



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises

	Course
Field of study	Year/Semester
Engineering Management	1/1
Area of study (specialization)	Profile of study
	general academic
Level of study	Course offered in
First-cycle studies	English
Form of study	Requirements
full-time	elective

	Number of		
hours			
Lecture	Laboratory classes	Other (e.g. online)	
Tutorials	Projects/seminars		
30			

Number of credit points

Lecturers	
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Sports Centre	Sports Centre
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Prerequisites

Knowledge: Basic knowledge about the rules of volleyball, basketball, table tennis, football, tennis, swimming, skiing, floorball, squash, aerobics and rowing; knowledge of foundations and principles of warm-up and strength exercises as well as techniques and tactics of the game, scoring and rules regarding the walkover victory.

Skills: Improving technical skills taught in these disciplines, knowledge of basic tactics.

Social skills: Ability to suffer a defeat, desire for revenge in a fair sport, respect for sports' equipment, sanities etc. Raising awareness about caring about body care (physical and mental).



Course objective

Educational: To learn techniques and tactics of the game that will be used daily at work, to learn how to organize a game, contest or tournament with proper scoring and refereeing.

Educational: Respect for the rival and colleague, being able to support, motivate and encourage the partner, who is not doing well in the game. Cooperation with and respect for the judge.

Health: To know how to organize spare time, to spend this time effectively, caring for function and fitness, to learn the proper hygienic habits that will have a positive effect on work's efficiency.

Course-related learning outcomes

Knowledge

The student identifies sources and lists methods and tools for collecting, processing, selecting, and distributing data related to foreign language learning [P6S_WG_08]

Skills

The student interprets and utilizes basic theoretical knowledge to analyze specific processes and social phenomena in management [P6S_UW_01].

The student prepares written works in foreign language on topics related to management, using basic theoretical approaches and various sources [P6S_UK_01].

The student prepares oral presentations in foreign language on topics in management, using basic theoretical approaches and various sources [P6S_UK_02].

The student possesses language skills in management at the B2 level of the Common European Framework of Reference for Languages [P6S_UK_03].

Social competences

The student searches for and selects educational and training centers to supplement and improve their knowledge and skills [P6S_KK_01].

The student recognizes cause-and-effect relationships in achieving goals and assesses the significance of alternative or competing tasks [P6S_KK_02].

The student is aware of the importance of behaving professionally, adhering to the principles of professional ethics, and respecting the diversity of views and cultures in the context of management [P6S_KR_02].

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5 wheels test, mini tournaments.

Volleyball: Playing the ball in pairs, the three deflections attack, mini tournaments.

Football: Football test, mini tournaments.



Table tennis and tennis: Single and double tournament.

Weight training: Test of lifting the weights, pulls on the stick and abdominal exercises.

Swimming: Test of swimming in different styles on time.

Skiing: Test the skills of downhill skiing with a specific technique.

Aerobic: Preparing and performing a training set with music.

Rowing ergometer : Checking the ability of rowing the distance technically correct on time.

Squash: Tournament.

Programme content

Basketball: Improving the skills of throwing in the run and jump, learning the throw and passing feints, learning the 5x0 positional attack, learning how to play 2x1, 3x2 and 4x3 advantage.

Volleyball: Perfecting the skills of of playing the ball in pairs and of attack and defense with a single block, learning of a go-around attack and of double and triple block.

Football: Perfecting the pass and go technique and playing in advantage, learning of a zone defense, small games.

Swimming: Learning of: the crawl, backstroke, classical and butterfly styles.

Table tennis and tennis: Perfecting forehand and backhand, taking into account the proper footwork, learning to play half volley.

Skiing: downhill, slalom.

Teaching methods

Snowboard: Perfecting the technique – must have an own snowboard.

Rowing ergometer: Learning the technique, training focused on improving speed and stamina.

Aerobic: Learning new steps and choreography, implementing them into practice.

Weight training: learning about the human musculoskeletal system, particular exercises and preparing training schedules.

Bibliography

Basic

Rules of Volleyball 2010, Basketball 2011, Floorball 2008, Football 2005, Tennis and Squash.

Additional

Press titles concerning particular sports.



Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,0
Classes requiring direct contact with the teacher	30	0,0
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation) ¹	0	0,0

¹ delete or add other activities as appropriate