



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Education

### Course

Field of study

Pharmaceutical Engineering

Area of study (specialization)

-

Level of study

First-cycle studies

Form of study

full-time

Year/Semester

1/2

Profile of study

general academic

Course offered in

polish

Requirements

compulsory

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0

### Lecturers

Responsible for the course/lecturer:

dr n. biol. Janusz Przybylski

Responsible for the course/lecturer:

mgr Paweł Kowalski

### Prerequisites

### Course objective

1. Acquiring knowledge of the impact of various forms of physical activity on vitality.
2. Gaining knowledge about the impact of physical activity on fitness level.



3. Ability to use the basic rules of team games, selected individual sports, as well as the ways of their organization.
4. Ability to apply known exercises in improving general physical fitness.
5. The ability to use the acquired knowledge to increase fitness level.
6. Ability to apply the rules of selected team games and individual sports in physical recreation.
7. Developing the needs of lifelong learning and taking care of one's physical fitness.
8. Acquiring the ability to cooperate in a team.
9. Student follows Occupational Health and Safety Regulations..

### Course-related learning outcomes

#### Knowledge

Student has knowledge of the physicochemical and biological foundations of health sciences within the scope appropriate for pharmaceutical engineering, including basic issues within the scope of subjects such as biology, pharmaceutical botany, biotechnology, biochemistry, molecular biology, human anatomy and physiology. K\_W5

#### Skills

Student observes Occupational Health and Safety Regulations, associated with the performed work and is able to assess the hazards arising from the operation of unitary pharmaceutical engineering. K\_U22

#### Social competences

1. Student is ready to critically assess his knowledge, understands the need for further education, supplementing specialized knowledge and improving his professional, personal and social competences, understands the importance of knowledge in solving problems and is ready to seek expert opinions. K\_K1
2. Student is ready to make independent decisions and lead a team, critically assess his own actions and those of the team, take responsibility for the effects of these activities and is able to cooperate and work in a group, inspire and integrate the professional environment. K\_K2
3. Student is ready to show respect and care for the good of all persons among whom he will work. K\_K4

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Active participation in the proposed exercises. Observation of student work during classes.

### Programme content

1. Developing physical fitness using various devices and utensils.
2. Teaching and improving technical elements in team sports games.



3. Developing skill-related fitness components:.
4. The use of various forms of physical recreation in shaping physical fitness.
5. Training improving and shaping the body's efficiency.

### Teaching methods

Synthetic, analytic, mixed methods

### Bibliography

Basic

1. Brian J. Sharkey, PhD " Fitness and Health". Copyright 2011 by Running, Lid., and Vermont Fit.
2. Aleksander Ronikier „Fizjologia Sportu" Warszawa 2001 COS.
3. Charles B. Corbin, Gregory J. Welk, William R. Corbin, Karen A. Welk „Fitness i Wellnes. Kondycja, sprawność, zdrowie". Copyright 2006 by The McGraw-Hill Companies, Inc.

Additional

1. Jezierska R . Rybicka A. Gimnastyka. Teoria i metodyka. Wydawnictwo AWF we Wrocławiu, Wrocław 2002r.

### Breakdown of average student's workload

	Hours	ECTS
Total workload	30	
Classes requiring direct contact with the teacher	30	
Student's own work (preparation for tutorials) <sup>1</sup>	0	

<sup>1</sup> delete or add other activities as appropriate