

**SYLLABUS**  
concerning the cycle of education 2022-2028

Academic Year 2022/2023

**1. BASIC INFORMATION CONCERNING THIS SUBJECT**

Subject	Physical education
Course code *	PE
Faculty of (name of the leading direction)	College of Medical Sciences
Department Name	Department of Physical Education and Recreation UR
Field of study	Medical
level of education	master's studies
Profile	stationary
Form of study	
Year and semester	I year, I semester
Type of course	General
Language	English
Coordinator	Miłosz Szczudło
First and Last Name of the Teachers	Miłosz Szczudło

\* - According to the resolutions of Educational Unit

**1.1. Forms of classes, number of hours and ECTS**

Semester No.	Lecture	Exercise	Conversation	Laboratory	Seminar	Z P	Praktical	Other	Number of points ECTS
1		30							0
2		30							0

**1.2. The form of class activities**

classes are in the traditional form

classes are implemented using methods and techniques of distance learning

**1.3 Examination Forms (exam, credit with grade or credit without grade)**

credit with grade

## 2. BASIC REQUIREMENTS

No health contraindications for participating in physical education classes.
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## 3. OBJECTIVES, OUTCOMES, AND PROGRAM CONTENT USED IN TEACHING METHODS

### 3.1 Objectives of this course

C1	Promoting awareness of physical culture among university students.
C2	Harmonious psychomotor development of adolescents.
C3	Shaping pro-health attitudes and habits of systematic physical activity.
C4	Shaping educational and social attitudes related to group activities.
C5	Promoting an active and healthy lifestyle and the habit of practicing physical activity throughout life.
C6	Developing specific skills for selected forms of activity.

### 3.2 OUTCOMES FOR THE COURSE

EK (the effect of education)	The content of learning outcomes defined for the class (module)	Reference to directional effects <sup>1</sup>
EK_01	Critical point of view of fitness and fitness level. Performs basic tests and checks. Has the ability to select exercises that shape the reflex of correct body posture.	EK_01
EK_02	Performs the basic technical elements of team sports games (volleyball, basketball, football and handball) and use in practice physical exercises that affect the body's motor skills.	EK_02
EK_03	Undertakes pro-health and educational activities, using in practice of own knowledge and skills in the field of various forms of physical activity. Organizes activities for the benefit of the social environment and social interest.	EK_03
EK_04	Plans, organizes and cooperates in a team using the principles of "fair play". Takes responsibility for managing the team.	EK_04
EK_05	Shapes self-discipline and self-esteem as well as a sense of responsibility for the health and safety of oneself and others.	EK_05
EK_06	Promotes a positive pro-health attitude influencing functional fitness in adult life. It creates the value of physical activity as a form of physical and mental relaxation.	EK_06

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<sup>1</sup>In the case of a path of education leading to obtaining teaching qualifications, also take into account the learning outcomes of the standards of education preparing for the teaching profession.

### 3.3 CONTENT CURRICULUM

#### A. Problems of the lecture

#### B. Problems of auditorium, seminar, laboratory and practical classes

Course contents	Hours
1. Overview of the principles of safe use of facilities, devices and environments related to practicing various sports. Getting to know the regulations of SWFiR. Organization, hygiene and work order.	
2. Movement games and activities, various forms of racing with the use of sports equipment. Ex. general development.	
3. Exercises shaping the correct body posture with the use of instruments and utensils. Health Education: Concepts and goals of health promotion and behaviors that threaten human functional fitness.	
4. Volleyball. Improving shots and licks in the top and bottom way. Ex. shaping visual-motor coordination. Tactics of playing the ball in the set pieces of the school game.	
5. Volleyball. Improving: attack and blocking with a single block. Improving pledging, single and double block - school game. Rules of the game.	
6. Volleyball: Control and evaluation tasks - using known elements of technique during school play. Rules and refereeing	
7. Handball: Technique of passes, passes, passes, passes, passes in various positions and dribbles the ball. The technique of jumping throwing and catching lying and rolling balls. School game.	
8. Handball: Handling the ball in twos and threes, bringing the attack out of a quick pass, situational, throwing the ball into the goal while running and jumping. Defend "each one of his." School game.	
9. Handball: Defensive Tactics 6: 0. Applying Improved Elements. Control and evaluation tasks - rules of the game.	
10. Basketball: Improving situational passes with the right and left hand, dribbling with a change of hand and direction. Throws for a basket after stopping at one and two paces. Rules of the game - jump ball.	
11. Football: Improving techniques: passing, receiving, shots to the goal from the spot, on the run, after passing, juggling the ball, playing the head. The use of improved elements in set parts of the game. application. Covering tactics in defense - school game.	
12. Football: Control and evaluation task. The game proper with the improvement of the learned technical and tactical elements. Rules of the game.	
13. Outdoor Athletics: Trail running with a variable pace. Orientation in the field, general development exercises. Games and fun with overcoming natural obstacles. Health Education: Civilization diseases and their impact on psychophysical activity of a human being, concepts and goals of health promotion and behavior threatening health.	
14. Ice Skating: Safety rules at the ice rink. Kickback skidding, driving forward, stopping with a half-plow and a plow, driving backwards, stopping with a turning on one and two legs, a shifter forward and backward - braking. Canoeing: Safety rules in canoeing, Learning to get on and off and maneuver a canoe.	

