

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

<b>GENERAL INFORMATION ABOUT COURSE</b>				
Course title	<b>Public speaking</b>			
Name of the unit running the course	<b>Doctor School at University of Rzeszow</b>			
Type of course ( <i>obligatory, optional</i> )	optional			
Year and semester of studies	2 <sup>nd</sup> year/semester 3			
Discipline	Physical culture studies			
Language of Course	Polish/English			
Name of Course coordinator	Wojciech J. Cynarski			
Name of Course lecturer	Wojciech J. Cynarski			
Prerequisites	Knowledge, skills, competences acquired during education as part of major and basic subjects for fields included in Physical Culture Sciences. Additionally, subjects that develop the ability to properly emit voice and body language during public speaking.			
<b>BRIEF DESCRIPTION OF COURSE (100-200 words)</b>				
As part of the course, the doctoral student learns the principles of interpersonal communication, including the correct use of gestures, body posture, eye contact and spatial distance in public speaking. Within these principles, they also learn about the important role of vocal behaviour, appearance and environmental factors. It is also important to acquire the skills to prepare a multimedia presentation and a conference poster. The main goal is for the doctoral student to prepare a public speech by correlating all these skills using modern scientific language and multimedia.				
<b>COURSE LEARNING OUTCOMES AND METHODS OF EVALUATING LEARNING OUTCOMES</b>				
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,...)
<b>Knowledge (no.)</b>	<b>(Knows and understands)</b>			
1	To an extent that makes it possible to revise existing paradigms – global achievements, including theoretical foundations and general issues and selected detailed issues – specific to the physical culture	P8S_WG1	classes	Oral presentation/ assessment
<b>Skills (no.)</b>	<b>(Able to)</b>			
1	Communicate on specialist topics to a degree that allows for active participation in the international scientific community.	P8S_UK1	classes	Oral presentation/ assessment
2	Organize or participate actively in scientific conferences.	P8S_UK3	classes	observation
3	Initiate evidence-based scientific	P8S_UK4	classes	Oral

	debate					presentation/ assessment; preparation of a multimedia presentation and a conference poster
4	Participate in scientific discourse.	P8S_UK5	classes			Oral presentation/ assessment
5	Use a foreign language at the B2 level of the Common European Framework of Reference for Languages (CEFR) to a degree that allows for participation in the international scientific and professional environment.	P8S_UK6	classes			Oral presentation/ assessment
<b>Social competence (no.)</b>	(Ready to)					
1	Maintain and develop the ethos of research and creative environments, including: - conducting scientific activity in an independent manner, - respecting the principle of public property of scientific activity results, taking into account the principles of intellectual property protection	P8S_KR1	classes			observation
<b>LEARNING FORMAT – NUMBER OF HOURS</b>						
Semester (no.)	Lectures	Seminars	Lab classes	Internships	others	ECTS
3		6				1
<b>METHODS OF INSTRUCTION</b>						
<p>Public presentation at a scientific conference, graded on the basis of a submitted report with an accompanying abstract of the presentation. Assessment: preparation of the presentation, the form of delivery of the presentation (clarity, lucidity), the ability to answer questions.</p> <p>Grade 5.0 - very good preparation of the presentation, very good form of oral presentation, very good answers to the questions asked.</p> <p>Grade 4.5 - above good preparation of presentation, above good form of oral presentation, above good ability to answer the questions asked</p> <p>Grade 4.0 - good preparation of presentation, good form of oral presentation, good ability to answer the questions asked</p> <p>Grade 3.5 - above average preparation of presentation, above average form of oral presentation, above average ability to answer questions</p> <p>Grade 3.0 - sufficient preparation of presentation, sufficient form of oral presentation, sufficient ability to answer questions.</p>						
<b>COURSE CONTENT</b>						
<p>Discussion of the principles of interpersonal communication, including the correct use of gestures, body posture, eye contact and spatial distance in the field of public speaking - 2h</p> <p>Discussion of vocal behavior, appearance and environmental factors during speeches – 2h.</p> <p>Discussion of the principles of preparing a multimedia presentation and a conference poster – 2 hours</p>						

**COURSE ASSESSMENT CRITERIA**

Assessment/oral presentation (during classes, prepares a public speech using modern scientific language). Preparation of a multimedia presentation and a conference poster.

**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	6
Other contact hours involving the teacher (consultation hours, examinations)	Participation in consultations 4
Non-contact hours – student's own work (preparation for classes or examinations, project, etc.)	Preparing a public speech using modern scientific language, Preparing a multimedia presentation and a conference poster 5 Preparation for passing 10
<b>Total number of hours</b>	<b>25</b>
<b>Total number of ECTS credits</b>	<b>1</b>

**INSTRUCTIONAL MATERIALS**

Compulsory literature:	Majchrzak N. Mowa ciała pedagogicznego. Przegląd Naukowo-Metodyczny. Edukacja dla Bezpieczeństwa no. 3, 19-24. 2010 [in Polish]. Orłóś M. O sztuce wystąpień Publicznych, Wydawnictwo RM, Warsaw 2018. Blein B. Sztuka Prezentacji i wystąpień publicznych. Wydawnictwo RN, Warsaw 2010.
Complementary literature:	Cynarski W.J. Metodologia badań społecznych i antropologiczno-kulturowych w naukach o kulturze fizycznej i w obszarze turystyki, Wydawnictwo Uniwersytetu Rzeszowskiego, Rzeszów 2021 [in Polish].