POLITECHNIKA BIAŁOSTOCKA

Studium Wychowania Fizycznego i Sportu

Requirements to complete Physical Education

For grade 5	Active participation in the course with no unexcused absence
	2. Passing technical tests for the required discipline / physical tests with an average
	grade of 5
	3. Correctly planned and executed warm-up
	4. Knowledge of basic laws and rules
	5. Good team work and fair play
	6. Creation of a correct simplified training plan
For grade 4.5	Active participation in the course with no unexcused absence
	2. Passing technical tests for the required discipline / physical tests with an average
	grade of 4.5
	3. Correctly planned and executed warm-up
	4. Knowledge of basic laws and rules
	5. Good team work and fair play
	6. Creation of a correct simplified training plan
For grade 4.0	Active participation in the course with up to one unexcused absence
	2. Passing technical tests for the required discipline / physical tests with an average
	grade of 4.0
	3. Correctly planned and executed warm-up with minor mistakes
	4. Knowledge of basic laws and rules
	5. Good team work during play
	6. Creation of a simplified training plan with minor mistakes
For grade 3.5	Participation in the course with up to two unexcused absences
	2. Passing technical tests for the required discipline / physical tests with an average
	grade of 3.5
	3. Minor mistakes in the planned and executed warm-up
	4. Knowledge of basic laws and rules
	5. Acceptable team work during play
	6. Creation of a simplified training plan with minor mistakes
For grade 3.0	Participation in the course with up to three unexcused absences
	2. Passing technical tests for the required discipline / physical tests with an average
	grade of 3.0
	3. Major mistakes in the planned and executed warm-up
	4. Incomplete knowledge of basic laws and rules
	5. Acceptable team work during play
	6. Creation of a simplified training plan with major mistakes
For grade 2.0	Passive participation in the course with more than three unexcused absences
(unclassified)	 Passing technical tests for the required discipline / physical tests with an average
	grade below 3.0
	3. Lack of ability to plan and execute a warm-up
	4. Lack of knowledge of basic laws and rules 4. Lack of knowledge of basic laws and rules
	5. Lack of team work during play
	6. Lack of ability to create a simplified training plan
	0. Lack of ability to create a simplified trailing plan