



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education

Course

Field of study

Electrical 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

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:

Karol Hejne

Responsible for the course/lecturer:

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Centrum Sportu PP

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Prerequisites

1. Knowledge: Basic information on the rules of volleyball, basketball, football, table tennis, tennis, squash, swimming, aerobics, climbing, ergometer, spinning, functional training, information on the basics and rules of warming up, rules of exercise strength. Information on the technique and tactics of the game, scoring and determining the victory by forfeit.
2. Skills: Learning and improving technical skills in the field of disciplines taught in team and individual games, familiarization with the basic tactics of the game.
3. Social competences: Ability to endure defeat, strive for a rematch in a pure sports way, respect for sports equipment, sanitary facilities put into use, raising awareness of caring for your body (physical and mental fitness) and the value of health and physical activity in the life of every human being.



Course objective

Didactic: learning the technique and tactics of the game that can be used in everyday life during the professional period, learning how to organize a match, competition, betting tournament with correct scoring and table execution, refereeing.

Educational: respect for the rival, partner, the ability to support, mobilize and encourage a partner who is not successful in the game, cooperation and respect for the referee, care and respect for sports and personal equipment, care for personal hygiene.

Health: Organization of leisure time, spending free time effectively, taking care of one's efficiency and fitness, instilling correct hygiene habits, implementing correct standards of taking care of one's appearance and proper efficiency, which positively affects the efficiency of work.

Course-related learning outcomes

Knowledge

1. Knows the technique of the activity performed in a specific sport discipline.
2. Knows the rules of following 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. Can design a mini tournament in team games or table tennis or tennis. Conduct a rowing ergometer competition, perform an aerobic dance routine with the group, ride to the rhythm of music to various positions on a spinning bike.
2. Can use the acquired knowledge in practice in various sports.
3. Can cooperate with a team partner, judge, organizer or participant in sports competition.
4. Can find and apply the best solutions for the team to win according to fair-play rules.
5. Can recognize the way and tactics of the rival's game, for example, whether the rivals are defending on a one-on-one basis or by zone.

Social competences

1. The student should be aware of the need for exercise and physical activity.
2. Should be responsible for decisions and actions taken, responsible for teammates.
3. Should be willing to help both on the pitch and in everyday life.
4. Should be sensitive to injustice, harm, and should act in accordance with the applicable rules.
5. He should be sensitive to personal hygiene in himself and his classmates.



Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5-wheel test, mini-tournaments.

Volleyball: Duo bounce test, 3 bounce attack, mini tournaments.

Football: Football test, mini tournaments.

Table tennis, tennis and squash: singles and doubles tournament.

Strength sports: bench press, pull-ups, abdominal exercises.

Swimming: Test the swim with a specific style against the clock.

Functional training: planning training for yourself and those exercising.

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

Rowing ergometer: the student is able to swim on time in a technically correct cycle.

Climbing: tournament.

Programme content

Basketball: Improving running and jumping throws, learning feints with throw and passing, learning 5x0 positional attack, learning to play in a 2x1, 3x2, 4x3 advantage.

Volleyball: Perfect to hit the ball in pairs, attack and defense with a single block, learning to play a swing attack, learning to play double and triple blocks.

Football: Improving ball shots, perfecting ball acceptance, perfecting the game in edge, small games.

Swimming: Learn to swim in the correct style: crawl, backstroke, breaststroke, dolphin with butterfly footwork.

Tennis, table tennis and squash: Improving the hitting the ball with forehand and backhand, taking into account the correct work of the legs, learning to play semi-volley.

Rowing ergometer: learning the technique of swimming, training aimed at improving endurance and speed.

Teaching methods

Spinning: learning the driving technique, training aimed at improving endurance, fitness and weight reduction.

Aerobics: learning new steps and choreographies and using them in practice,

Strength sports: acquiring knowledge about the human movement apparatus, exercises for individual muscle groups and the method of constructing strength training.



Bibliography

Basic

1. Rules of volleyball 2010, basketball 2011, unihoka 2008, football 2005, rules for playing table tennis, tennis, squash.

Additional

1. Specialist press dealing with games in specific sports (probasket, volleyball, football), basics of tennis, 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

¹ delete or add other activities as appropriate