

A COURSE SYLLABUS – DOCTORAL SCHOOL
REGARDING THE QUALIFICATION CYCLE FROM 2022 TO 2026

| GENERAL INFORMATION ABOUT COURSE | | | | |
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| Course title | | Doctoral laboratory | | |
| Name of the unit running the course | | Doctoral School at University of Rzeszów | | |
| Type of course (<i>obligatory, optional</i>) | | obligatory | | |
| Year and semester of studies | | I/1,2; II/3,4; III/5,6; IV/7,8 | | |
| Discipline | | PHYSICAL CULTURE SCIENCES | | |
| Language of Course | | Polish | | |
| Name of Course coordinator | | prof. dr hab. Wojciech Cynarski | | |
| Name of Course lecturer | | prof. dr hab. Wojciech Cynarski | | |
| Prerequisites | | In-depth knowledge, skills and competencies in various fields of physical culture sciences. | | |
| BRIEF DESCRIPTION OF COURSE (100-200 words) | | | | |
| <p>The basic skill formed is the mastery of the researcher's workshop at the doctoral level, including the acquisition of the ability to critically read selected texts, determine the state of research, etc.</p> <p>The purpose of the course is to prepare doctoral students methodologically, editorially for independent work during the implementation of the program of the doctoral seminar, for which the faculty workshop is complementary and the development of works in the field of sciences on physical culture in the broadest sense.</p> | | | | |
| COURSE LEARNING OUTCOMES AND METHODS OF EVALUATING LEARNING OUTCOMES | | | | |
| Learning outcome | The description of the learning outcome defined for the course | Relation to the degree programme outcomes (symbol) | Learning Format (Lectures, classes,...) | Method of assessment of learning outcomes (e.g. test, oral exam, written exam, project,...) |
| Knowledge (no.) | (Knows and understands) | | | |
| 1 | To the extent that it is possible to revise existing paradigms, it is familiar with the global scientific achievements in the discipline of physical culture sciences, including theoretical foundations and general issues and selected specific issues, relevant to the scientific discipline of physical culture sciences and related disciplines. | P8S-WG/1 | Conversatory | credit grade/report |
| 2 | Directions of development and recent discoveries in the selected scientific discipline, current scientific achievements, including world achievements, in the field of research in the discipline of physical culture science. | P8S-WG/2 | Conversatory | credit grade/report |

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|--------------------------------|---|----------|--------------|---------------------|
| 3 | The conceptual grid used in the discipline of physical culture science and related disciplines (including in the foreign language leading to it). | P8S-WG/3 | Conversatory | credit grade/report |
| 4 | The research methodology used in the discipline of physical culture science of physical culture science and related disciplines, Including the principles of research planning and implementation using interdisciplinary techniques and research tools. | P8S-WG/4 | Conversatory | credit grade/report |
| Skills (no.) | (Able to) | | | |
| 1 | Use knowledge from various fields of science to creatively identify and innovative solution of complex research problems or to perform tasks of a research nature, in particular: define the purpose and object of scientific research, formulate a research hypothesis, develop research methods, techniques and tools and creatively apply them, is able to make conclusions based on the results of scientific research. | P8S_UW/1 | Conversatory | credit grade/report |
| 2 | Use the available scientific literature to identify and solve research problems and those related to innovative activities, and use the appropriate workshop to create new elements of this output. | P8S_UW/2 | Conversatory | credit grade/report |
| 3 | Perform critical analysis and evaluate the results of scientific research, expert activities and other works of a creative nature and evaluate their contribution to the development of knowledge. | P8S_UW/3 | Conversatory | credit grade/report |
| Social competence (no.) | (Ready to) | | | |

