Appendix No. 1.5 to the Resolution No. 7/2023
of the Rector of the University of Rzeszów

# SYLLABUS

**REGARDING THE QUALIFICATION CYCLE FROM 2024 TO 2027**
**ACADEMIC YEAR 2024/2025**

## 1. BASIC COURSE/MODULE INFORMATION

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|---|---|
| Course/Module title | Physical Education |
| Course/Module code * | O2 |
| Faculty (name of the unit offering the field of study) | College of Humanities |
| Name of the unit running the course | Institute of Modern Languages |
| Field of study | Media, Visual and Social Communication |
| Qualification level | Bachelors degree |
| Profile | general academic |
| Study mode | full-time |
| Year and semester of studies | Year 1, semesters 1-2 |
| Course type | general |
| Language of instruction | English |
| Coordinator | Dr Miłosz Szczudło |
| Course instructor | Dr Miłosz Szczudło |

* - as agreed at the faculty

### 1.1. Learning format – number of hours and ECTS credits

| Semester (no.) | Lectures | Classes | Laboratories | Seminars | Practical classes | Internships | others | **ECTS credits** |
|---|---|---|---|---|---|---|---|---|
| 1 | 30 | | | | | | | 0 |
| 2 | 30 | | | | | | | 0 |

### 1.2. Course delivery methods
- conducted in a traditional way

**1.3. Course/Module assessment** (exam, pass with a grade, pass without a grade)
- pass with no grade

## 2. PREREQUISITES

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| No health contraindications to active participation in curricular physical education classes. |

## 3. OBJECTIVES, LEARNING OUTCOMES, COURSE CONTENT, AND INSTRUCTIONAL METHODS

### 3.1. Course/Module objectives

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| O1 | Fostering an awareness of physical culture in university students. |
| O2 | Harmonious psychomotor development of adolescents. |
| O3 | Shaping health-promoting attitudes and habits of systematic physical activity. |
| O4 | Formation of educational and social attitudes related to group activities. |
| O5 | Promoting an active and healthy lifestyle and a lifelong habit of physical activity. |
| O6 | Developing specific skills in selected activities. |

### 3.2. COURSE/MODULE LEARNING OUTCOMES (TO BE COMPLETED BY THE COORDINATOR)

| Learning Outcome | The description of the learning outcome defined for the course/module | Relation to the degree programme outcomes |
|---|---|---|
| LO_01 | The student is critical of his/her own level of fitness and performance. Performs basic tests and checks. Has the ability to select exercises to shape the reflex of correct posture. | K_U10 |
| LO_02 | The student performs the basic technical elements of team sports games (volleyball, basketball, football and handball) and put into practice physical exercises that affect the body's motor skills. | K_U09 |
| LO_03 | The student undertakes health-promoting and educational activities, putting into practice knowledge and skills in various forms of physical activity. Organises activities for the benefit of the social environment and the public interest. | K_U10 |
| LO_04 | The student plans, organises and cooperates in a team using the principles of 'fair play'. Takes responsibility for leading the team. | K_U09 |
| LO_05 | The student develops self-discipline and self-esteem and a sense of responsibility for the health and safety of oneself and others. | K_K01 |
| LO_06 | The student promotes a positive health-promoting attitude that influences functional fitness in adult life. Creates the value of physical activity as a form of physical and mental relaxation. | K_K01 |

### 3.3. Course content (to be completed by the coordinator)

A. Lectures

| Content outline |
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B. Classes, laboratories, seminars, practical classes

| Content outline |
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| 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. |
| Movement games and activities, various forms of racing with the use of sports equipment. Ex. general development. |
| Exercises shaping the correct body posture with the use of instruments and utensils. Health Education: Concepts and goals of health promotion and behaviours that threaten human functional fitness. |
| 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. |
| Volleyball. Improving: attack and blocking with a single block. Improving pledging, single and double block - school game. Rules of the game. |
| Volleyball: Control and evaluation tasks - using known elements of technique during school play. Rules and refereeing |
| 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. |
| 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. |
| Handball: Defensive Tactics 6: 0. Applying Improved Elements. Control and evaluation tasks - rules of the game. |
| 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. |
| 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 defence - school game. |
| Football: Control and evaluation task. The game proper with the improvement of the learned technical and tactical elements. Rules of the game. |
| 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. |
| 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.<br>Canoeing: Safety rules in canoeing, learning to get on and off and manoeuvre a canoe. |

