

Physical Education II - course description

General information	
Course name	Physical Education II
Course ID	06.9-WM-MaPE-P-PhyEduc_II-23
Faculty	Faculty of Mechanical Engineering
Field of study	Management and Production Engineering
Education profile	academic
Level of studies	First-cycle studies leading to Engineer's degree
Beginning semester	winter term 2023/2024

Course information	
Semester	4
ECTS credits to win	0
Course type	obligatory
Teaching language	english
Author of syllabus	<ul style="list-style-type: none">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 with grade

Aim of the course

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

Prerequisites

The student has a general knowledge of the functioning of the human body.

Scope

Health education through physical education and sport. General characteristics and basic rules of selected sport disciplines. Practical skills in selected sports (Catalogue of sports disciplines at SWFiS UZ).

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 knows and can apply the principles of a healthy lifestyle; analyzes the level of his own physical fitness and its impact on the proper functioning of the body; a have extended understanding of the rules and principles of playing different sports	<ul style="list-style-type: none">K_W40	<ul style="list-style-type: none">an observation and evaluation of the student's activities in the classes; test determining the level of motor development and technical skills or diagnostic health and physical fitness	<ul style="list-style-type: none">Class
Student is able to work in a group, fulfill different roles in it and help the less physically fit people, 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	<ul style="list-style-type: none">K_U03K_K03K_K05	<ul style="list-style-type: none">observation of the student behaviour in competitive sports and in conditions that require the cooperation in the group	<ul style="list-style-type: none">Class
Student carries out various forms of physical activity independently and is aware of its impact on the functioning of the body; can adjust forms of own physical activity to improve mobility and to obtain mental relaxation; knows the health hazards due to the improper use of the sports equipment and appliances	<ul style="list-style-type: none">K_K01	<ul style="list-style-type: none">an observation and evaluation of the student's practical skills	<ul style="list-style-type: none">Class

Assignment conditions

The base of credit is:

- active and systematic presence in classes (one absence from classes per semester is allowed);
 - student has the opportunity to make up for the absence within two weeks of its occurrence, participating in classes of any group after obtaining the consent of the teacher (only one class can be participated in one class per day (90 min.)
 - making up classes is not possible in the last two weeks of the semester
- assessment of physical fitness and motor skills using standardized tests determining the level of motor development and technical skills (standard level of physical

fitness) 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 (low level of physical fitness)

Recommended reading

1. Farelli A.D.: Sport Participation: Health Benefits, Injuries and Psychological Effects, New York, Nova Science Publishers, Inc. 2011
2. Pourcelot C.: 100 % Cross-Trening. Guide des mouvements, planification, methodologie. Amphora 2013
3. Schulkin J.: Sport: A Biological, Philosophical, and Cultural Perspective. New York, Columbia University Press 2016

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. Teaching materials on the website SWFiS UZ <http://ksztalcenie.uz.zgora.pl/html/swfs.php>

Notes

Detailed information on the thematic scope, learning outcomes, verification methods and conditions for passing in individual sports disciplines are included in the "Catalogue of sports disciplines at SWFiS UZ".

Modified by dr Tomasz Grzybowski (last modification: 21-04-2023 23:06)

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