

| <b>STUDY MODULE DESCRIPTION FORM</b>   |  |   |
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| Name of the module/subject<br><b>Physical Exercises</b>  |  | Code<br><b>1011104311010920067</b>  |
| Field of study<br><b>Logistics - Part-time studies - First-cycle</b>   | Profile of study<br>(general academic, practical)<br><b>general academic</b> | Year /Semester<br><b>1 / 1</b>  |
| Elective path/specialty<br><b>-</b>  | Subject offered in:<br><b>Polish</b>   | Course (compulsory, elective)<br><b>obligatory</b>  |
| Cycle of study:<br><b>First-cycle studies</b>  | Form of study (full-time,part-time)<br><b>part-time</b>                      |   |
| No. of hours<br>Lecture: - Classes: <b>6</b> Laboratory: - Project/seminars: -   |  | No. of credits<br><b>0</b>  |
| Status of the course in the study program (Basic, major, other)<br><b>other</b>  |  | (university-wide, from another field)<br><b>university-wide</b>   |
| Education areas and fields of science and art<br><b>technical sciences</b><br><b>Technical sciences</b>  |  | ECTS distribution (number and %)<br><b>0 100%</b><br><b>0 100%</b>  |
| <b>Responsible for subject / lecturer:</b><br>Waldemar Mendel<br>email: waldemar.mendel@put.poznan.pl<br>tel. 61 6652617<br>Studium WFIS<br>ul. Jana Pawła II 28, 61-165 Poznań  |  | <b>Responsible for subject / lecturer:</b><br>Wojciech Weiss<br>email: wojciech.weiss@put.poznan.pl<br>tel. 61 6652617<br>Studium WFIS<br>ul. Jana Pawła II 28, 61-165 Poznań   |
| <b>Prerequisites in terms of knowledge, skills and social competencies:</b>  |  |   |
| 1  | <b>Knowledge</b>   | Basic knowledge about the rules of volleyball, basketball, table tennis, football, tennis, swimming, skiing, floorball, squash, aerobics and rowing; knowledge of foundations and principles of warm-up and strength exercises as well as techniques and tactics of the game, scoring and rules regarding the walkover victory. |
| 2  | <b>Skills</b>  | Improving technical skills taught in these disciplines, knowledge of basic tactics.   |
| 3  | <b>Social competencies</b>   | Ability to suffer a defeat, desire for revenge in a fair sport, respect for sports? equipment, sanities etc. Raising awareness about caring about body care (physical and mental)   |
| <b>Assumptions and objectives of the course:</b>   |  |   |
| Aim of the course:<br>Educational: To learn techniques and tactics of the game that will be used daily at work, to learn how to organize a game, contest or tournament with proper scoring and refereeing.<br>Educational: Respect for the rival and colleague, being able to support, motivate and encourage the partner, who is not doing well in the game. Cooperation with and respect for the judge.<br>Health: To know how to organize spare time, to spend this time effectively, caring for function and fitness, to learn the proper hygienic habits that will have a positive effect on work?s efficiency. |  |   |
| <b>Study outcomes and reference to the educational results for a field of study</b>  |  |   |
| <b>Knowledge:</b>  |  |   |
| 1. Student knows the technique of performing a particular sport; - [S1A_W07]<br>2. Knows the accepted rules of the game and rivalry; - [K1A_W15]<br>3. Knows how to explain the rules of the game, sum up the competition, and prepare a simple tournament?s score scale. - [K1A_W16]  |  |   |
| <b>Skills:</b>   |  |   |
| 1. Student is able to: prepare a mini-tournament in team games and/or table tennis/ tennis, carry out a rowing competition using ergometer, perform an aerobic dance system with a group; - [K1A_U06]<br>2. Is able to use their knowledge in practice; - [K1A_U06]<br>3. Is able to cooperate with a partner, referee, organizer or participant; - [K1A_U07]<br>4. Is able to find and implement the best solutions that will drive the team to a fair-play victory; - [K1A_U08]<br>5. Is able to recognize the rival team?s tactics. - [K1A_U08]   |  |   |

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| <b>Social competencies:</b>   |
| 1. The student should be aware of the need for exercise and physical activity; - [K1A_K02]                      |
| 2. Should be responsible for his/hers decisions and actions and for the teammates; - [K1A_K02]                  |
| 3. Should be willing to help, both on the field and in everyday life; - [K1A_K03]                               |
| 4. Should be sensitive to injustice and harm. Should follow the rules, standards and binding rules. - [K1A_K03] |

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| <b>Assessment methods of study outcomes</b>   |
| <p>Forming rating - activity cards.</p> <p>Summary rating:</p> <p>Basketball: 5 wheels test, mini tournaments.</p> <p>Volleyball: Playing the ball in pairs, the three deflections attack, mini tournaments.</p> <p>Football: Football test, mini tournaments.</p> <p>Table tennis and tennis: Single and double tournament.</p> <p>Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises.</p> <p>Swimming: Test of swimming in different styles on time.</p> <p>Skiing, skating, rollerblading: Test the skills of downhill skiing with a specific technique, the ability to change direction.</p> <p>Aerobic: Preparing and performing a training set with music.</p> <p>Rowing ergometer : Checking the ability of rowing the distance technically correct on time</p> <p>Squash: Tournament.</p> |

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| <b>Course description</b>  |
| <p>Basketball: Improving the skills of throwing in the run and jump, learning the throw and passing feints, learning the 5x0 positional attack, learning how to play 2x1, 3x2 and 4x3 advantage.</p> <p>Volleyball: Perfecting the skills of of playing the ball in pairs and of attack and defense with a single block, learning of a go-around attack and of double and triple block.</p> <p>Football: Perfecting the pass and go technique and playing in advantage, learning of a zone defense, small games.</p> <p>Swimming: Learning of: the crawl, backstroke, classical and butterfly styles.</p> <p>Table tennis and tennis: Perfecting forehand and backhand, taking into account the proper footwork, learning to play half volley.</p> <p>Skiing: downhill, slalom.</p> <p>Snowboard: Perfecting the technique ? must have an own snowboard.</p> <p>Rowing ergometer: Learning the technique, training focused on improving speed and stamina.</p> <p>Aerobic: Learning new steps and choreography, implementing them into practice.</p> <p>Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.</p> |

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| <b>Basic bibliography:</b> |
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| <b>Additional bibliography:</b> |
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| <b>Result of average student's workload</b> |
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| Activity                    | Time (working hours) |
|-----------------------------|----------------------|
| 1. Participation in classes | 6                    |

| Student's workload   |       |      |
|----------------------|-------|------|
| Source of workload   | hours | ECTS |
| Total workload       | 6     | 0    |
| Contact hours        | 6     | 0    |
| Practical activities | 6     | 0    |