



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises [N1IZarz1>WF2]

### Course

Field of study

Engineering Management

Year/Semester

1/2

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

### 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:

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

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 jump and jump throws, learning jumps with a throw and pass, learning positional attack 5x0, learning to play 2x1, 3x2, 4x3.

Volleyball: Improving ball bounce in pairs, attack and defense with a single block, learning how to play the attack with a swing, learning how to play with a double and triple block.

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

Table tennis and squash: Improving ball bouncing with forehand and backhand including correct leg work, learning to play half-volley.

Rowing ergometer: learning swimming technique, training focused on improving endurance and speed.

Spinning: learning driving techniques, training focused on improving endurance, fitness and weight reduction.

Strength sports: acquiring knowledge about the human movement apparatus, exercises for individual muscle parts and how to build strength training.

### Teaching methods

- verbal description
- show
- practical exercises
- strict follower, strict task-oriented.

## 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