



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Education

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### Course

Field of study

Mechanical and Automotive 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

elective

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### Number of hours

Lecture

Laboratory classes

Other (e.g. online)

Tutorials

Projects/seminars

30

### Number of credit points

0

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### Lecturers

Responsible for the course/lecturer:

Bartosz Gogolewski

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Centrum Sportu PP

ul. Piotrowo 4, 61-138 Poznań

Responsible for the course/lecturer:

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### Prerequisites

1. 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.

2. Skills: Improving technical skills taught in these disciplines, knowledge of basic tactics.
3. 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.

### Course-related learning outcomes

Knowledge

Skills

Social competences

1. Is ready to critically assess his knowledge and received content.
2. Is ready to fulfill social obligations and co-organize activities for the benefit of the social environment.
3. Is ready to fulfill professional roles responsibly, including:
  - observing the rules of professional ethics and requiring this from others,
  - caring for the achievements and traditions of the profession.

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test - 1 semester, mini tournaments - 2 semester

Volleyball: Playing the ball in pairs, the three deflections attack - 1 semester, mini tournaments - 2 semester

Football: Football test - 1 semester, mini tournaments - 2 semester

Table tennis and tennis: Single and double tournament - 1 i 2 semestr

Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises - 1 i 2 semestr



Swimming: Test of swimming in different styles on time - 1 i 2 semester

Aerobic: Preparing and performing a training set with music - 1 i 2 semestr

Rowing ergometer : Checking the ability of rowing the distance technically correct on time - 1 i 2 semestr

Squash: Tournament - 1 i 2 semester

### **Programme content**

Basketball: Improving the skills of throwing in the run and jump, learning the throw and passing feints - 1 semester, learning the 5x0 positional attack, learning how to play 2x1, 3x2 and 4x3 advantage - 2 semester

Volleyball: Perfecting the skills of of playing the ball in pairs and of attack and defense with a single block - 1 semester, learning of a go-around attack and of double and triple block - 2 semester

Football: Perfecting the pass and go technique and playing in advantage, small games - 1 semester, learning of a zone defense, small games - 2 semester

Swimming: Learning of: the crawl, backstroke - 1 semester, classical and butterfly styles - 2 semester

Table tennis and tennis: Perfecting forehand and backhand, taking into account the proper footwork - 1 semester, learning to play half volley - 2 semester

Rowing ergometer: learning rowing techniques - 1 semester, training aimed at improving endurance and speed - 2 semester

Weight training: acquiring knowledge about the human movement apparatus, exercises for individual muscle parts - 1 semester, knowledge about building strength training - 2 semester

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

### **Teaching methods**

Specialized exercises

### **Bibliography**

Basic

Rules of Volleyball 2010, Basketball 2011, 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>	0	0

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