15. Functional tests of motor skills. Performing a Multi-Stage Pendulum Test or a Cooper Test	
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### 3.4 Didactic methods

Ex .:

Lecture: problem lecture, lecture with multimedia presentation, distance learning methods

Exercises: text analysis with discussion, project method (research, implementation, practical project), group work (task solving, discussion), didactic games, distance learning methods

Laboratory: performing experiments, designing experiments.

## 4. METHODS AND EVALUATION CRITERIA

### 4.1 Methods of verification of learning outcomes

Symbol of effect	Methods of assessment of learning outcomes (Eg.: tests, oral exams, written exams, project reports, observations during classes)	Form of classes
EK_01	- FUNCTIONAL TESTS MONITORING PROGRESS - OBSERVATION DURING CLASSES - CONSCIOUS AND ACTIVE PARTICIPATION IN THE CLASSES,	
Ek_02	- CONSCIOUS AND ACTIVE PARTICIPATION IN THE CLASSES, - OBSERVATION DURING CLASSES	
EK_03	- CONSCIOUS AND ACTIVE PARTICIPATION IN THE CLASSES, - PREPARATION AND PRESENTATION OF HEALTH EDUCATION TEACHING MATERIAL	
EK_04	- OBSERVATION DURING CLASSES	
EK_05	- OBSERVATION DURING CLASSES	
EK_06	- CONSCIOUS AND ACTIVE PARTICIPATION IN THE CLASSES, - PREPARATION AND PRESENTATION OF HEALTH EDUCATION TEACHING MATERIAL	

### 4.2 Conditions for completing the course (evaluation criteria)

<p>Assessment criteria:</p> <ul style="list-style-type: none"> <li>• 5.0 - very good or plus a good average of partial grades. Maximum one unexcused absence.</li> </ul>
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- 4.5 - very good or good average of partial grades. One unexcused absence.
- 4.0 - good average of partial grades. One or two unexcused absences.
- 3.5 - average of partial grades. One or two unexcused absences.
- 3.0 - sufficient average of partial grades. Two or maximum three unexcused absences
- 2.0 - negative average of partial grades or three or more unexcused absences.

The assessment covers:

- demonstrating a correctly selected technique of physical activity in accordance with the principles resulting from the professional literature
- correct implementation of tactical assumptions regarding cooperation between players of a given team,
- the degree of involvement in the selected form of physical activity,
- correct exercise of selected physical exercises according to the pattern presented in class,
- an appropriate level of physical fitness and the body's efficiency.

#### 5. Total student workload required to achieve the desired result in hours and ECTS credits

Activity	The average number of hours to complete the activity
Contact hours (with the teacher) resulting from the study schedule of classes	60
Contact hours (with the teacher) participation in the consultations, exams	0
Non-contact hours - student's own work (preparation for classes, exam, writing a paper, etc.)	0
SUM OF HOURS	60
TOTAL NUMBER OF ECTS	0

*\* It should be taken into account that 1 ECTS point corresponds to 25-30 hours of total student workload.*

#### 6. TRAINING PRACTICES IN THE SUBJECT

NUMBER OF HOURS	Not concerned
RULES AND FORMS OF APPRENTICESHIP	Not concerned

## 7. LITERATURE

### Basic literature:

1. Kelly LE., Adapted physical education national standards - 2019 -
2. Siedentop D., Hastie P., Van Der Mars H., Complete Guide to Sport Education, THIRD EDITION 2019.
3. Zygmunt K., Kuchciak M., Nycz M., Szczudło M, Bobula G., Influence, Significance and Importance of Body Mass Index in Scientific Research and Various Fields of Science, American Journal of Biomedical Science & ResearchAm J Biomed Sci & Res, 2019 - 4(4). AJBSR.MS.ID.000816. DOI

### Additional literature

1. Capel S., Blair R., Debates in physical education 2019

Acceptance Unit Manager or authorized person