



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education [C\_CS>WF30]

### Course

Field of study

Mechanical Engineering

Year/Semester

1/2

Area of study (specialization)

Air Transport Safety

Unmanned Aerial Vehicles

Technical Electrochemistry

Composites and Nanomaterials

Air Traffic Organisation

Aircraft Piloting

Aircraft Engines and Airframes

Onboard Systems and Aircraft Propulsion

Organic Technology

Polymer Technology

null

Profile of study

general academic

Level of study

first-cycle

Course offered in

Polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Agata Ostrowska

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### Lecturers

### Prerequisites

In the case of team sports and swimming, basic skills and knowledge of the discipline are required. Other disciplines are taught from scratch. In addition, in terms of social skills, students must demonstrate attitudes such as honesty, responsibility, perseverance, intellectual curiosity, creativity, good manners, and respect for other people.

## Course objective

Educational: learning techniques and tactics that can be applied in everyday life during one's professional career, learning how to organize a match, competition, or company tournament with correct scoring and table keeping, refereeing. Educational: respect for rivals and partners, the ability to support, motivate, and cheer on partners who are not doing well in the game, cooperation with and respect for the referee, care and respect for sports and personal equipment, and attention to personal hygiene. Health: Organization of free time, spending free time effectively, taking care of one's fitness and efficiency, instilling proper hygiene habits, implementing proper standards of care and appearance, and proper fitness, which positively affects work efficiency.

## Course-related learning outcomes

Knowledge:

1. Knows the technique of performing an activity in a specific sport.
2. Knows the rules of the game and competition.
3. Explains the rules and principles of the game, summarizes the competition, and develops a simple tournament table.

Skills:

1. Can design a mini tournament in team games or table tennis or tennis. Conduct competitions on a rowing ergometer, conduct a dance routine with a group during aerobics, ride in rhythm to music in various positions on a spinning bike.
2. Can apply their knowledge in practice in various sports disciplines.
3. Can cooperate with a teammate, referee, organizer, or participant in a sports competition.
4. Can find and apply the best solutions for the team to win according to the rules of fair play.
5. Can recognize the opponent's playing style and tactics, e.g., whether the opponents defend individually or as a zone.

Social competences:

1. Students should be aware of the need for exercise and physical activity.
2. They should be responsible for their decisions and actions, and responsible for their teammates.
3. They should be willing to help both on the field and in everyday life.
4. They should be sensitive to injustice and harm, and should act in accordance with the applicable rules.
5. They should be sensitive to personal hygiene, both their own and that of their classmates.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5-round test, mini tournaments.

Volleyball: Ball bounce test in pairs, 3-bounce attack, mini tournaments.

Soccer: Soccer test, mini tournaments.

Table tennis, tennis, and squash: singles and doubles tournament.

Strength sports: bench press test, pull-ups, abdominal exercises.

Swimming: timed swim test in a specific style.

Functional training - planning training for yourself and your fellow trainees.

Aerobics, spinning: developing and performing an exercise routine to music.

The student is able to row on a rowing ergometer correctly and within a set time.

## Programme content

Basketball: Improving running and jumping shots, learning feints with shots and dribbling, learning 5x0 positional attacks, learning to play with a 2x1, 3x2, 4x3 advantage.

Volleyball: Improving ball returns in pairs, attacking and defending with a single block, learning to play an attack with a run-around, learning to play with a double and triple block.

Soccer: Improving pass and go, learning zone defense, improving advantage play, small games.

Swimming: Learning to swim with the correct style: front crawl, backstroke, breaststroke, butterfly with butterfly legwork.

Tennis, table tennis, and squash: Improving forehand and backhand shots with correct footwork, learning to play half-volleys.

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

Spinning learning cycling techniques, training focused on improving endurance, fitness, and weight loss. Aerobics learning new steps and choreography and putting them into practice, Strength sports gaining knowledge about the human musculoskeletal system, exercises for specific muscle groups, and how to structure strength training.

### Course topics

Basketball: Improving running and jumping shots, learning feints with shots and dribbling, learning 5x0 positional attacks, learning to play with a 2x1, 3x2, 4x3 advantage.

Volleyball: Improving ball returns in pairs, attacking and defending with a single block, learning to play an attack with a run-around, learning to play with a double and triple block.

Soccer: Improving pass and go, learning zone defense, improving advantage play, small games.

Swimming: Learning to swim with the correct style: front crawl, backstroke, breaststroke, butterfly with butterfly legwork.

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

Spinning learning cycling techniques, training focused on improving endurance, fitness, and weight loss.

Aerobics learning new steps and choreography and putting them into practice, Strength sports gaining knowledge about the human musculoskeletal system, exercises for specific muscle groups, and how to structure strength training.

### Teaching methods

Exercises: specialized exercises.

### Bibliography

Basic:

1. Rules for volleyball 2010, basketball 2011, floorball 2008, soccer 2005, rules for tennis, clay court tennis, squash, etc.

Additional:

1. Specialized press covering competitions in specific sports (probasketball, volleyball, soccer), tennis basics, etc.

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00