

# Physical Education 1 - course description

General information	
Course name	Physical Education 1
Course ID	16.1-WK-MATP-WychFiz1-S17
Faculty	<a href="#">Faculty of Mathematics, Computer Science and Econometrics</a>
Field of study	Mathematics
Education profile	academic
Level of studies	First-cycle studies leading to Bachelor's degree
Beginning semester	winter term 2020/2021

Course information	
Semester	1
ECTS credits to win	0
Course type	obligatory
Teaching language	polish
Author of syllabus	<ul style="list-style-type: none"><li>dr Tomasz Grzybowski</li><li>mgr Ryszard Wyder</li></ul>

Classes forms					
The class form	Hours per semester (full-time)	Hours per week (full-time)	Hours per semester (part-time)	Hours per week (part-time)	Form of assignment
Class	30	2	-	-	Credit

## Aim of the course

Development of skills to meet the needs associated with the movement, physical fitness, and care for their own health.

## Prerequisites

none

## Scope

General characteristics and basic rules of selected sport disciplines. Practical skills in selected sports. Health education through physical education and sport.

## Teaching methods

Lectures, practical exercises, group activities

## Learning outcomes and methods of theirs verification

Outcome description	Outcome symbols	Methods of verification	The class form
Student is able to diagnose the state of his/her physical fitness; can use various forms of activities depending on the state of health, well-being, atmospheric conditions; carries out various forms of physical activity independently and is aware of its impact on the functioning of the body		<ul style="list-style-type: none"><li>an observation and evaluation of activities during the classes</li></ul>	<ul style="list-style-type: none"><li>Class</li></ul>
Student know the impact of physical activity on the proper functioning of the body; know the health risks resulting from unhygienic living; have a basic understanding of the rules and principles of playing different sports		<ul style="list-style-type: none"><li>an observation and evaluation of activities during the classes</li></ul>	<ul style="list-style-type: none"><li>Class</li></ul>
Student is able to function in the group with the principles of social coexistence, responsibility for the safety of myself and others, helping less efficient is able to compete with the principles of "fair play", showing respect for the competitors and understanding for differences in the level of physical fitness; knows the health hazards due to the improper use of the sports equipment and appliances		<ul style="list-style-type: none"><li>an observation and evaluation of activities during the classes</li></ul>	<ul style="list-style-type: none"><li>Class</li></ul>

## Assignment conditions

**Exercise** - credit on the basis of progress, commitment and student activities in classes and skills in the chosen sports.

**Knowledge:** observation of the student behaviour during the physical activity

**Skills:**

- Physical education (standard level) assessment of physical fitness and motor skills using standardized tests determining the level of motor development and technical skills

- Physical education (low level of physical fitness) evaluation of the student's knowledge of diagnostic methods for health and physical fitness and the ability to use exercise to improve movement dysfunction, physiological and morphological with the individual (depending on the type of disability) indicators of the body's functions

**Competence:** observation of the student behaviour in competitive Sports and in conditions that require the cooperation in the group

## Recommended reading

[1] M. Bondarowicz, *Zabawy i gry ruchowe w zajęciach sportowych*, Warszawa 2002.

[2] T. Huciński, E. Kisiel, *Szkolenie dzieci i młodzieży w koszykówce*, Warszawa 2008.

[3] R. Karpiński, M. Karpińska, *Pływanie sportowe korekcyjne rekreacyjne*, Katowice 2011.

[4] A. Kosmol, *Teoria i praktyka sportu niepełnosprawnych*, Warszawa 2008.

[5] T. Stefaniak, *Atlas uniwersalnych ćwiczeń siłowych*, Wrocław 2002.

[6] J. Talaga, *ABC Młodego piłkarza. Nauczanie techniki*, Warszawa 2006.

[7] J. Uzarowicz, *Siatkówka. Co jest grane?* Wrocław 2005

[8] B. Woynarowska, *Edukacja zdrowotna Podręcznik akademicki*, Warszawa 2010.

[9] J. Wołyniec, *Przepisy gier sportowych w zakresie podstawowym*, Wrocław 2006.

## Further reading

## Notes

Modified by dr Alina Szelecka (last modification: 18-09-2020 13:45)

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