

SYLLABUS

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

1. BASIC COURSE/MODULE INFORMATION

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	Bachelor's degree
Profile	general academic
Study mode	full-time
Year and semester of studies	Year 1: semesters 1 and 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)

Semester I: pass with a grade

Semester II: pass with a grade

2. PREREQUISITES

Semester I: No health contraindications to active participation in curricular physical education classes.

Semester II: Positive grade from the former semester, 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

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

B. Classes, laboratories, seminars, practical classes

Content outline
Semester I:
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.
Semester II:
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.
Canoeing: Safety rules in canoeing, learning to get on and off and manoeuvre a canoe.
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	<i>-FUNCTIONAL TESTS TO MONITOR PROGRESS IN THE CLASSROOM, CLASSROOM OBSERVATION, CONSCIOUS AND ACTIVE PARTICIPATION IN ACTIVITIES</i>	CLASSES
LO-02	<i>INFORMED AND ACTIVE PARTICIPATION IN ACTIVITIES, CLASSROOM OBSERVATION</i>	CLASSES
LO-03	<i>INFORMED AND ACTIVE PARTICIPATION IN ACTIVITIES, PREPARATION AND PRESENTATION OF TEACHING MATERIAL ON HEALTH EDUCATION</i>	CLASSES
LO-04	<i>CLASSROOM OBSERVATION</i>	CLASSES
LO-05	<i>CLASSROOM OBSERVATION</i>	CLASSES
LO-06	<i>CLASSROOM OBSERVATION</i>	CLASSES

4.2 Course assessment criteria

<p>Evaluation Criteria:</p> <p>The grade obtained by the student is the arithmetic average of the partial grades received during the classes.</p> <p>Grading scale:</p> <p>60-68% - 3.0</p> <p>69-76% - 3.5</p> <p>77-84% - 4.0</p>

85-92% - 4.5
93-100% - 5.0

The evaluation is based on:

Demonstrating the correct technique for physical activity according to the principles from professional literature

Correctly implementing tactical assumptions regarding cooperation between team members

The degree of engagement in the chosen form of physical activity

Proper execution of selected physical exercises as demonstrated in class

An appropriate level of physical fitness and overall physical endurance.

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)	12
Non-contact hours - student's own work (preparation for classes or examinations, projects, etc.)	0
Total number of hours	72
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

Number of hours	
Internship regulations and procedures	

7. Instructional materials

Compulsory literature:

Golaszewski J., *Football*, Poznań, 2003.

Huciński T., *Metodyka nauczania i doskonalenia podstaw*, Wrocław, 2006.

Huciński T., Kelner J., *Basketball*, Wrocław, 2001.

Madejski E., Węglarz J., *Selected issues of contemporary physical education methodology, Handbook for teachers and students*, Impuls, 2017.

Stawiarski St., *Piłka ręczna cz. I i II*, Kraków, 2003.

Uzarowicz J., *Volleyball. What is played*, Kraków, 2001.

Bondarowicz M., *Zabawy i gry ruchowe w zajęciach sportowe*, Warsaw, 2002.

Complementary literature:

Zaborniak S., *Metodyka nauczania ćwiczeń lekkoatletycznych. Guidebook for teachers*, Rzeszów, 2006.

Drabik J., *Physical activity in health training of adults*, Gdańsk 1996.

Approved by the Head of the Department or an authorised person