



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises [N1IZarz1>WF1]

### Course

Field of study

Engineering Management

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

mgr Agata Ostrowska

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### Prerequisites

sportswear

### 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:

The student defines and describes techniques of throws, feints, and positional attacks, demonstrating an understanding of their application in various sports contexts .

The student identifies and characterizes techniques of rebounds, attacks, and defenses in team sports, showing an understanding of their significance in creating game strategies

The student explains the rules and techniques of playing in advantage and zone defense, emphasizing their impact on the effectiveness of team play

#### Skills:

The student demonstrates skills in team sports and individual sports, applying theory to practice and analyzing their techniques for effectiveness

The student shows advanced techniques of play or sport, using acquired knowledge to adapt and plan their actions

The student implements endurance and speed techniques in training, analyzing their impact on improving physical fitness

#### Social competences:

The student recognizes and assesses the effects of various training techniques, focusing on improving fitness and reducing body weight, and can indicate the significance of different aspects of training

The student integrates knowledge about the human musculoskeletal system and strength training techniques, applying it to create individual training plans

### 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

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 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

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.

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	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