



Physical Education

1. IMPRINT	
Academic Year	2025/2026
Department	Faculty of Dental Medicine
Field of study	English Dentistry Division
Main scientific discipline <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical sciences
Study Profile <i>(general academic / practical)</i>	General academic
Level of studies <i>(1st level / 2nd level / uniform MSc)</i>	Uniform MSc
Form of studies	Full-time program
Type of module / course <i>(obligatory / non-compulsory)</i>	Obligatory
Form of verification of learning outcomes <i>(exam / completion)</i>	Completion
Educational Unit / Educational Units <i>(and address / addresses of unit / units)</i>	Departments of Physic al Education and Sport, 2c Trojdena street, Tel. 22/5720528 studiumwfis@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Mgr Jerzy Chrzanowski MA
Course coordinator (title, First Name, Last Name, contact)	Mgr Michał Sieńko M. P. E.
Person responsible for syllabus (First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)	Mgr Michał Sieńko M. P. E.
Teachers	Mgr Michał Sieńko M. P. E.

2. BASIC INFORMATION			
Year and semester of studies	1 th year, 1 th and 2 th semester	Number of ECTS credits	0.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)			
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)		60	0
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions			

3. COURSE OBJECTIVES	
O.01	Significance of physical activity in human life.
O.02	Harmonious development of the organism, strengthening and making the locomotor system more flexible - shaping the figure, preventing diseases and overloads within the locomotor system, stimulating the circulatory, respiratory and nervous systems.
O.03	Hardening the body and improving immunity on a physical and mental level.
O.04	Acquainting with methods of fighting stress and its effects on the organism.

O.05	Acquainting with the principles and methodology of preventive programs to the extent enabling active participation
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4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING *(concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)*

Code and number of effect of learning in accordance with standards of learning <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Effects in time
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Knowledge – Graduate* knows and understands:

A.W.03.	structure of the human body in topographical and functional approach
B.W.07.	principles of statics and biomechanics in relation to the human organism
B.W.21.	the principles of acid-base balance and the transport of oxygen and carbon dioxide in the body
G.W.21.	sources of stress and the possibility of their elimination

Skills– Graduate* is able to:

D.U.02.	see and respond to the signs of anti-health and self-destructive behavior
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

Number of effect of learning	Effects of learning i time
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Knowledge – Graduate knows and understands:

K1	rules of statics and biomechanics in relation to the human body during a specific physical activity
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Skills– Graduate is able to:

S1	use basic knowledge about your own physical limitations while performing the basic elements of the technique of selected sports and recreational disciplines, assess your own deficits and educational needs, and plan physical activity and its evaluation
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Social Competencies – Graduate is ready for:

SC1	promoting patterns of healthy life, recognizing health needs and planning activities in the field of prevention and promotion of "whole life sports"
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6. CLASSES		
Form of class	Class contents	Effects of Learning
C1-C15 practical	In line with the sports program or recreational discipline chosen by the student, covering the development of motor skills: strength, speed, endurance, motor coordination, agility and flexibility. Learning about new and attractive forms of physical activity, including "sports of the whole life" (individual and team), ensuring active participation in physical culture. Movement as a factor in preventing disease and strengthening health.	A.W.03. B.W.07. B.W.21. G.W.21. D.U.02. K.01, S.01, S.C.01

7. LITERATURE
Obligatory
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website www.swfis.wum.edu.pl in the Didactics tab.
Supplementary
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website www.swfis.wum.edu.pl in the Didactics tab.

8. VERIFYING THE EFFECT OF LEARNING		
Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
A.W.03. B.W.07. B.W.21. G.W.21. D.U.02. K.01, S.01	- <i>observation of the student's work</i> - <i>assessment of activity during classes</i> - <i>fitness tests</i>	- <i>regular attendance at classes (attendance 100%)</i> - <i>participation in fitness tests</i>

9. ADDITIONAL INFORMATION <i>(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)</i>
Student Scientific Club "Biological Renewal," supervisor Dr. Anna Sobianek, anna.sobianek@wum.edu.pl
Sports and Recreational Sections of the University Sports Club AZS WUM, information available on the website www.azs.wum.edu.pl
Rules for making up missed classes:
1. Every absence, including excused absences, must be made up. 2. Absences can be made up with the instructor of a group chosen by the student or in special classes marked in the schedule as "for make-up." 3. Contact the group instructor via chat in MS Teams to arrange a make-up date. 4. Course credit can only be obtained from the instructor of the group chosen by the student. It is not possible to obtain credit without attending the chosen classes. 5. You can participate in only one PE class per day, meaning a student cannot make up a class on the same day they attend their group's class.

6. A medical exemption from PE does not exempt the student from the obligation to participate in physical education classes and obtain course credit. A student with a medical exemption must enroll in a specialized group (rehabilitation, healthy spine, relaxation techniques). In case of problems with enrollment, contact the coordinator for students with disabilities at SWFiS.

Course Credit Rules: A student has the opportunity to take 2 credit attempts. Physical education is not an exam subject, therefore obtaining a passing grade in the chosen group and 100% attendance conditions the course credit.

The regulations for passing the physical education course can be found in the news section on the Studium website www.swfis.wum.edu.pl

Contact the Studium: studiumwfis@wum.edu.pl

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