



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Physical Education

Course

Field of study

Aerospace 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:

Arkadiusz Jarentowski

Responsible for the course/lecturer:

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Sports Centre of Poznan University of
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Prerequisites

Knowledge: Basic information on the rules of volleyball, basketball, football, table tennis, tennis, squash, swimming, aerobics, climbing, ergometer, spinning, functional training, information on the basics and rules of warm-up and the rules of strength exercises . Information on the technique and tactics of the game, scoring and determining the victory by forfeit.

Skills: Learning and improvement of technical skills in the field of team and individual disciplines taught, familiarization with the basic tactics of the game.

Social competences: Ability to cooperate in a group, the ability to quickly make decisions in changing conditions, to endure defeat, striving for a rematch in a pure sports way, taking care of sports



equipment, sanitary facilities put into use, raising awareness of taking care of your body (physical and mental fitness) and understanding the value of physical activity as a factor determining the health and proper functioning of every human being.

Course objective

Didactic: learning the technique and tactics of the game that can be used in everyday life during the professional period, learning how to organize a match, competition, betting tournament with correct scoring and table execution, refereeing.

Educational: respect for the rival, partner, the ability to support, mobilize and encourage a partner who is not successful in the game, cooperation and respect for the referee, care and respect for sports and personal equipment, care for personal hygiene.

Health: Organization of leisure time, spending free time effectively, taking care of your efficiency and fitness, instilling correct hygiene habits, implementing correct standards of care and your appearance, and proper performance, which has a positive effect on work efficiency

Course-related learning outcomes

Knowledge

-

Skills

is able to organize, cooperate and work in a group, assuming various roles in it, and is able to properly define priorities for the implementation of a task set by himself or others

Social competences

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Basketball: 5-wheel test, mini-tournaments.

Volleyball: ball bounce test in pairs, 3 bounce attack, mini tournaments.

Football: soccer test, mini tournaments.

Table tennis, tennis and squash: singles and doubles tournament.

Strength sports: bench press, pull-ups, mm abdominal exercises.

Swimming: test the swim in a specific style against the clock.

Functional training: planning training for yourself and those exercising.

Aerobics, spinning: development and performance of a training system with music.

Rowing ergometer: the student can swim the technically correct distance on time.



Climbing: tournament

Programme content

Basketball: perfecting running and jumping throws, learning feints with throwing and passing, learning 5x0 positional attack, learning to play in a 2x1, 3x2, 4x3 advantage.

Volleyball: perfect to hit the ball in pairs, attack and defense with a single block, learning how to play a swing attack, learning to play with a double and triple block.

Football: perfecting pass and go, learning zone defense, perfecting the game in the upper hand, small games (3x3, 4x4)

Swimming: learn to swim in the correct style: crawl, backstroke, breaststroke, dolphin with butterfly footwork.

Tennis, table tennis and squash: Improving the hitting the ball with forehand and backhand, taking into account the correct work of the legs, learning to play semi-volley.

Rowing ergometer learning the technique of swimming, training aimed at improving endurance and speed.

Spinning, learning the driving technique, training aimed at improving endurance, fitness and weight reduction.

Aerobics learning about new steps and choreographies and using them in practice,

Strength sports acquiring knowledge about the human movement apparatus, exercises for individual muscle groups and the method of constructing strength training.

Teaching methods

A form of games and activities.

Bibliography

Basic

1. Volleyball rules 2010, basketball 2011, unihoka 2008, football 2005, rules for playing table tennis, tennis, squash

Additional

1. Specialist press about competitions in specific sports (probasket, volleyball, football), basics of tennis



Breakdown of average student's workload

	Hours	ECTS
Total workload	45	0,0
Classes requiring direct contact with the teacher	30	0,0
Student's own work (literature studies, preparation for tests/exam) ¹	15	0,0

¹ delete or add other activities as appropriate