# A COURSE SYLLABUS – DOCTORAL SCHOOL

## REGARDING THE QUALIFICATION CYCLE FROM 2022 TO 2026.

| GENERAL INFORMATION ABOUT COURSE | |
|---|---|
| Course title | **WORKSHOPS WITH AN EXPERT:** |
| Name of the unit running the course | Doctoral School at University of Rzeszów |
| Type of course *(obligatory, optional)* | obligatory |
| Year and semester of studies | Year II ,III / semester IV, VI |
| Discipline | physical culture science |
| Language of Course | English |
| Name of Course coordinator | Dr Élvio Rúbio Gouveia |
| Name of Course lecturer | Dr Élvio Rúbio Gouveia |
| Prerequisites | not available |

**BRIEF DESCRIPTION OF COURSE**
**(100-200 words)**

The class is designed to complement and extend your knowledge of dissertation completion. The class will discuss the most important problems related to the issues raised in the dissertation.

**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)** The content of the learning effect defined for the subject on the basis of the Reference to the learning outcomes for qualifications at PRK level 8 from the educational program. | | | |
| **P8S-WG2** | Has knowledge of the direction of scientific research development and the latest discoveries, including those of global scope, in the practiced scientific discipline and related disciplines. | P8S-WG | conversatory | credit/report |
| **P8S_WK1** | knows and understands the impact of the development of technology and technology on the progress of civilization. | P8S-WK | conversatory | credit/report |
| **Skills (no.)** | **(Able to)** The content of the learning effect defined for the subject on the basis of the Reference to the learning outcomes for qualifications at PRK level 8 from the educational program. | | | |
| **P8S_UW1** | on the basis of interdisciplinary knowledge is able to identify and solve a research problem, define the purpose of research, formulate a hypothesis and the object of scientific research, develop techniques, methods and research tools and make conclusions on the basis of the | P8S_UW | conversatory | credit/report |

| | | | | |
|---|---|---|---|---|
| | results of scientific research. | | | |
| **P8S_UK6** | using a foreign language at B2 level of the Common European Framework of Reference for Languages, is able to speak in public to present the results of scientific research and participate in discussions on scientific and professional topics in a variety of national and and international environments. | P8S_UK | conversatory | credit/report |
| **P8S_UU1** | independently acquire knowledge, develop their analytical skills<br>based on current interdisciplinary knowledge, and inspire the development of others. | P8S_UU | conversatory | credit/report |
| **P8S_UU2** | transfer the knowledge possessed, inspire and supervise the learning process of others, use modern teaching methods and tools. | P8S_UU | conversatory | credit/report |
| **P8S_UU3** | through the process of learning update their interdisciplinary knowledge, improve their own competence plan the development of themselves and others. | P8S_UU | conversatory | credit/report |
| **Social competence (no.)** | **(Ready to)**<br>The content of the learning effect defined for the subject on the basis of the Reference to the learning outcomes for qualifications at PRK level 8 from the educational program. | | | |
| **P8S_KK1** | Critically evaluate the scientific achievements within the chosen scientific discipline. | P8S_KK | conversatory | credit/report |
| **P8S_KK2** | of critical assessment of own contribution in scientific achievements within the chosen scientific discipline. | P8S_KK | conversatory | credit/report |
| **P8S_KK3** | solving cognitive and practical problems using the knowledge possessed within the studied discipline and related disciplines. | P8S_KK | conversatory | credit/report |

**LEARNING FORMAT – NUMBER OF HOURS**

| Semester (no.) | Lectures | Seminars | Lab classes | Internships | others | ECTS |
|---|---|---|---|---|---|---|
| VI | - | - | - | - | 5 | 1 |

**METHODS OF INSTRUCTION**

- auditorium conversion

**COURSE CONTENT**

Substantive description of class topics: **Physiological and biomechanical assessment on different Sport Context**
Topic 1: Experimental Methodology Specifications for the Physiological Demand Characterisation
Topic 2: Physiological and biomechanical parameters description
Topic 3: Core data for profile determination and validation of biometric data provided from sensors.
Topic 4: Establishment of reference values for Physiological and Biomechanical parameters

**COURSE ASSESSMENT CRITERIA**

Credit after the semester of the course implementation, the doctoral student prepares a report thematically related to the program content of the course.
The applicable grading scale for the course:
(zal.)- passed,
(nzal.)- failed.

**TOTAL PhD STUDENT WORKLOAD REQUIRED TO ACHIEVE THE INTENDED LEARNING OUTCOMES – NUMBER OF HOURS AND ECTS CREDITS**

| Activity | Number of hours |
|---|---|
| Scheduled course contact hours | **5 hrs.** |
| Other contact hours involving the teacher (consultation hours, examinations) | **1 hrs.** |
| Non-contact hours – student`s own work (preparation for classes or examinations, project, etc.) | **22 hrs.** |
| **Total number of hours** | **28 hrs.** |
| **Total number of ECTS credits** | **1** |

**INSTRUCTIONAL MATERIALS**

| | |
|---|---|
| Compulsory literature: | **IN LINE WITH THE SUBJECT OF THE DISSERTATION** |
| Complementary literature: | ———————— |

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

Assinado por: **Élvio Rúbio Quintal Gouveia**
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Data: 2025.06.18 13:58:15 +0200

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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