POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)

COURSE DESCRIPTION CARD - SYLLABUS

Course name
Physical Exercises [N1IBiJ1>WF1]

Course

Field of study
Safety and Quality 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

mgr Stela Chelwing
stela.chelwing@put.poznan.pl

mgr Weronika Ratkowska
weronika.ratkowska@put.poznan.pl

Lecturers

Prerequisites

Knowledge: Basic knowledge about the rules of volleyball, basketball, table tennis, football, tennis, swimming, skiing, floorball, squash, aerobics and rowing; knowledge of foundations and principles of warm-up and strength exercises as well as techniques and tactics of the game, scoring and rules regarding the walkover victory. Skills: Improving technical skills taught in these disciplines, knowledge of basic tactics. Social skills: Ability to suffer a defeat, desire for revenge in a fair sport, respect for sports' equipment, sanities etc. Raising awareness about caring about body care (physical and mental).

Course objective

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:
-

Skills:
1. Demonstrates advanced basketball techniques, including running and jumping shots, feints with a shot or dribble, and a 5x0 positional attack [K1_U02].
2. Performs volleyball passes in pairs, attacking and defending with a single block, as well as playing with double and triple blocks [K1_U02].
3. Applies advanced soccer strategies, including give-and-go plays, zone defense, and small-sided games with numerical advantages [K1_U02].
4. Swims with correct technical styles: freestyle, backstroke, breaststroke, and butterfly with dolphin kicks [K1_U02].
5. Demonstrates proper technique for forehand and backhand shots in tennis, table tennis, and squash, including footwork [K1_U02].
6. Uses a rowing ergometer to improve endurance and speed, and spinning to improve fitness and reduce body weight [K1_U02].
7. Utilizes knowledge of the human musculoskeletal system to design effective strength training and practices aerobics, implementing new steps and choreographic sequences [K1_U02].
8. Plans and organizes team work during team games and sports projects, ensuring high quality of execution and efficiency [K1_U11].

Social competences:
1. Develops the ability to work in a team through participation in team games, demonstrating readiness for cooperation and adherence to team work principles [K1_K07].
2. Understands and applies the principles of fair play and responsibility for individual and team work in a sports context, showing awareness of the importance of physical activity for health and well-being [K1_K07].
3. Analyzes cause-and-effect relationships in achieving sports goals, using knowledge about game strategies and sports techniques for effective problem-solving and decision-making in the context of competition and training [K1_K01].

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test, mini tournaments.
Volleyball: Playing the ball in pairs, the three deflections attack, mini tournaments.
Football: Football test, mini tournaments.
Table tennis and tennis: Single and double tournament.
Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises.
Swimming: Test of swimming in different styles on time.
Skiing: Test the skills of downhill skiing with a specific technique.
Aerobic: Preparing and performing a training set with music.
Rowing ergometer : Checking the ability of rowing the distance technically correct on time.
Squash: Tournament.

Programme content

Basketball: Improving the skills of throwing in the run and jump, learning the throw and passing feints, learning the 5x0 positional attack, learning how to play 2x1, 3x2 and 4x3 advantage.
Volleyball: Perfecting the skills of of playing the ball in pairs and of attack and defense with a single block, learning of a go-around attack and of double and triple block.
Football: Perfecting the pass and go technique and playing in advantage, learning of a zone defense, small games.
Swimming: Learning of: the crawl, backstroke, classical and butterfly styles.
Table tennis and tennis: Perfecting forehand and backhand, taking into account the proper footwork, learning to play half volley.
Skiing: downhill, slalom.

Course topics

Teaching methods

Snowboard: Perfecting the technique - must have an own snowboard.
Rowing ergometer: Learning the technique, training focused on improving speed and stamina.
Aerobic: Learning new steps and choreography, implementing them into practice.
Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.

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	0,00
Classes requiring direct contact with the teacher	6	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00