

Title Physical culture (Wychowanie fizyczne)	Code 1010402221010920670
Field TECHNICAL PHYSICS	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.
Kierownik SWFIS - mgr Wojciech Weiss ul. Jana Pawła II nr 28, 61-139 Poznań (DS. nr1)
tel: (061) 665 25 17
Opiekun studentów FT z wychowania fizycznego - mgr Artur Niedziółka ul. Jana Pawła II nr 28, 61-139 Poznań (DS. nr1) tel: (061) 665 25 17 e-mail: artur.niedziolka@put.poznan.pl

Faculty:

Faculty of Technical Physics
ul. Nieszawska 13A
60-965 Poznań
tel. (061) 665-3160, fax. (061) 665-3201
e-mail: office_dtpf@put.poznan.pl

Status of the course in the study program:

Core course of the study for Technical Physics, 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 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.

Introductory courses and the required pre-knowledge:

sport costume, proper shoes.

Courses form and teaching methods:

sport costume, proper shoes.

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, 1997
2. Gołaszewski J. ? Piłka nożna", AWF Poznań, 2003
3. Gądziel 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. 6. Biernacki J., Niedziółka A., Marszałek S. ? Fitness jogging. Poradnik dla instruktorów rekreacji ruchowej? TKKF ZG Warszawa 2004

Additional Bibliography:

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