	COURSE	DES	CRIPTION CARD		
The name of the course/module PHYSICAL EDUCATION					Code A_U_1.2_008
Main field of study			Educational profile		Year / term
ARCHITECTURE			(general academic, practical) general academic		1/2
Specjalization			Language of course:		Course (core, elective)
-		Polish		core	
Hours: 30					Number of points
Lectures: - Classes: 30 Laboratory - Projects / seminars: - classes:					
(full-tim	(full-time studies/part-time studies)		ucational area(s) ECTS di edical sciences, health siences and physical		stribution (number and
	-time studies d part-time studies		cation sciences	100%	ECTS
Course status in the studies' program (basic, directional, other) (general academic, from a different major)					
Directional general academic					
Lecturer responsible for the	ne course/lecture	er:	Lecturer responsib	le for th	ne course:
Wojciech Weiss			Paulina Sus-Wędzo	nka	
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Prerequisites defined in terms of knowledge, skills, social competences:					
1 Knowledge:	Basic information about game rules – volleyball, basketball, table tennis, football, tennis, swimming, downhill skiing, floorball, aerobics, climbing, ergooars, information about fundamentals and rules of strength training. Information about techniques and game tactics, score and determine victory by walkover.				
2 Skills:	Improving technical skills in the scope of taught disciplines the teamgames and individual games, introduction to the basic game tactics				
Social Competences:	Ability to deal with defeat, striving for revenge in pure sporting manner, respecting sport equipment and sanitary equipment put into operation, raise awareness of caring for body (fitness and psychical agility)				
Objective of the course: Didactic: learn of technique and tactic of the game, which it will be possible to use in everyday life during the professional time, learning to organize the match, tournament with correct scoring and made the table, refereeing Educational: respect for rival, partner, the ability to support, mobilize and cheering for partner, who has problems in the game, cooperation and respect the referee Health: organisation of free time off work, spending effectively the free time, care for efficiency and dexterity, inculcating correct hygienic habits, implementation the proper standards of care about their appearance and correct efficiency, which has a positive effect on the effectiveness of work Learning outcomes Knowledge: Skills:					
Social competences:					
K01 understands the need for health care and fitness AU1_K04					
The evaluation methods					

Basketball: test 5 circles, mini tournaments.

Volleyball: test to bouncing the ball in pairs, the attack on the three rebound, mini tournaments.

Football: football test, mini tournaments.

Table tennis and tennis: tournament of singles and doubles play

Strength sports: a test of squeezable, pulls up on the stick, abdominal exercises.

Swimming: test, swimming the specific style at the time.

Skiing, skating, roller: test the skills of downhill skiing the specific technique, the ability to change the direction skating the choctaw

Aerobics: develop and realized the exercises with music

Rowing ergometer - student is able to row on time with correct technique

Climbing, tournaments

Positive grade for module depends on achieved by student all learning outcomes specified in the syllabus.

Course contents

Basketball: the improvement of the throws in the run and jump throw, learning the feints with throw and passing, learning the positional attack 5x0, learning the play in a domination 2x1, 3x2, 4x3.

Volleyball: the improvement of the bouncing the ball in pairs, attack and defense of single block, learning of playing the attack with skirting, learning of play the double and triple block.

Football: the improvement of game – pass and go, learning the zone defense, improvement of play in domination, small games.

Swimming: learning of swimming the correct style: crawl, backstroke, classical, dolphin with butterfly footwork

Tennis and table tennis: the improvement of the bounces with forehand and backhand with particular emphasis the footwork, learning of semi-volley play

Skiing: downhill the plow, the slalom technique

Snowboard: the improvement of technique, student need to have own snowboard.

Rowing ergometer: the learning of rowing technique, the training directed on improve the durability and speed.

Aerobic: know the new steps and choreography and using of them in practice.

Strength sports – acquire the knowledge of human locomotor system, exercises for each muscle group and the method of construction the strength training.

The student workload

	1.	
Form of activity	hours	ECTS credits
Overall expenditure	30	1
Classes requiring an individual contact with teacher		0
Practical classes		0

Balance the workload of the average student

Form of activity	Number of hours		
participation in lectures	0		
participation in classes	13h		
preparation for classes	17h		
participation in consultation related to design task	0		

Overall expenditure of student: 30 h 1 ECTS credit

activities that require direct participation of teachers: 13 h 1 ECTS credits