---|------|---|------|---|------|---|------|---|------|---|----|---|---|---|---|---|----|---|---|---|
| | | Study field: Tourism and Recreation Level of education: First cycle studies (Bachelor degree) Educational profile: practical Form of study: full time | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Number of | | | Number of learning hours including | | | | | Schedule of classes in semesters | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Educational modules (classes or group of classes) | | | exams | final tests | ECTS | Total | Lectures (L) | Tutorials (T) | Seminars (S) | sem. I | | | | sem. II | | | | sem. III | | | | sem. IV | | | | sem. V | | | | sem. VI | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Speciality of Physical Recreation | | | | | | | | | | L | ECTS | T | ECTS | S | ECTS | L | ECTS | T | ECTS | S | ECTS | L | ECTS | T | ECTS | S | ECTS | L | ECTS | T | ECTS | S | ECTS | | | | | | | | | | | | | | | | | | | | | | | |
| Practice in chosen specialization* | | | 1 | 4 | 12 | 159 | 0 | 159 | 0 | | | | | | | | | | | | | | | | 30 | 2 | | | | | 42 | 3 | | | | | 45 | 3 | | | | | 42 | 4 | | | | | | | | | | | | |
| | | | Exams | Final tests | ECTS | Total | L | T | S | W | ECTS | T | ECTS | S | ECTS | W | ECTS | T | ECTS | S | ECTS | W | ECTS | T | ECTS | S | ECTS | W | ECTS | T | ECTS | S | ECTS | W | ECTS | T | ECTS | S | ECTS | W | ECTS | T | ECTS | S | ECTS | | | | | | | | | | | |
| | | | 1 | 4 | 12 | 159 | 0 | 159 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 30 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 42 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 45 | 3 | 0 | 0 | 0 | 0 | 42 | 4 | 0 | 0 |
| | | | Number: | | Exams in a semester | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | | | | | | |
| | | | Number: | | Final tests in a semester (min.)*** | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | | | | | | |
| | | | Number: | | ECTS in a semester | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | 0 | | | | | | | |

L - Lecture
T - Tutorials
S - Seminars

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|-----------------------------|
| *one of: |
| Active Aging |
| Fitness |
| Pre and Postnatal Exercises |
| Group Fitness with Music |
| Tennis |
| Windsurfing |
| Sailing |