



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Exercises

	Course
Field of study	Year/Semester
Management Engineering	1/1
Area of study (specialization)	Profile of study
	general academic
Level of study	Course offered in
First-cycle studies	Polish
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	
Responsible for the course/lecturer: Msc. Weronika Ratkowska	Responsible for the course/lecturer: Msc. 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

The student defines and describes techniques of throws, feints, and positional attacks, demonstrating an understanding of their application in various sports contexts [P6S\_WG\_03].

The student identifies and characterizes techniques of rebounds, attacks, and defenses in team sports, showing an understanding of their significance in creating game strategies [P6S\_WK\_01].

The student explains the rules and techniques of playing in advantage and zone defense, emphasizing their impact on the effectiveness of team play [P6S\_WG\_03].

#### Skills

The student demonstrates skills in team sports and individual sports, applying theory to practice and analyzing their techniques for effectiveness [P6S\_UW\_03, P6S\_UW\_05].

The student shows advanced techniques of play or sport, using acquired knowledge to adapt and plan their actions [P6S\_UW\_04].

The student implements endurance and speed techniques in training, analyzing their impact on improving physical fitness [P6S\_UW\_03].

#### Social competences

The student recognizes and assesses the effects of various training techniques, focusing on improving fitness and reducing body weight, and can indicate the significance of different aspects of training [P6S\_KK\_02].

The student integrates knowledge about the human musculoskeletal system and strength training techniques, applying it to create individual training plans [P6S\_UW\_03].

### 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) <sup>1</sup>	0	0,0

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