

**Dear
Students and Lecturers,**

We give you the book of selected texts, which is aimed at introducing you into the area of basic problems concerning theory and methodics of physical education. The book has a form of selected works, being the auxiliary issues for theory and methodics of physical education classes, and the authors of individual chapters are Polish professors and tutors, the specialists in the field.

The scheme of the book's succeeding texts is to direct your attention to the subjects concerning the basic physical education goals seen in historical order and in accordance with contemporary approach, the intellectualization issues in physical education, the characterization of values and attitudes in physical culture, the way of correct recording a PE lesson scenario, the matters of evaluation in physical education, and of PE students' preparation for work at school.

We hope, this publication will be the necessary assistance to you, while you study,

Editors