



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical education [C\_CS>WF30]

### Course

Field of study

Microelectronics and Digital Communication

Year/Semester

1/1

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

Lecturers

### Prerequisites

For team sports and swimming, basic skills and knowledge of the discipline are required. Other disciplines are taught from the basics. Additionally, in terms of social competencies, the student must demonstrate attitudes such as honesty, responsibility, perseverance, curiosity, creativity, personal culture, and respect for others.

## Course objective

Didactic: - Learning game techniques and tactics applicable in everyday and professional life. - Acquiring skills to organize matches, competitions, and workplace tournaments with correct scoring and table creation. - Learning the basics of refereeing. Educational: - Respecting opponents and teammates. - Developing the ability to support, motivate, and encourage a struggling partner. - Fostering teamwork and respect for referees. - Taking care of and respecting sports and personal equipment. - Maintaining proper personal hygiene. Health-related: - Organizing free time efficiently. - Promoting an active lifestyle and maintaining physical fitness. - Instilling proper hygiene habits. - Implementing standards of self-care and physical well-being, which positively impact work efficiency.

## Course-related learning outcomes

Knowledge:

1. Knows the technique of performing actions in a specific sport discipline.
2. Understands the rules of adhering to accepted game and competition regulations.
3. Explains game rules, summarizes competitions, and creates a simple tournament table.

Skills:

1. Can design a mini-tournament in team sports, table tennis, or tennis; organize a rowing ergometer competition; lead a group dance routine in aerobics; and cycle to the rhythm of music in various positions on a spinning bike.
2. Can apply acquired knowledge in practice across different sports disciplines.
3. Can collaborate with teammates, referees, organizers, or participants in sports competitions.
4. Can identify and implement the best strategies for the team to achieve victory while adhering to fair play principles.
5. Can recognize the opponent's playing style and tactics, such as whether they defend man-to-man or use a zone defense.

Social competences:

1. The student should be aware of the need for movement and physical activity.
2. They should be responsible for their decisions and actions, as well as 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, acting in accordance with established rules.
5. They should be attentive to personal hygiene, both for themselves and their peers.

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: "5 Circles" test, mini-tournaments.

Volleyball: Passing test in pairs, three-hit attack drill, mini-tournaments.

Soccer: Football skills test, mini-tournaments.

Table Tennis, Tennis, and Squash: Singles and doubles tournament.

Strength Sports: Bench press test, pull-ups, abdominal exercises test.

Swimming: Timed swim in a specified style.

Functional Training: Designing a workout plan for oneself and training partners.

Aerobics, Spinning: Developing and performing a workout routine set to music.

Rowing Ergometer: Completing a timed row with proper technique.

Climbing: Tournament.

## Programme content

Exercises in a selected sports discipline.

## Course topics

Basketball: Improving shots while running and jumping. Learning fakes with shooting and bypassing.

Learning positional offense (5x0). Learning to play with numerical advantage (2x1, 3x2, 4x3).

Volleyball: Improving ball passing in pairs. Learning attack and defense with a single block. Learning to run an attack with a rotation. Learning double and triple block defense.

Football (Soccer): Improving the "pass and move" technique. Learning zone defense. Improving play

with numerical advantage. Small-sided games.

Swimming: Learning proper swimming techniques: freestyle, backstroke, breaststroke, and butterfly with correct leg movements.

Tennis (Table Tennis and Squash): Improving forehand and backhand strokes, focusing on proper leg movement. Learning to play with a half-volley.

Rowing Ergometer: Learning proper rowing technique. Training focused on improving endurance and speed.

Spinning: Learning proper cycling technique. Training aimed at improving endurance, fitness, and weight reduction.

Aerobics: Learning new steps and choreographic routines, and applying them in practice.

Strength Sports: Gaining knowledge about the human musculoskeletal system. Learning exercises targeting specific muscle groups and how to construct a strength training regimen.

## Teaching methods

1. Exercises: Specialist exercises.

## Bibliography

Basic:

1. Przepisy gry w siatkówkę 2010, koszykówkę 2011, unihoka 2008, piłkę nożną 2005, przepisy do gry w tenisa sportowego, ziemnego, squashu itp.

Additional:

1. Prasa specjalistyczna traktująca o rozgrywkach w określonych dyscyplinach sportu (probasket, volleyball, piłka nożna), podstawy tenisa, itp.

## 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