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| Functional tests of motor skills. Performing a Multi-Stage Pendulum Test or a Cooper Test |
| 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. |
| Movement games and activities, various forms of racing with the use of sports equipment. Ex. general development. |

### 3.4. Methods of Instruction

Exercises: direct expedient movement method, imitative method, group work (task solving, discussion), didactic games, sports games.

## 4. Assessment techniques and criteria

### 4.1 Methods of evaluating learning outcomes

| Learning outcome | Methods of assessment of learning outcomes (e.g. test, oral exam, written exam, project, report, observation during classes) | Learning format (lectures, classes,...) |
|---|---|---|
| LO-01 | - functional tests to monitor progress in the classroom,<br>- classroom observation<br>- conscious and active participation in activities | classes |
| LO-02 | - informed and active participation in activities,<br>- classroom observation | classes |
| LO-03 | - informed and active participation in activities,<br>- preparation and presentation of teaching material on health education | classes |
| LO-04 | - classroom observation | classes |
| LO-05 | - classroom observation | classes |
| LO-06 | - informed and active participation in activities,<br>- preparation and presentation of teaching material on health education | classes |

### 4.2 Course assessment criteria

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| Evaluation criteria:<br>5.0 - very good average of sub grades.<br>4.5 - very good or good average of sub grades.<br>4.0 - good average of partial marks.<br>3.5 - good or sufficient average of sub grades.<br>3.0 - sufficient average of partial marks.<br>2.0 - a negative average of partial marks.<br><br>The assessment covers:<br>- demonstrating a correctly selected technique of physical activity in accordance with the principles resulting from the professional literature |

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| - correct implementation of tactical assumptions regarding cooperation between players of a given team,<br>- the degree of involvement in the selected form of physical activity,<br>- correct exercise of selected physical exercises according to the pattern presented in class,<br>- an appropriate level of physical fitness and the body's efficiency. |

**5. Total student workload needed to achieve the intended learning outcomes – number of hours and ECTS credits**

| Activity | Number of hours |
|---|---|
| Course hours | 60 |
| Other contact hours involving the teacher (consultation hours, examinations) | 0 |
| Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.) | 0 |
| Total number of hours | 60 |
| Total number of ECTS credits | 0 |

* one ECTS point corresponds to 25-30 hours of total student workload

**6. Internships related to the course/module**

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|---|---|
| Number of hours | |
| Internship regulations and procedures | |

**7. Instructional materials**

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| Compulsory literature:<br>Golaszewski J., *Football*, Poznań, 2003.<br>Huciński T., *Metodyka nauczania i doskonalenia podstaw*, Wrocław, 2006.<br>Huciński T., Kelner J., *Basketball*, Wrocław, 2001.<br>Madejski E., Węglarz J., *Selected issues of contemporary physical education methodology, Handbook for teachers and students*, Impuls, 2017.<br>Stawiarski St., *Piłka ręczna cz. I i II*, Kraków, 2003.<br>Uzarowicz J., *Volleyball. What is played*, Kraków, 2001.<br>Bondarowicz M., *Zabawy i gry ruchowe w zajęciach sportowe*, Warsaw, 2002. |
| Complementary literature:<br>Zaborniak S., *Metodyka nauczania ćwiczeń lekkoatletycznych. Guidebook for teachers*, Rzeszów, 2006.<br>Drabik J., *Physical activity in health training of adults*, Gdańsk 1996. |

Approved by the Head of the Department or an authorised person