SYLLABUS

1. Course title:

Physical and Health Education

2. Code:

3. Cycle of study:

1

4. ECTS credits:

0

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

none

7. Class restrictions:

none

8. Duration / semester:

1 2

9. Weekly contact hours:

9.1. Lectures:	0
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	2

10. Faculty:

Faculty of Farmacy

11. Department/study program:

Farmacy (integrated I and II cycle)

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

15. Course aims:

The aim of Physical and Health Education is to meet the basic needs for movement and recreation, as well as to connect students' preferences for specific kinesiological activities with the goal of fulfilling their need for physical activity and enhancing the quality of their emotional life and overall health.

16. Learning outcomes:

17. Course content:

Physical activities: Basketball, Acrobatics, Football (Soccer), Sport Climbing, Handball, Dance, Fitness, Aerobics, Karate, Self-Defense, Tae Bo, Badminton, Table Tennis, Tennis, Volleyball.

18. Learning methods:

Theoretical and practical instruction (exercises).

19. Assessment methods:

Not graded.

20. Assessment components:

Not graded.

21. Required reading list:

22. Web sources:

23. Applicable starting from the academic year:

2018/19

24. Adopted in the Faculty/Academy session:

17.11.2025.