

Title Physical culture (Wychowanie fizyczne)	Code 1010401121010920611
Field EDUCATION IN TECHNOLOGY AND INFORMATICS	Year / Semester 1 / 2
Specialty -	Course core
Hours Lectures: - Classes: 2 Laboratory: - Projects / seminars: -	Number of credits 1
	Language polish

Lecturer:

Nauczyciele akademicki i instruktorzy Studium Wychowania Fizycznego i Sportu.
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Faculty:

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Status of the course in the study program:

Core course of the study for Education in Technology and Informatics, Faculty of Technical Physics.

Assumptions and objectives of the course:

Each group counts from 18 to 24 students. In case of rehabilitation classes, it is an individual work of the tutor with the student.

Contents of the course (course description):

Classes realized in field of Education in Technology and Informatics are basic physical exercises included in specific sport. 30 hours per semester. Every student has opportunity to choose from: football, volleyball, basketball, gym, aerobic, tennis, table tennis, squash, swimming, downhill skiing, rollerblades and rehabilitation classes.

Introductory courses and the required pre-knowledge:

sport costume, proper shoes.

Courses form and teaching methods:

Classes realized in field of Physical Education are basic physical exercises included in specific sport. 30 hours per semester. Every student has opportunity to choose from: football, volleyball, basketball, gym, aerobic, tennis, table tennis, squash, swimming, downhill skiing, rollerblades and rehabilitation classes.

Form and terms of complete the course - requirements and assessment methods:

The final semester grade is average of efficiency tests in particular sport and participation in the classes. 85% of the classes must be assessed positively in order to pass.

Basic Bibliography:

1. Gołaszewski J. ? Piłka nożna "- przewodnik metodyczno-szkoleniowy, AWF Poznań, 1997v
2. Gołaszewski J. ?Piłka nożna", AWF Poznań, 2003
3. Gądział G; Ljach W,J. ?Piłka siatkowa? COS, Warszawa, wydanie I, 2000
4. Łatyszkiewicz L., Worobjew M., Zaurbek M., Chromajew M. ?Piłka ręczna, koszykówka, piłka siatkowa?. Warszawa 1999

5. Bartkowiak E. ?Pływanie sportowe?. Warszawa 1999
6. Biernacki J., Niedziółka A., Marszałek S. ?Fitness jogging. Poradnik dla instruktorów rekreacji ruchowej? TKKF ZG Warszawa 2004

Additional Bibliography:

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