COURSE DESCRIPTION CARD - SYLLABUS

Course name
Physical education [C_CS>WF30_Z]

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

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Lecturers

Prerequisites

For team games and swimming, basic skills and knowledge of the respective discipline are required. The other disciplines are learned from scratch. In addition, in terms of social competences, the student must present attitudes such as honesty, responsibility, perseverance, cognitive curiosity, creativity, personal culture, respect for other people.

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:

Basketball: 5 wheels test, mini tournaments.
Volleyball: Playing the ball in pairs, the three deflections attack, mini tournaments.
Football: Football test, mini tournaments.
Table tennis and tennis: Single and double tournament.
Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises.
Swimming: Test of swimming in different styles on time.
Skiing: Test the skills of downhill skiing with a specific technique.
Aerobic: Preparing and performing a training set with music.
Rowing ergometer : Checking the ability of rowing the distance technically correct on time
Squash: Tournament.
Snowboard: Perfecting the technique - must have an own snowboard.
Rowing ergometer: Learning the technique, training focused on improving speed and stamina.
Aerobic: Learning new steps and choreography, implementing them into practice.
Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.

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 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.
Snowboard: Perfecting the technique - must have an own snowboard.
Rowing ergometer: Learning the technique, training focused on improving speed and stamina.
Aerobic: Learning new steps and choreography, implementing them into practice.
Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.

Course topics

The course covers various forms of physical activity aimed at developing motor skills, physical fitness, and technical and tactical abilities in selected sports disciplines. The classes promote healthy lifestyle habits, encourage regular physical activity, and support effective use of leisure time.
The course includes team sports, individual sports, swimming, strength training, functional training, and movement activities accompanied by music, such as aerobics and spinning. Students learn the principles of fair play, teamwork, organization of sports competitions, basic refereeing skills, and self-assessment of physical fitness.
The course content also focuses on shaping social attitudes such as responsibility, perseverance, mutual respect, concern for safety and personal hygiene, and awareness of the importance of physical activity for health, work efficiency, and overall quality of life.

Teaching methods

1. Technical exercise

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	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