

## DESCRIPTION OF THE COURSE OF STUDY

<b>Course code</b>	<b>0912-7LEK-A10.6-PF</b>	
<b>Name of the course in</b>	Polish	<b>Wychowanie fizyczne</b>
	English	<b>Physical Education</b>

### 1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

<b>1.1. Field of study</b>	Medicine
<b>1.2. Mode of study</b>	Full-time
<b>1.3. Level of study</b>	Uniform Master's study
<b>1.4. Profile of study*</b>	General academic
<b>1.5. Specialization*</b>	lack
<b>1.6. Unit running the course of study</b>	Center for Physical Education and Sport
<b>1.7. Person/s preparing the course description</b>	Employees of the Center for Physical Education and Sport
<b>1.8. Person responsible for the course of study</b>	Employees of the Center for Physical Education and Sport
<b>1.9. Contact</b>	swf@ujk.edu.pl

### 2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

<b>2.1. Affiliation with the module</b>	general university module
<b>2.2. Language of instruction</b>	English
<b>2.3. Semesters in which the course of study is offered</b>	I/II/III/IV/V/VI/VII/VIII/IX/X
<b>2.4. Prerequisites*</b>	Lack of contradictions against physical activity

### 3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

<b>3.1. Form of classes</b>	Class / exercises	
<b>3.2. Place of classes</b>	Classes conducted at gyms, swimming pools. The student may choose the form of classes stipulated below.	
<b>3.3. Form of assessment</b>	Test (credit)	
<b>3.4. Teaching methods</b>	Practical exercises	
<b>3.5. Bibliography</b>	<b>Required reading</b>	<ol style="list-style-type: none"> <li>1. Dembiński J.: Zasób ćwiczeń w nauczaniu podstaw techniki gry w koszykówkę, Wrocław 1995</li> <li>2. Dybińska E., Wójcicki A., Wskazówki metodyczne do nauczania pływania, Kraków 1996</li> <li>3. Grządziel G., Szade D., Piłka siatkowa. Technika, taktyka i elementy minisiatkówki, Katowice 2009</li> <li>4. King I., Nowoczesny trening siłowy, Łódź 2009</li> <li>5. Matella K., Fitness. Zdrowie i uroda, Toruń 2008</li> </ol>
	<b>Further reading</b>	<ol style="list-style-type: none"> <li>1. Bednarski L.: Koźmin A., Piłka nożna. Podręcznik dla studentów i nauczycieli AWF, Kraków 1998</li> <li>2. Bondarowicz M.: Zabawy i gry ruchowe w zajęciach sportowych. Warszawa 1994</li> <li>3. Napierała M.P., Zbiór zabaw i gier ruchowych, AB, Bydgoszcz 2001</li> </ol>

#### 4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED TEACHING OUTCOMES

##### 4.1. Course objectives (including form of classes)

**C1** – Improving motor skills useful in health, utilitarian, recreational and sports activities through participation in selected practical physical education classes.

**C2** – Developing fitness and coordination as well as providing students with knowledge and skills enabling them to develop self-control and self-assessment and also to make decisions independently.

**C3** – Shaping the attitude of conscious participation of students in various forms of sports and recreational activity during the studies and after their completion for the preservation of physical and mental health.

##### 4.2. Detailed syllabus (including form of classes)

	Topics
C1	<b>Basketball*</b> Analysis of the basic elements of individual technique training of the player in attack and in defense. Individual-attack game 1: 1. Tactics of defense and team attack. Rules of the game of basketball, refereeing.
C2	<b>Volleyball *</b> The origins of volleyball and the rules of the game. Analysis of the techniques of basic elements of volleyball; mini volleyball, teaching methodology and systematic character of exercises developing technical elements. Small games 2x2; 3x3.
C3	<b>Football*</b> Rules of football – 11-player-football, futsal and beach football. Plays and games used for learning the techniques of football. Ball control in football. Technical and tactical exercises of ball control. Dribbles and feints. Tackling. Goalkeeper's play. Teaching tactics.
C4	<b>Swimming</b> Initial adaptation to the aquatic environment; Teaching back stroke, freestyle, classic style, butterfly style; improvement of diving into distance and depth.
C5	<b>Fitness – aerobic</b> Terminology used in fitness. Music in fitness. Methodology of fitness classes. Choreography in fitness. Personal improvement. Shaping exercises. Strengthening exercises. Relaxation exercises. Stretching exercises. Various forms of aerobic classes (step, tbc, dance, etc.).
C6	<b>Fitness – weight training</b> Basics of body build, body proportions. Basic muscle groups and muscle functions. Essentials of weight training for beginners. Methods of weight training depending on the intended purpose. Construction of muscle mass and muscle definition. Exercises for given muscle groups.

*\*There is a possibility to select all forms of classes as team games.*

### 4.3 Education outcomes in the discipline

Code	A student, who passed the course	Relation to teaching outcomes
within the scope of <b>ABILITIES:</b>		
<b>U01</b>	collects information on the presence of risk factors and chronic diseases and plans preventive actions at different levels of prevention	GU2

### 4.4. Methods of assessment of the intended teaching outcomes

Teaching outcomes (code)	Method of assessment (+/-)														
	Practical test			Active participation in classes			Student's individual work/ syllabuses/ papers and projects			Group work/ discussions			Other		
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes		
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...
U01					+										

### 4.5. Criteria of assessment of the intended teaching outcomes

Form of classes	Grade	Criterion of assessment
classes (C)*	pass	Active participation in 80% of classes

## 5. BALANCE OF ECTS CREDITS – STUDENT'S WORK INPUT

Category	Student's workload
	Full-time studies
<b>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</b>	<b>150</b>
Participation in lectures*	
Participation in classes, seminars, laboratories*	<b>150</b>
Preparation in the exam/ final test*	
Others*	
<b>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</b>	
Preparation for the lecture*	
Preparation for the classes, seminars, laboratories*	
Preparation for the exam/test*	
Gathering materials for the project/Internet query*	
Preparation of multimedia presentation	
Others*	
<b>TOTAL NUMBER OF HOURS</b>	<b>150</b>
ECTS credits for the course of study	<b>0</b>

*Accepted for execution (date and signatures of the teachers running the course in the given academic year)*

.....

