

Physical Education - course description

General information	
Course name	Physical Education
Course ID	16.1-WB-OS2P-PF1-S17
Faculty	Faculty of Biological Sciences
Field of study	Environmental Protection
Education profile	academic
Level of studies	First-cycle studies leading to Bachelor's degree
Beginning semester	winter term 2021/2022

Course information	
Semester	4
ECTS credits to win	0
Course type	obligatory
Teaching language	english
Author of syllabus	dr Tomasz Grzybowski

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 interests related to sports and recreation movement. Develop skills to meet the needs associated with the movement, physical fitness, and care for their own health.

Prerequisites

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Scope

Health education through physical education and sport. General characteristics and basic rules of selected sport disciplines. Practical skills in selected sports (enci.1 Catalog sports in SWFiS).

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 function in the group with the principles of social coexistence, responsibility for the safety of myself and others; student 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	K1A_W66 K1A_W67 K1A_W68 K1A_K01 K1A_K02	observation of the student behaviour in competitive sports and in conditions that require the cooperation in the group	Class
Student know the impact of physical activity on the proper functioning of the body; know the health risks resulting from unhygienic living; is able to diagnose the state of his/her physical fitness; a have basic understanding of the rules and principles of playing different sports	K1A_W64 K1A_U46 K1A_U53 K1A_K27	an observation and evaluation of the student's activities in the classes	Class
Student carries out various forms of physical activity independently and is aware of its impact on the functioning of the body; can use various forms of activities depending on the state of health, well-being, atmospheric conditions; is aware of the health risks of the improper use of the devices and sports equipment.	K1A_K10 K1A_K29 K1A_K33	an observation and evaluation of the student's practical skills	Class

Assignment conditions

Assessment of physical fitness and motor skills using standardized tests determining the level of motor development and technical skills (Physical education standard level) or 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 (Physical education low level of physical fitness).

Recommended reading

- Bondarowicz M.: Zabawy i gry ruchowe w zajęciach sportowych. Wydawnictwo Centralny Ośrodek Sportu. Warszawa 2002

2. Huciński T., Kisiel E.: Szkolenie dzieci i młodzieży w koszykówce: teoria i praktyka. Wydawnictwo Centralny Ośrodek Sportu, Warszawa 2008
3. Karpiński R., Karpińska M.: Pływanie sportowe korekcyjne rekreacyjne. Wydawnictwo AWF Katowice, Katowice 2011
4. Kosmol A.: Teoria i praktyka sportu niepełnosprawnych. Wydawnictwo AWF w Warszawie, Warszawa 2008
5. Stefaniak T.: Atlas uniwersalnych ćwiczeń siłowych. Wydawnictwo BK, Wrocław 2002
6. Talaga J.: ABC Młodego piłkarza. Nauczanie techniki. Wydawnictwo ZYSK i S-KA, Poznań 2006
7. Uzarowicz J.: Siatkówka. Co jest grane? Wydawnictwo BK, Kraków 2001
8. Woynarowska B.: Edukacja zdrowotna. Podręcznik akademicki. Wydawnictwo Naukowe PWN, Warszawa 2010
9. Wołyniec J.: Przepisy gier sportowych w zakresie podstawowym. Wydawnictwo BK, Wrocław 2006

Further reading

1. Magazines and e-books available at the University Library, digital databases - medical sciences and health sciences <http://www.bu.uz.zgora.pl/>
2. Materiały dydaktyczne na stronie SWFiS UZ <http://ksztalcenie.uz.zgora.pl/html/swfs.php>

Notes

Modified by dr Tomasz Grzybowski (last modification: 20-05-2021 08:22)

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