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	Year/Semester
Education in Technology and Informatics	2/3
Area of study (specialization)	Profile of study
	general academic
Level of study	Course offered in
First-cycle studies	polish
Form of study	Requirements
full-time	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:	Responsible for the course/lecturer:
Wojciech Weiss	

email: wojciech.weiss@put.poznan.pl

tel. 61 6652617

Prerequisites

For team games and swimming, basic skills and knowledge of the respective discipline are required. The other disciplines are learned from scratch. In addition, in terms of social competences, the student must present attitudes such as honesty, responsibility, perseverance, cognitive curiosity, creativity, personal culture, respect for other people.

Course objective

Increasing physical fitness, body efficiency, pro-health activities, shaping the habit of spending free time actively and taking care of the psycho-physical fitness of one's own body, teamwork skills.

Course-related learning outcomes

Knowledge

As a result of the course, the student: knows the rules of health and safety. He knows the rules of playing selected team games

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Skills

1. care for the efficiency of your body and conduct pro-health activities [K1_U05]

2. shape the habit of spending free time actively and taking care of the psycho-physical fitness of one's own body [K1_U03]

Social competences

Completing the course means that the student:

1. is able to interact and work in a group, assuming different roles in it [K1_K01]

2. is aware of the need to care for health and physical fitness [K1_K04]

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Checking the assumed learning outcomes is carried out by:

- active participation in classes

- measurable assessment of fitness progress on the basis of tests

- sport achievements

- participation in sports competitions.

Programme content

Disciplines proposed for the field of Computer Science: team games (basketball, volleyball, football), strength exercises, table tennis, swimming, aerobics, tennis, skiing, Taekwon-Do ITF. Additionally, you can also participate in inter-faculty groups (mountain biking, skating, inline skating, rehabilitation groups for students on sick leave), Participation in sports training of the AZS PP University Club (at least twice a week) exempts participation in compulsory physical education classes.

Teaching methods

Exercises: specialized exercises

Bibliography

Basic

Additional

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Breakdown of average student's workload

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

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[1] delete or add other activities as appropriate