POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)
pl. M. Skłodowskiej-Curie 5, 60-965 Poznań

COURSE DESCRIPTION CARD - SYLLABUS

Course name
Physical education

Course

Field of study

Aerospace Engineering

Area of study (specialization)

Level of study

First-cycle studies

Form of study

full-time

Year/Semester

2/3

Profile of study

general academic

Course offered in

Polish

Requirements

compulsory

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:

Doman Leitgeber

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tel. 61 6652817

Centrum Sportu PP

ul. Piotrowo 4, 61-138 Poznań

Responsible for the course/lecturer:

Prerequisites

1. Knowledge: Basic information on the rules of the game from volleyball, basketball, football, table tennis, tennis, squash, swimming, aerobics, climbing, ergo-slogans, spinning, functional training, information on the basics and principles of warm-up, rules of performing exercises strength. News on the technique and tactics of the game, scoring and determining victory by forfeit: 2. Skills: Learning and improving technical skills in the field of disciplines taught in team and individual games, familiarizing with the basic tactics of the game. 3. Social competences: The ability to endure failure, the pursuit of a rematch in a clean sporting way, respect for sports equipment, sanitary facilities completed, raising awareness of caring for your body (physical and mental fitness) and the value of health and physical activity in everyone's life

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Course objective

Didactic: learning technique and tactics of the game, which will be possible to apply in everyday life in the professional period, learning to organize a match, competition, bet tournament with the correct scoring and performance of the table, refereeing. Educational: respect for a rival, 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: Organization of free time from work, spending free time effectively, care for your performance and fitness, instilling correct hygiene habits, implementing proper standards of care for your appearance and fitness, which has a positive effect on work efficiency

Course-related learning outcomes

Knowledge

1. Knows the technique of activities performed in a specific sport discipline

2. Knows the rules of compliance with the accepted rules of the game and competition

3. Explains the rules and rules of the game, summarize the competition, develop a simple tournament table

Skills

1. Is able to cooperate with a team partner, referee, organizer or participant of a sports competition

2. Is able to search and apply the best solutions for the team, to achieve fair-play victory

3. Is able to use his knowledge in practice in various sports

Social competences

1. Should be responsible for decisions and actions taken, responsible for teammates

2. The student should be aware of the need for movement and physical activity

3. Should be willing to help both on the field and in everyday life

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test, mini tournaments.

Volleyball: Test of bouncing balls in pairs, attack on 3 bounces, mini tournaments.

Football: Football test, mini tournaments.

Table tennis, tennis and squash: single and double tournament

Strength sports: bench press, pull-ups on the bar, mm abdominal exercises.

Swimming: Test for swimming in a specific style on time.

Functional training - planning training for yourself and those exercising,

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Aerobics, spinning: development and performance of a training system for music

Student rowing machine can swim for a technically correct time

Climbing tournament

Programme content

Basketball: Improving throws on the run and in the jump, learning the throws with passing and passing, learning positional attack 5x0, learning to play 2x1, 3x2, 4x3. Volleyball: Perfect for bouncing balls in pairs, attack and defense with a single block, learning to play an attack with a swing, learning to play with a double and triple block. Football: Improving ball hits, improving ball reception, perfecting advantage, small games. Swimming: Learning to swim in the correct style: crawl, dorsal, classic, dolphin with butterfly legs. Tennis, table tennis and squqsh: Improving ball bouncing with forehand and backhand with correct leg work, learning to play half-volley. Rowing ergometer learning swimming technique, training aimed at 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 using them in practice, Strength sports acquiring knowledge about the human movement apparatus, exercises for individual muscle parts and how to build strength training.

Teaching methods

1. Exercises: specialized exercises

Bibliography

Basic

1. Recipes of volleyball 2010, basketball 2011, floorball 2008, football 2005, rules for playing tennis, sports, tennis, squash,

Additional

1. A specialized press dealing with competitions in specific sports (probasket, volleyball, football), tennis basics, etc.

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) [1]	0	0,0

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[1] delete or add other activities as appropriate