**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

**1. Information about the subject**

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| Name of the subject | Recreational disciplines (to choose from): ringo, frisbee, boole, nordick walking |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Study degree | first-cycle studies |
| Profile | general academic |
| Form of studies | daytime |
| Year and semester(s) of study | Year 3, semester V-VI |
| Type of subject | Major, optional |
| Language of lecture | Polish |
| Coordinator | dr Jarosław Herbert |
| Name and surname of the instructor(s) | dr Jarosław Herbert |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester(no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| V |  | 10 |  |  |  |  |  |  | 1 |
| VI |  | 10 |  |  |  |  |  |  | 1 |
| Total |  | 20 |  |  |  |  |  |  | 2 |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

classes - marked credit

2.PREREQUISITES

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| Basic knowledge and skills within the subject: Fun and movement games with methodology, team sports. |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

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| C1  | Getting to know the rules of selected recreational disciplines. |
| C2 | Developing technical and motor skills of selected recreational disciplines. |
| C3 | The abovementioned skills and knowledge can be put into practice. |

**3.2 Learning outcomes**

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| --- | --- | --- |
| Ek (Learning Outcome) |  content of the learning outcome defined for the subject | reference to field outcomes  |
| E K01 | Students know and understand the developmental phases of the motor habit, causes and effects of applying forces to the body and environment during teaching and improving specific techniques in ringo / frisbee / boole / nordic walking. | K\_W08 |
| E K02 | The student knows the rules of team sports and recreational games as well as selected individual sports.Methods of performing motor tasks and teaching movement;SKN / WF1 / W6 | K\_W17 |
| E K03 | The student knows how the lesson is properly structured. | K\_W18 |
| E K04 | The student selects the appropriate methods, forms and means of shaping the activity and physical fitness in selected recreational disciplines: ringo, frisbee, Nordic walking.The student is able to recognize and apply control, corrective and guiding activities in order to eliminate the mistakes in teaching or improving specific motor skills;**SKN/WF1/U10**The student knows and understands the use of didactic means in the process of physical education, including sports utensils, equipment and devices, the use of internet applications to measure individual physical activity.**SKN/WF1/W8** | K\_U04 |
| E K05 | The student is able to demonstrate elements of individual technique of selected forms of physical activity;The student is able to identify typical exercises and motor tasks with the general and specific requirements of the core curriculum, physical education curriculum in primary school, develop key competences in the process of physical education at the primary school stage;**SKN / WFI / U1** | K\_U07 |
| E K06 | The student is able to adjust the process of physical education to the real development and health needs of children and adolescents; | K\_U11 |
| E K07 | The student is able to prepare a place for physical activity. | K\_U12 |
| E K08 | The student is able to develop an annual detailed plan of didactic and educational work in physical education for a selected class; | K\_U15 |
| E K09 | The student can write an outline of a physical education lesson or a training unit for a selected type of classes: ringo, frisbee, boole, nordick walking. | K\_U17 |
| E K10 | The student is able to organize school and environmental sports competitions;The student is able to construct tools (tests) to control and evaluate the motor skills taught;**SKN / WFI / U9** | K\_U21 |
| E K11 | The student is able to properly communicate with the class, exercise or training group in the process of physical education. | K\_U25 |
| E K12 | The student promotes a healthy lifestyle and physical activity in the school environment.The student is ready to shape the cooperation skills of students in groups, teams and exercise hosts;**SKN / WF1 / K05**The student is ready to develop students' curiosity, activity and independence as well as logical and critical thinking in relation to various individual and team forms of physical activity such as: ringo, frisbee, nordick walking.**­ SKN/WF1/K07** | K\_K04 |

**3.3 Program content**

A. Lectures

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| Course content |

B. Content of auditorium, seminar, laboratory exercises, practical classes

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| Course content |
| Semester V - Mastering the basic technique and classical technique depending on the choice of the ringo / frisbee / nordick walking / boole discipline |
| Semester V - Basics of teaching and improving individual techniques in ringo / frisbee / nordick walking / boole |
| Semester VI - Selection of technique and pace to the fitness level of ringo / frisbee / nordick walking / boole exercisers |
| Semester VI - Improving teaching methodology and organization of ringo / frisbee / nordick walking / boole classes. Methods of performing motor tasks. Sports equipment and supplies. Recreational games in the physical education curriculum. Control and evaluation of taught motor skills. |

3.4 Didactic methods

Demonstration and subject exercises.

