



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education [C\_CS>WF30]

### Course

Field of study

Sustainable Building Engineering

Year/Semester

1/1

Area of study (specialization)

Air Transport Safety

Unmanned Aerial Vehicles

Technical Electrochemistry

Composites and Nanomaterials

Air Traffic Organisation

Aircraft Piloting

Aircraft Engines and Airframes

Onboard Systems and Aircraft Propulsion

Organic Technology

Polymer Technology

null

Profile of study

general academic

Level of study

first-cycle

Course offered in

Polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

0

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

### Lecturers

### Prerequisites

General fitness - depending on the chosen discipline

### Course objective

Obtain knowledge and skills on the impact of physical activity on fitness.

### Course-related learning outcomes

Knowledge:

1. Students will have knowledge of the physicochemical and biological bases of the health sciences as

relevant to pharmaceutical engineering, taking into account the basic issues covered in subjects such as human anatomy and physiology [K\_W5].

Skills:

1. Student has the ability to self-taught [K\_U24].
2. Student acquires the ability to act both individually and in a group by analysing, selecting exercises, discussing problems and assessing progress [K\_U25].

Social competences:

1. Student acquires organisational skills in conducting classes and organising basic sports competition (matches, competitions, etc.) in accordance with the regulations in force and the principles of fair play [K\_K2].

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Evaluation criteria: attendance in class

Credit for the course is given through active and regular attendance in class (stationary or remote form depending on the epidemiological situation). Students are required to make up absences in agreement with the instructor.

### Programme content

The program covers, depending on the chosen discipline, the following topics:

1. Developing physical fitness using a variety of instruments and equipment.
2. Teaching and perfecting technical elements in team sports games.
3. Developing physical motor skills.
4. Using various forms of physical recreation in fitness development.
5. Training to improve and form the efficiency of the body.

### Course topics

Depending on the chosen discipline:

1. Developing physical fitness using a variety of instruments and equipment.
2. Teaching and perfecting technical elements in team sports games.
3. Developing physical motor skills.
4. Using various forms of physical recreation in fitness development.
5. Training to improve and form the efficiency of the body.

### Teaching methods

practical exercises; games

### Bibliography

Basic:

none

Additional:

none

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00