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SUMMARY

Self-evaluation of the health condition, and reasons and frequency of physical activity of the students of the University of Rzeszów

The article is based on a questionnaire concerning students' health condition, and reasons and frequency of physical activity. The study compares results obtained during the survey conducted among 485 male and female students of selected departments of the University of Rzeszów. The research has been conducted during the winter semester of 2010/2011. The results are presented in the form of charts and graphs.