



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises

### Course

Field of study

Information Engineering

Area of study (specialization)

Level of study

First-cycle studies

Form of study

full-time

Year/Semester

1/1

Profile of study

general academic

Course offered in

obligatory

Requirements

elective

### Number of hours

Lecture

Laboratory classes

Other (e.g. online)

Tutorials

Projects/seminars

30

### Number of credit points

0

### Lecturers

Responsible for the course/lecturer:

Weronika Ratkowska

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Responsible for the course/lecturer:

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### Prerequisites

Knowledge: 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.

Skills: Improving technical skills taught in these disciplines, knowledge of basic tactics.

Social skills: 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



### Course objective

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.

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.

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.

### Course-related learning outcomes

#### Knowledge

1. Student knows the technique of performing a particular sport;
2. Knows the accepted rules of the game and rivalry;
3. Knows how to explain the rules of the game, sum up the competition, and prepare a simple tournament's score scale.

#### Skills

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;
2. Is able to use their knowledge in practice;
3. Is able to cooperate with a partner, referee, organizer or participant;
4. Is able to find and implement the best solutions that will drive the team to a fair-play victory;
5. Is able to recognize the rival team's tactics.

#### Social competences

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

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test, mini tournaments.

Volleyball: Playing the ball in pairs, the three deflections attack, mini tournaments.

Football: Football test, mini tournaments.

Table tennis and tennis: Single and double tournament.



Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises.

Swimming: Test of swimming in different styles on time.

Skiing: Test the skills of downhill skiing with a specific technique.

Aerobic: Preparing and performing a training set with music.

Rowing ergometer : Checking the ability of rowing the distance technically correct on time

Squash: Tournament.

### Programme content

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.

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.

Football: Perfecting the pass and go technique and playing in advantage, learning of a zone defense, small games.

Swimming: Learning of: the crawl, backstroke, classical and butterfly styles.

Table tennis and tennis: Perfecting forehand and backhand, taking into account the proper footwork, learning to play half volley.

Skiing: downhill, slalom.

### Teaching methods

Snowboard: Perfecting the technique – must have an own snowboard.

Rowing ergometer: Learning the technique, training focused on improving speed and stamina.

Aerobic: Learning new steps and choreography, implementing them into practice.

Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.

### Bibliography

Basic

Rules of Volleyball 2010, Basketball 2011, Floorball 2008, Football 2005, Tennis and Squash.

Additional

Press titles concerning particular sports.



### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,0
Classes requiring direct contact with the teacher	30	0,0
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation) <sup>1</sup>	30	0,0

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