



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education

Course

Field of study

Year/Semester

Transport

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)

0

0

Tutorials

Projects/seminars

30

0

Number of credit points

0

Lecturers

Responsible for the course/lecturer:

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: The 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, which will be applicable 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, 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 leisure time, spending free time efficiently, taking care of your efficiency and fitness, instilling correct hygiene habits, implementing correct standards of taking care of your appearance and proper efficiency, which positively affects the efficiency of work

Course-related learning outcomes

Knowledge

-

Skills

The student is able to organize, cooperate and work in a group, assuming various roles in it, and is able to properly define priorities for the implementation of a task set by himself or others

Social competences

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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 throwing 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 with a double and triple block.

Football: Mastering ball shots, perfecting ball acceptance, mastering play, small games.

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

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

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

Bibliography

Basic

1. Przepisy gry w siatkówkę 2010, koszykówkę 2011, unihoka 2008, piłkę nożną 2005, przepisy do gry w tenisa sportowego, ziemnego, squashu,

Additional

1. Prasa specjalistyczna traktująca o rozgrywkach w określonych dyscyplinach sportu (probasket, volleyball, piłka nożna), podstawy tenisa, itp

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		

