

| COURSE DESCRIPTION CARD | | | |
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| The name of the course/module PHYSICAL EDUCATION | | | Code A_K_1.1_009 |
| Main field of study ARCHITECTURE | | Educational profile (general academic, practical) general academic | Year / term I/1 |
| Specialization - | | Language of course: Polish | Course (core, elective) core |
| Hours: 30 Lectures: - Classes: 30 Laboratory classes: - Projects / seminars: - | | | Number of points 1 |
| Level of the studies: I | Form of studies (full-time studies/part-time studies) Full-time studies and part-time studies | Educational area(s) Medical sciences, health sciences and physical education sciences | ECTS distribution (number and %) 1 100% ECTS |
| Course status in the studies' program (basic, directional, other) directional | | (general academic, from a different major) general academic | |
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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, ergoears, information about basics 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 team-games and individual games, introduction to the basic game tactics | |
| 3 | 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 the 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 | student should be aware of the need to exercise and physical activity | K_K04 |
| The evaluation methods | | |
| <p>Basketball: test 5 circles, mini tournaments.</p> <p>Volleyball: test to bouncing the ball in pairs, the attack on the three rebound, mini tournaments.</p> <p>Football: football test, mini tournaments.</p> <p>Table tennis and tennis: tournament of singles and doubles play</p> <p>Strength sports: a test of squeezable, pulls up on the stick, abdominal exercises.</p> <p>Swimming: test, swimming in the specific style at the time.</p> <p>Skiing, skating, roller: test the skills of downhill skiing in the specific technique, the ability to change the direction skating the choctaw</p> <p>Aerobics: develop and realized the exercises with music</p> <p>Rowing ergometer – student is able to row on time with correct technique</p> <p>Climbing, tournaments</p> <p>Positive grade for module depends on achieved by student all learning outcomes specified in the syllabus.</p> | | |
| Course contents | | |
| <p><u>Basketball</u>: 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.</p> <p><u>Volleyball</u>: the improvement of the bouncing the ball in pairs, attack and defense of single block, learning of play the attack with skirting, learning of play the double and triple block.</p> <p><u>Football</u>: the improvement of game – pass and go, learning the zone defense, improvement of play in domination, mini games.</p> <p><u>Swimming</u>: learning of swimming in the correct style: crawl, backstroke, classical, dolphin with butterfly footwork</p> <p><u>Tennis and table tennis</u>: the improvement of the bounces with forehand and backhand with particular emphasis the footwork, learning of semi-volley play</p> <p><u>Skiing</u>: downhill the plow, the slalom technique</p> <p><u>Snowboard</u>: the improvement of technique, student need to have own snowboard.</p> <p><u>Rowing ergometer</u>: the learning of rowing technique, the training directed on improve the durability and speed.</p> <p><u>Aerobic</u>: learning the new steps and choreography and using them in practice.</p> | | |
| <u>Strength sports</u> – introduction to knowledge of human locomotor system, exercises for each muscle group and the method of construction of the strength training. | | |
| The student workload | | |
| Form of activity | hours | ECTS credits |
| Overall expenditure | 30 | 1 |
| Classes requiring an individual contact with teacher | 13 | 0 |
| Practical classes | 30 | 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