



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education [N1Bud1>WF1]

Course

Field of study

Civil Engineering

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

Polish

Form of study

part-time

Requirements

compulsory

Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

6

Projects/seminars

0

Number of credit points

0,00

Coordinators

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Lecturers

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Prerequisites

sportswear

Course objective

Didactic: learning game techniques and tactics that can be applied in everyday life professional period, learning to organize a match, competition, company tournament correctly scoring and table preparation, refereeing. Educational: respect for a rival, partner, ability to support, mobilize and encourage partner who is not doing well in the game, cooperation and respect for the referee, care and respect sports and personal equipment, care for personal hygiene. Health: Organizing free time from work, spending free time effectively, taking care of yourself efficiency and effectiveness, instilling proper hygiene habits, implementing correct ones standards of care and your appearance and proper performance, which has a positive impact on efficiency work.

Course-related learning outcomes

Knowledge:

Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.

Knowledge of the principles of conducting exercise classes.

Skills:

The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.

Ability to independently conduct a warm-up based on the assumptions of the class program.

The ability to adapt difficulties to individual needs during classes.

The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Competencies:

The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.

The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.

The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes.

1 absence is allowed

The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.

You can participate in physical education classes a maximum of once a day.

Programme content

Program content in the field of disciplines available to part-time students in the field of:

-volleyball

-basketball

-football

-strength exercises for women and men

-Table Tennis

-body&mind

-stationary bikes/rowing machine

Course topics

Basketball: Improving running and jumping shots, learning throw and pass feints, learning

Volleyball: Perfect for hitting balls in pairs, attacking and defending with a single block, learning how to play a running attack, learning how to play with a double and triple block.

Football: Improving the pass and go game, learning zone defense, improving the power play, small games.

Tennis, table tennis and squash: improving ball hits with forehand and backhand, taking into account proper footwork, learning how to play a half-volley.

Rowing ergometer, learning swimming techniques, training aimed at improving endurance and speed.

Spinning, learning riding techniques, training aimed at improving endurance, fitness and reducing body weight.

Strength sports - acquiring knowledge about the human musculoskeletal system, exercises for individual muscle groups and how to construct strength training.

Teaching methods

- verbal description

- show

- practical exercises

Bibliography

Basic:

Rules of Volleyball 2010, Basketball 2011, Floorball 2008, Football 2005, Tennis and Squash.

Additional:
Press titles concerning particular sports.

Breakdown of average student's workload

	Hours	ECTS
Total workload	6	
Classes requiring direct contact with the teacher	6	
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)		