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|  **WSB University Branch Faculty Jaworzno**  |
| **Field of study: Computer Science**  |
| **Subject: Physical education**  |
| **Educational profile: practical**  |
| **Level of education: undergraduate studies**  |
| **Number of hours per semester**  | 1  | 2  | 3  | 4  |
| I  | II  | III  | **IV**  | **V**  | VI  | VII  |
| **Full-time studies** (w/æw/lab/pr/e)  |  |  |  | **30ćw**  | **30ćw**  |  |  |
| **Part-time studies** (w/æw/lab/pr/e)  |  |  |  |  |  |  |  |
| **LANGUAGE OF** **INSTRUCTION**  | Polish  |
| **LECTURER**   | Maciej Sadowski, MA  |
| **FORM OF ACTIVITIES**  | Exercises  |
| **SUBJECT OBJECTIVES**   | Familiarisation with the basic principles aimed at improving physical fitness, motor coordination, endurance and strength. To develop an interest in various forms of exercise and active leisure. Developing the habit of regular exercise and a healthy lifestyle through physical activity.  |
| **Reference to learning outcomes**  | **Description of learning outcomes**  | **Means of verification of the effect learning**  |
| **Directional effect**  | **PRK**  |
| **Skills**  |
| INF\_U16  | P6S\_UO  | participates in sporting competitions;  | • evaluation of practical skills during exercises;  |
| **Student workload (in teaching hours 1h =45 minutes)\*\***  |

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| **Stationary** participation in lectures = participation in exercises = 60h preparation for exercise = lecture preparation = preparation for examination/assessment = implementation of project tasks = e-learning = examination/assessment = other (specify) = **TOTAL: 60 ECTS credits: 0 including in practical classes:**  | **Part-time** participation in lectures = participation in exercises = preparation for exercise = lecture preparation = preparation for examination/assessment = implementation of project tasks = e-learning = examination/assessment = other (specify) = **TOTAL: ECTS credits: 0 including in practical classes:**  |
| **PREREQUISITES**  | No  |
| **SUBJECT CONTENT** (broken down into face-to-face and elearning classes)  | Content delivered in a face-to-face format: * motives and effects of physical activity and its preventive importance;
* types of physical exercise and contemporary motoricity theory;
* identification of physical exercises in view of the expected effects;
* strengthening all muscle groups;
* working on strength, endurance, speed, agility, jumping ability and flexibility of the body;
* reinforcing healthy patterns of behaviour, care for one's own body and fitness;
* basic, recreational-level volleyball and basketball skills;
* safety and belaying during exercises;
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|  | * taking care to maintain an appropriate figure and body weight, maintaining and improving physical fitness;
* modern forms of exercise - fitness, gym;
* Improving running and pace endurance: recovery exercises; continuous running interspersed with walking segments; continuous running with change of pace; alternating-interval training; Content delivered via e-learning: not applicable
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| **LITERATURE** **COMPULSORY**  | • Physiology of effort and physical training, ed. J. Górski, PZWL Wydawnictwo Lekarskie, Warsaw 2019  |
| **LITERATURE** **SUPPLEMENTARY** (including min. 2 items in English; book publications or articles)  | * K. Birch, D. MacLaren, K. George, Physiology of Sport, Warsaw, 2012 (latest edition)
* P. Grimshaw, Biomechanics of sport, Warsaw, 2010
* L. Bednarski., A. Koźmin., Z. Mazur Z., Piłka nożna, wyd. AWF, Kraków 2008
* N. Czkannikow., 500 games and plays - movement games, WSiP, Warsaw 2003;
* T. Arlet., Basketball - fundamentals of technique and tactics of the game, Cracow 2001;
* H. Oszast, M. Kasperzec, Basketball, Cracow 1999;
* J. Adamczyk, J. Uzarowicz, B. Zagórski, Piłka siatkowa, Kraków 1998;
* E. Michalewska., E. Kolarczyk E., Aerobics, ed. by AWF , Kraków 1997;
* T. Huciński, Koszykówka. Atlas ćwiczeń, Warsaw 1997;
* L. Bednarski, A.Koźmin, Football handbook for students and teachers, Warsaw 1997;
* PZPS ,Piłka siatkowa - plażowa, Warsaw 1995;
* M. Bondarowicz, Play form in teaching sports team games, Warsaw, 1983;
* J. Mulak, Athletics (collective work), SiT, Warsaw 1982;
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| **TEACHING** **METHODS** (broken down into face-to-face and e-learning classes)  | In direct form: * competition;
* working in groups;

 In the form of e-learning: not applicable  |
| **LEARNING AIDS**  | Speciality equipment (balls, weights, mattresses, stopwatches),  |
| **PROJECT** (insofar as it is carried out as part of a course module)  | Not applicable   |
| **FORM AND** **CONDITIONS OF** **PASSING** (broken down into face-to-face and elearning classes)  | Exercises - pass/fail, pass/fail on the basis of completed practical exercises - and activity in class  |

\* W - lecture, ćw - exercise, lab - laboratory, pro - project, e-learning