Appendix number 1.5 to The Rector UR Resolution No. *12/2019*

SYLLABUS

**concerning** **the** **cycle** **of** **education** 2022-2028 (date range)

Academic year 2023/2024

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 | College of Medical Sciences |
| Field of study | Medical |
| level of education | Master's studies |
| Profile | stationary |
| Form of study |  |
| Year and semester | I year, I and I semester |
| Type of course | General |
| Language | English |
| Coordinator |  |
| First and Last Name of the  Teachers |  |

**\*** ***-*** **According** **to** **the** **resolutions** **of** **Educational** **Unit**

* 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 |  |  |  |  |  |  | 1 |
| 2 |  | 30 |  |  |  |  |  |  | 1 |

* 1. **The** **form** **of** **class** **activities**

V 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

1. **BASIC** **REQUIREMENTS**

No health contraindications for participating in physical education classes.

1. **OBJECTIVES,** **OUTCOMES,** **AND** **PROGRAM** **CONTENT** **USED** **IN** **TEACHING** **METHODS**
   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. |

* 1. **OUTCOMES** **FOR** **THE** **COURSE**

|  |  |  |
| --- | --- | --- |
| **EK** (the effect of education) | The content of learning outcomes defined for the class (module) | Reference to  directional effects 1 |
| 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 |

1In 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.

* 1. **CONTENT** **CURRICULUM**
     1. **Problems** **of** **the** **lecture**
     2. **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 |  |

* 1. **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.

1. **METHODS** **AND** **EVALUATION** **CRITERIA**
   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 |  |

* 1. **Conditions** **for** **completing** **the** **course** **(evaluation** **criteria)**

Assessment criteria:

* 5.0 - very good or plus a good average of partial grades. Maximum one unexcused absence.
* 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.

1. **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.*

1. **TRAINING** **PRACTICES** **IN** **THE** **SUBJECT**

|  |  |
| --- | --- |
| **Number** **of** **hours** | Not concerned |
| **Rules** **and** **forms** **of** **apprenticeship** | Not concerned |

1. **LITERATURE**

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

1.

Additional literature

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

Zygmunt K., Kuchciak M., Nycz M., Szczudło M, Bobula G., Influence, Significance

3.

THIRD EDITION 2019.

Siedentop D., Hastie P., Van Der Mars H., Complete Guide to Sport Education,

2.

Kelly LE., Adapted physical education national standards - 2019 -

1.

Basic literature:

Acceptance Unit Manager or authorized person