



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises [N2IZarz1>WF]

Course

Field of study

Engineering Management

Year/Semester

1/2

Area of study (specialization)

Enterprise Resource and Process Management

Profile of study

general academic

Level of study

second-cycle

Course offered in

Polish

Form of study

part-time

Requirements

compulsory

Number of hours

Lecture

0

Laboratory classes

0

Other

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:

1.student knows the technique of performing a particular sport;

2. knows the accepted rules of the game and rivalry;
3. knows how to explain the rules of the game, sum up the competition, and prepare a simple tournament's score scale.

Skills:

1. student is able to: prepare a mini-tournament in team games and/or table tennis/ tennis, carry out a rowing competition using ergometer, perform an aerobic dance system with a group;
2. is able to use their knowledge in practice;
3. is able to cooperate with a partner, referee, organizer or participant;
4. is able to find and implement the best solutions that will drive the team to a fair-play victory;
5. is able to recognize the rival team's tactics.

Social competences:

1. the student should be aware of the need for exercise and physical activity;
2. should be responsible for his/hers decisions and actions and for the teammates;
3. should be willing to help, both on the field and in everyday life;- [-]
4. should be sensitive to injustice and harm. should follow the rules, standards and binding rules.

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/ergo paddles

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	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