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

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| Effect symbol | Assessment methods of learning outcomes(e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity(lecture, class ...) |
| EK01-03, 08, 09, 10 | Lesson plan and conduct of the class | Class |
| EK04, 05, 06, 07, 11, 12 | Observation during the class | Class |

4.2 Conditions of passing the subject (assessment criteria)

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| Exercises - credit gradeThe final (summary) grade in semester V consists of:50% assessment of activity in the classroom (proper exercise and conducting of exercises - Observation during classes) and 50% of the assessment of the lesson plan.Points obtained for active participation in classes and for the plan are converted into percentages corresponding to the grades:- up to 50% - unsatisfactory,- 51% - 60% - satisfactory,- 61% - 70% - satisfactory plus,- 71% - 80% - good,- 81% - 90% - a good plus,- 91% - 100% - very good.**Assessment criteria - Knowledge**3.0 - has a sufficient knowledge of the content of the exercises4.0 - has a good knowledge of the content of the exercises5.0 - has a very good knowledge of the content of the exercises**Assessment criteria - Social Competences**3.0 - The student is an example of a person who cares about health.4.0 - The student is aware that, as a future physical education teacher, they should promote a healthy lifestyle and physical activity in the school environment and outside it.5.0 - The student lists examples of their own activities in the promotion of a healthy lifestyle and physical activity, e.g. in the school, local and family environment |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

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| --- | --- |
| Form of activity |  Average number of hours to complete the activity |
| Contact hours according to the studies plan  | 20 hours |
| Others with the participation of an academic teacher (participation in consultations, examination)  | 10 hours - consultations |
| Non-contact hours - own work(preparation for classes, examinations, writing a paper, etc.) | 10 hours – preparation to classes 10 hours. – preparation to colloquium |
| TOTAL HOURS | 50 hours |
| TOTAL ECTS | 2 |

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

6. PROFESSIONAL TRAINING WITHIN THE COURSE

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| --- | --- |
| hours |  |
| rules and forms of internship |   |

7. LITERATURE

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| Basic literature:1. Gry rekreacyjne : teoria, metodyka, przykłady / Magdalena Rokicka-Hebel

2017, Gdańsk : Wydawnictwo Uczelniane Akademii Wychowania Fizycznego1. Aktywny senior : zbiór gier rekreacyjnych dla osób starszych / Jan Strugarek, Jakub Wieczorek ; Uniwersytet im. Adama Miciewicza 2010, Poznań : Wydawnictwo Naukowe Uniwersytetu im. Adama Miciewicza
2. Organizacja wycieczek szkolnych, obozów stałych i wędrownych, rekreacyjne gry ruchowe / Jerzy Gołaszewski, Stanisław Paterka, Andrzej Wieczorek, 2000, Poznań : AWF
3. Problematyka kształtowania terenów gier i zabaw dla dzieci / Agata Gajdek 2016, Rzeszów : Wydawnictwo Uniwersytetu Rzeszowskiego
4. Zabawy i gry ruchowe na lekcjach wychowania fizycznego i festynach sportowo-rekreacyjnych / Maria Janikowska-Siatka, Edward Skrętowicz, Elżbieta Szymańska ; pod red. M. Janikowskiej-Siatki, 1999, Warszawa : Wydawnictwa Szkolne i Pedagogiczne
5. Starosta W. Wangrym M. ABC polskiej gry w ringo, Metodyka nauczania techniki i taktyki, Warszawa 2012,
 |
| Supplementary literature: 1. www. <http://frisbee.pl/utlimate/>
2. http://www.petanque.pl/asp/pl\_start.asp?typ=14&sub=2&menu=81&strona=1
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Acceptance by the Head of the Unit or an authorized person