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|--|---|----------|-----------------|-------------|---------------------------|---------------------|
| 1 | Critically evaluate the achievements within the scientific discipline of physical culture sciences. | | | P8S_KK1 | Conversatory | credit grade/report |
| LEARNING FORMAT – NUMBER OF HOURS | | | | | | |
| Semester (no.) | Lectures | Seminars | Lab classes | Internships | others | ECTS |
| 1-8 | - | - | - | - | 240 hrs. – 8 x 30 hrs. | 24 |
| METHODS OF INSTRUCTION | | | | | | |
| Contact with doctoral student during classes, engaging in discussion - Conversations in traditional form; - classes with multimedia presentation; - projects; - discussion; - interpretation of source texts; | | | | | | |
| COURSE CONTENT | | | | | | |
| Topics of classes implemented in semesters 1 through 8: Concretization of the dissertation topic (continuation of seminar classes) based on the doctoral student's interests. Analysis and interpretation of various sources of knowledge from physical culture sciences. Analysis of texts with discussion. Conducting scientific research. Analysis of statistical data. Development of research results. Familiarization with the types of footnotes, the principles of creating bibliographic addresses and practical exercises related to this. Citation of literature-methodology and practice of narrative construction. Discussion of “discussion”. Adjustment of the text. Editorial requirements - layout of the text on the page, typography of the text, spelling of foreign names and abbreviations, syntax and spelling. Preparation of the structure of a short scientific dissertation and elaboration with demonstration of knowledge of the researcher's workshop. | | | | | | |
| COURSE ASSESSMENT CRITERIA | | | | | | |
| Detailed evaluation of knowledge: The continuous work of the doctoral student in each semester and academic year in terms of: implementation of research, expansion of knowledge, study of literature, involvement and progress in the preparation of the dissertation is evaluated, attendance in classes; activity; preparation and presentation of a short research dissertation using knowledge of research methodology. Possible semester grades are: 2.0, 3.0, 3.5, 4.0, 4.5, 5.0. | | | | | | |
| TOTAL PhD STUDENT WORKLOAD REQUIRED TO ACHIEVE THE INTENDED LEARNING OUTCOMES – NUMBER OF HOURS AND ECTS CREDITS | | | | | | |
| Activity | | | Number of hours | | | |

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| Scheduled course contact hours | 240 hrs. – 30 hrs.x 8 |
| Other contact hours involving the teacher (consultation hours, examinations) | 160 hrs. |
| Non-contact hours – student`s own work (preparation for classes or examinations, project, etc.) | 320 hrs. |
| Total number of hours | 720 hrs. |
| Total number of ECTS credits | 24 |

INSTRUCTIONAL MATERIALS

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| Compulsory literature: | <ol style="list-style-type: none"> 1. Cynarski W.J. (2021), Methodology of social and anthropological-cultural research in physical culture sciences and in the field of tourism, UR, Rzeszów. 2. Siwiński W., Tauber R. (2006), Methodology of scientific research, WSHiG, Poznań. 3. Weiner J. (1992), Technique of writing and presenting scientific papers, Uczelniane Skrypty UJ, Krakow. |
| Complementary literature: | <ol style="list-style-type: none"> 1. CYNARSKI W.J. (2000), METHODOLOGY OF RESEARCH ON FAR EASTERN MARTIAL ARTS - CONCEPTS AND PROBLEMS, "IDŌ - MOVEMENT FOR CULTURE / MOVEMENT FOR CULTURE", VOL. 1, PP. 46-53. 2. CYNARSKI W.J. (2003), INTRODUCTION TO THE LOGIC OF THE NEW PARADIGM OF SCIENCE, "IDŌ - MOVEMENT FOR CULTURE / MOVEMENT FOR CULTURE", VOL. III, PP. 19-32. 3. CYNARSKI W.J. (2014), THE NEW PARADIGM OF SCIENCE SUITABLE FOR THE 21ST CENTURY, "PROCEDIA - SOCIAL AND BEHAVIORAL SCIENCES", VOL. 149, PP. 269-275. 4. GRABOWSKI H. [ED.] (1996), EMPIRICAL METHODS IN PHYSICAL CULTURE SCIENCES, AWF, KRAKOW. 5. WOJCIECHOWSKI T. (1998), JAK PISAĆ PRACE DYPLOMOWE - LICENCJACKIE I MAGISTERSKIE: PORADNIK, WYŻSZA SZKOŁA ZARZĄDZANIA I MARKETINGU, WARSZAWA. 6. ZACZYŃSKI W. (2000), PRACA BADAWCZA NAUCZYCIELA, WZIP, WARSZAWA. 7. ZENDEROWSKI R. (2009), THESIS, BACHELOR'S DEGREE. A SHORT GUIDE TO THE METHODOLOGY OF WRITING AND DEFENDING A THESIS, WARSZAWA. |

*(1 ECTS CREDIT CORRESPONDS TO 25 - 30 HOURS OF THE TOTAL WORKLOAD OF A DOCTORAL STUDENT, NEEDED TO ACHIEVE THE ESTABLISHED EFFECTS).

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Date and signature of the Course lecturer

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Approved by the Head of the Department or an authorised person