



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises

### Course

Field of study

Safety Engineering

Area of study (specialization)

Security and Crisis Management

Level of study

Second-cycle studies

Form of study

full-time

Year/Semester

1/2

Profile of study

general academic

Course offered in

Polish

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

15

Projects/seminars

0

### Number of credit points

0

### Lecturers

Responsible for the course/lecturer:

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### Prerequisites

The student has basic information about the rules of volleyball, basketball, football, table tennis, tennis, squash, swimming, aerobics, climbing, ergo-slam, spinning, functional exercises. The student has knowledge of the basics and principles of using branched, principles of performing strength exercises. The student has knowledge about the technique and tactics of the game, scoring and the basic rules of wins walkover.

The student is able to endure failure, strive for a sports revenge, respect sports equipment, rooms and sanitary equipment. The student has need to take care of his body (physical and mental activity) and appreciates the value of health and physical activity in human life.

### Course objective

Didactic: learning technique and tactics of the game, which will be possible to apply in everyday life,



learning the skills of organizing a match, competition, betting tournament with the correct scoring and making the table, learning to referee.

Educational: respect for a rival and partner, ability to support, mobilize and encourage a partner who fails in the game, cooperation and respect for the referee, care for and respect for sports and personal equipment, care for personal hygiene.

Health: the ability to organize time off from work, spend free time efficiently, care for physical performance and efficiency, instilling proper hygiene habits, implementing proper standards of care for your appearance and physical performance, positively affecting efficiency at work.

### Course-related learning outcomes

#### Knowledge

- knows the technique of activities performed in a given sport discipline,
- knows the rules of compliance with accepted rules of the game and competition,
- can explain the rules and principles of the game, summarize the competition, develop a simple tournament table.

#### Skills

- can design a mini tournament in team games or in table tennis or tennis,
- can practice using a rowing ergometer, as part of aerobics exercises can be used with a dance system, can ride a spinning ergometer in the rhythm of music, take different positions,
- can use their knowledge of various sports,
- can work with a partner with a team, referee, organizer or participant of a sports competition,
- you can search for and download the best solutions for everyone, create references to victories and competitions in accordance with fair-play principles,
- can recognize the rival's method and tactics (e.g. defensive method used by the rival).

#### Social competences

- is aware of the need for movement and physical activity,
- is responsible for making decisions and acting and for partners with commitment,
- he is willing to help, both on the pitch and in everyday life,
- is sensitive to the injustices and harms of others, acts in accordance with the applicable obligations in the communities in which he resides,
- is sensitive to personal hygiene and accessibility.



### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: Test: 5 wheels, mini tournament,

Volleyball: Test with bouncing the ball in pairs, attack with 3 bounces, mini tournament,

Football: football test, mini tournament,

Table tennis, tennis and squash: single and double tournaments,

Strength sports: bench press test, pull ups, barbell exercises,

Swimming: Test: covering the assumed distance in time while maintaining the chosen style,

Functional training: planned training for yourself and those exercising,

Aerobics, spinning: development and implementation of the training system for music,

Rowing ergometer: passing the assumed distance over a period of time, while maintaining proper techniques,

Climbing: tournament.

### Programme content

Basketball: Improving jump and jump throws, learning jumps with a throw and pass, learning positional attack 5x0, learning to play 2x1, 3x2, 4x3.

Volleyball: Improving ball bounce in pairs, attack and defense with a single block, learning how to play the attack with a swing, learning how to play with a double and triple block.

Football: Improving the pass and go game, learning zone defense, improving the advantage, small games.

Swimming: Learning to swim in the correct style: crawl, dorsal, classic, dolphin with butterfly legs.

Tennis, table tennis and squash: Improving ball bouncing with forehand and backhand including correct leg work, learning to play half-volley.

Rowing ergometer: learning swimming technique, training focused on improving endurance and speed.

Spinning: learning driving techniques, training focused on improving endurance, fitness and weight reduction.

Aerobics: learning new choreographic steps and systems and their practical use,

Strength sports: acquiring knowledge about the human movement apparatus, exercises for individual muscle parts and how to build strength training.



## Teaching methods

During the course of the subject, specialized exercises are carried out, covering various sports.

## Bibliography

### Basic

1. Rules of the game: volleyball 2010, basketball 2011, floorball 2008, football 2005, sports tennis, tennis, squash.

### Additional

1.Specialized press describing competitions conducted in various sports (e.g. probasket, volleyball, football).

## Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,0
Classes requiring direct contact with the teacher	15	0,0
Student's own work (literature studies, preparation for activities) <sup>1</sup>	15	0,0

<sup>1</sup> delete or add other activities as appropriate