



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education

### Course

Field of study

Year/Semester

Material engineering

1/2

Area of study (specialization)

Profile of study

general academic

Level of study

Course offered in

First-cycle studies

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

### Lecturers

Responsible for the course/lecturer:

Responsible for the course/lecturer:

Wojciech Weiss

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Centrum Sportu PP

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### Prerequisites

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 strength exercises. Information on the technique and tactics of the game, scoring and determining the victory by forfeit. Learning and improving technical skills in the field of disciplines taught in team and individual games, familiarization with the basic tactics of the game. Ability to endure failure, striving 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, which will be applicable in everyday life during the professional period, learning how to organize a match, competition, betting tournament with the correct scoring and execution of the table, refereeing.

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

Health: Organization of time off from work, spending free time effectively, taking care of one's efficiency and fitness, instilling correct hygiene habits, implementing correct standards of care and 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 sports 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 a group, ride a spinning bike to the rhythm of music, - [-]
2. Can use his knowledge in practice in various sports disciplines - [-]
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. He is able to recognize the way and tactics of the rival's game, e.g. whether the rivals are each defending their own or the zone - [-]

#### Social competences

1. The student should be aware of the need for movement 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. He should be sensitive to injustice, harm, he 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, mm abdominal exercises.

Swimming: Test swimming in 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

Student rowing ergometer can swim on a technically correct time

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 how to play a swing attack, learning to play with a double and triple block.

Soccer: Perfecting pass and go games, learning zone defense, perfecting games in the upper hand, 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.

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

Aerobics learning about 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.



## Teaching methods

Exercises: specialized exercises

## Bibliography

Basic

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

Additional

1. Specialized 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	
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) <sup>1</sup>	30	

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