



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises

	Course
Field of study	Year/Semester
Management Engineering	1/2
Area of study (specialization)	Profile of study
Managing Enterprise of the Future	general academic
Level of study	Course offered in
Second-cycle studies	Polish
Form of study	Requirements
full-time	elective

Number of		
hours		
Lecture	Laboratory classes	Other (e.g. online)
Tutorials	Projects/seminars	
15		

### Number of credit points

Lecturers	
Responsible for the course/lecturer: MA. Weronika Ratkowska	Responsible for the course/lecturer: MA. Stela Chelwing
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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

#### Skills

The student analyzes the influence of social factors on physical activity, formulates opinions on health and fitness, and tests these opinions through practical sports activities [P7S\_UW\_07].

The student demonstrates the ability to responsibly manage his/her own physical activity and effectively collaborate in sports teams, performing the roles of both participant and leader [P7S\_UO\_01].

#### Social competences

The student identifies cause-and-effect relationships in sports training and physical activity management, prioritizing and managing tasks for optimal training results [P7S\_KK\_02].

The student initiates and organizes sports activities and projects to promote healthy lifestyles and physical activity in the community, demonstrating planning and coordination skills [P7S\_KO\_02].

The student demonstrates professionalism and ethics in sports and educational activities, respecting cultural diversity and individual needs of participants, applying these principles in practical activities [P7S\_KR\_01].

### 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	15	0,0
Classes requiring direct contact with the teacher	15	0,0
Student's own work (literature studies, preparation for laboratory classes/tutorials, preparation for tests/exam, project preparation) <sup>1</sup>	0	0,0

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