



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Wychowanie fizyczne - Sport

### Course

Field of study

Teleinformatics

Year/Semester

1/1 1/2

Area of study (specialization)

Profile of study

general academic

Level of study

first-cycle studies

Course offered in

Polish

Form of study

full-time

Requirements

compulsory

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

Tutorials

60

Projects/seminars

0/0

### Number of credit points

0

### Lecturers

Responsible for the course/lecturer:

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Responsible for the course/lecturer:

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### Prerequisites



## Course objective

Aim of the course:

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, to learn the proper hygienic habits that will have a positive effect on work's efficiency.

## Course-related learning outcomes

### Knowledge

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, to learn the proper hygienic habits that will have a positive effect on work's efficiency.

### Skills

1. Can design a mini tournament in team games or table tennis or tennis. Carry out a rowing ergometer, perform an aerobics dance group.
2. Is able to use his knowledge in practice.
3. Is able to cooperate with a team partner, referee, organizer or participant of a sports competition
4. Is able to search and apply the best solutions for the team, to achieve fair-play victory.
5. Can recognize the rival's way, tactics, e.g. whether rivals defend everyone own or zone.

### Social competences

The ability to endure failure, 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).

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

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Basketball: 5 wheels test, mini tournaments.

Volleyball: Ball bounce test in pairs, 3 bounce attacks, mini tournaments.

Football: Football test, mini tournaments.



Table tennis and tennis: single and double tournament.

Strength sports: bench press, pull ups, rod exercises.

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

Aerobics: development and implementation of a training system for music.

Rowing ergometer: the student is able to swim the technically correct distance on time.

Climbing: tournament.

Squash: tournament.

### Programme content

Basketball: Improving throws on the run and in the jump, learning jumps with a throw and passing, learning positional attack 5x0, learning to play in a 2x1, 3x2, 4x3 advantage.

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 the pass and go game, learning zone defense, improving the advantage, small games.

Swimming: Learning to swim in the correct style: crawl, dorsal, classic, dolphin with butterfly legs.

Tennis, squash, table tennis: Perfect ball bouncing with forehand and backhand with correct leg work, learning to play half-volley.

Rowing ergometer: learning swimming technique, training focused on improving endurance and speed.

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

Practical exercises explained and presented by the teacher.

### Bibliography

#### Basic

Reguls of games: volleyball 2021, basketball 2021, football 2005, tennis, squash.

#### Additional

Specialist press on specific sports (probasket, volleyball, football), basic tennis, itp.

### Breakdown of average student's workload



	Hours	ECTS
Total workload	70	0.0
Classes requiring direct contact with the teacher	60	0.0
Student's own work (preparation for tests, preparation for tutorials, literature studies)	10	0.0