



## DESCRIPTION OF THE SUBJECT

<b>FIELD OF STUDY</b>	<b>Management</b>
<b>SPECIALISATION</b>	-
<b>MODE OF STUDY</b>	Full-time
<b>SEMESTER</b>	1 i 2

<b>Name of the subject</b>	<b>Physical education</b>
<b>Hourly dimension of particular forms of classes</b>	Full-time studies – 60
<ul style="list-style-type: none"> <li>• - lectures</li> <li>• - other forms</li> </ul>	Full-time studies – 60

<b>Learning objectives:</b>	<ul style="list-style-type: none"> <li>– developing physical and psycho-physical fitness</li> <li>– introduction to various sports and relaxation activities</li> <li>– improving one's level of physical fitness by becoming familiar with basic types of sport and recreational activities</li> </ul>
-----------------------------	---

<b>Learning outcomes for the subject</b>			
<b>Number</b>	<b>Learning outcomes, A student who has successfully completed the course will be able to:</b>	<b>Reference of learning outcomes for the programme</b>	<b>The reference to the learning outcomes for the area</b>
EK_W01	Knows the rules for selected sports and relaxation activities	K_W02	P6S_WG
EK_W02	Knows the rules of sporting competition	K_W01	P6S_WG
EK_U03	Can be active in movement and relaxation	K_U14	P6S_UO
EK_U04	Be able to organise team and individual sports and relaxation activities	K_U14	P6S_UO
EK_K05	Can work in a team	K_K07	P6S_KK

<b>Content number</b>	<b>Educational/ curricular content</b>	<b>Reference to learning outcomes for the subject</b>
	<b>Exercises</b>	
T_01	Rules for the chosen sport	EK_W01 EK_W02 EK_U03
T_02	Methodology for the preparation and implementation of sports and relaxation activities	EK_W01 EK_U04

		EK_K05
T_03	Organising competitions and games	EK_W01 EK_W02 EK_U03 EK_U04 EK_K05

Methods and forms of teaching	Educational and curricular content
Lecture with multimedia presentation of selected issues	
Conversation lecture	
Problem-based lecture	
Informative lecture	
Discussion	
Work with text	
Case study method	
Problem-based learning	
Didactic/simulation game	
Exercise method	T_01 – T_03
Workshop method	
Project method	
Multimedia presentation	
Audio and/or video demonstration	
Activating methods (e.g. brainstorming, SWOT analysis technique, decision tree technique, snowball method, constructing mind maps)	
Other (which ones?) - ...	
...	

Evaluation criteria in relation to particular learning outcomes				
Learning outcome	For the assessment 2	For the assessment 3	For the assessment 4	For the assessment 5
EK_W01	Lack of participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes
EK_W02	Lack of participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes
EK_U03	Lack of participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes
EK_U04	Lack of participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes
EK_K05	Lack of participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes	Credit on the basis of active participation in classes

Verification of learning outcomes	Symbols EK for the module/subject				
	W01	W02	U03	U04	K05

Written test					
Oral exam					
Written credit					
Oral credit					
Written colloquium					
Oral colloquium					
Test					
Project					
Written work					
Report					
Multimedia presentation					
Work during exercises	X	X	X	X	X
Other (which ones?) -					

<b>Reference literature</b>	<ol style="list-style-type: none"> <li>1. Sieniek Cz., <i>Zasób ćwiczeń technicznych z zakresu koszykówki, piłki ręcznej, siatkówki i piłki nożnej dla celów dydaktycznych</i>, Starachowice 1999</li> <li>2. Wołynca J., <i>Przepisy zespołowych gier sportowych w zakresie podstawowym</i>, Wrocław 2003</li> </ol>
<b>Complementary literature</b>	<ol style="list-style-type: none"> <li>1. Dembiński J., <i>Zasób ćwiczeń nauczaniu podstaw techniki gry w koszykówkę</i>, Kraków 1993</li> <li>2. Kalina M., <i>Sporty walki i treningi samoobrony w edukacji obronnej młodzieży</i>, Warszawa 1997</li> <li>3. Olejnik M., Peterka S., <i>Przewodnik do ćwiczeń z piłki ręcznej</i>, Poznań 1997</li> <li>4. Siviński., <i>Przykłady ćwiczeń fizycznych dla zdrowia i sylwetki</i>, Poznań 1992</li> <li>5. Stefaniak T., <i>Atlas uniwersalny ćwiczeń siłowych</i>, Wrocław 1995</li> </ol>