



### MODULE DESCRIPTION

Module code	full-time studies:	<b>Z-ZIP1-E-412</b>
	part-time studies:	<b>Z-ZIPN1-E-412</b>
Module name	<b>Physical Education</b>	
Module name in Polish	<b>Wychowanie fizyczne</b>	
Valid from academic year	<b>2019/2020</b>	

### MODULE PLACEMENT IN THE SYLLABUS

Field of study	<b>MANAGEMENT AND PRODUCTION ENGINEERING</b>
Level of education	<b>1st degree</b>
Studies profile	<b>General</b>
Form and method of conducting classes	<b>Full-time</b>
Specialisation	<b>All</b>
Unit conducting the module	<b>Sports Center</b>
Module co-ordinator	<b>Marek Kalwat, MSc</b>
Approved by:	<b>Dariusz Bojczuk, PhD, DSc</b>

### MODULE OVERVIEW

Type of subject / group of subjects	<b>Basic</b>
Module status	<b>Compulsory</b>
Language of conducting classes	<b>English</b>
Module placement in the syllabus - semester	<b>Semester IV</b>
Initial requirements	<b>No requirements</b>
Examination (YES/NO)	<b>NO</b>
Number of ECTS credit points	<b>0</b>

Method of conducting classes		Lecture	Classes	Laboratory	Project	Other
Per semester	full-time studies:		<b>30</b>			
	part-time studies:		<b>-</b>			

## TEACHING RESULTS AND THE METHODS OF ASSESSING TEACHING RESULTS

Category	Symbol	Learning outcomes	Assignations to the directional learning outcomes
Knowledge	W01	Has knowledge of the rules of basic team games and individual sports disciplines.	ZIP1_W17
	W02	Has basic knowledge of physical culture, physical activity, nutrition and health.	ZIP1_W17
Skills	U01	He can perform the basic technical elements of a selected sports discipline and can pass basic physical fitness tests, eg Pilicz test, Cooper test.	ZIP1_U01 ZIP1_U02
	U02	He has the ability to use physical exercises depending on the goal he wants to achieve (improving the functioning of the circulatory system, improving respiratory efficiency, movement coordination and strengthening muscles).	ZIP1_U02
Social competences	K01	Is aware of the level of knowledge and skills in the field of physical culture. Adheres to the principles of "fair play" while practicing sports and in everyday life.	ZIP1_K03
	K02	It promotes the social and cultural importance of sport. Cares for individual preferences in the field of physical culture and sports.	ZIP1_K03

## TEACHING CONTENTS

Method of conducting classes	Teaching contents
<b>Sports discipline to choose from. The student makes a choice during the first class.</b>	
Classes	<p><b>Football</b> Football fitness track. Exercises to familiarize with the ball. Improving the hitting and receiving the ball. Improving ball control, feints and dribbling in order to stay on the ball. Improving hitting the ball on goal from different places on the pitch. Basic rules of the individual defense game. Covering each one's own and zone's in the simplified game. Comprehensive technical and tactical exercises completed with a shot on goal. Improving the elements of a special technique during games and activities. Small games and support games used in football training. Using the known elements of technique and tactics in the game. Assessment of the ability to master selected elements of a special technique.</p> <p><b>Basketball</b> Acquainting with the rules of the game of basketball. Teaching how to move around the pitch. Teaching passes and holds. Improving movement on the pitch. Teaching dribbling. Perfecting passes and grips. Teaching a defensive position in basketball. Improving dribbling skills. Teaching jump throw. Improving the known elements in games and physical activities. Teaching feints with the body. Improving the jump throw. Teaching throw while running. Improving the learned elements in the school game. Teaching the game 1x1. Improving the jump throw. Teaching curtains, pawns and moving without a ball in an offensive game. School game. Teaching zone defense. Improving the game 1x1. Teaching to play in a positional attack ("Pick &amp; roll" / "back door"). Improving the throw on the run. Teaching positional projection with one hand. Improving the game in positional attack. Teaching to defend "each one his own." The game proper. Test of the known elements (Obstacle course). Group tournament of basketball threes inside.</p> <p><b>Nordic walking</b> General development warm-up without poles and with poles. Rules for the selection</p>

of poles and equipment (clothing, shoes). Learning the correct technique of RR work in place and while walking. Exercise walking individually and in a group, walking certain distances with intensity measurement (heart rate measurement, time spent walking a certain distance)

### **Volleyball**

Physical fitness tests and exams. Volleyball attitude and ways of moving around the pitch. Basic elements of the technique of the game. Technical skills used in attack. Technical skills used in defense. Individual tactics of attack and defense. Team tactics in attack (team cooperation in carrying out various forms of attack. Team tactics in defense (team cooperation in defense against the opponent's various forms of attack. Small games, school play, proper play)

### **Bodybuilding**

Safety rules for the gym. Training rules for beginners. Concepts: intensity, series, repetitions, loads, rest breaks. Gender difference and the "Weider training system". Strength exercises for the chest muscles. Exercises for the muscles of the back and shoulders. Leg muscle exercises. Bodybuilding in other sports. Principles of isolation of muscle groups. Body building methods. The principle of training priority. "Split" - split training system. Training programs for super strength and supermass. Creating personalized training plans. Practical and theoretical credit of the subject.

### **Handball**

A play form in teaching handball. Preparatory and familiarization exercises with the ball. Passing and grabs - one-handed semi-upper pass, top grip, bottom grip, ground grip. Rules and regulations of the game. Throws - basic techniques. Jumping throw, freeze throw, spot throw. Elements of individual movement in attack. Dribbling. Feints - with and without the ball. Mastering the feint of intentional pass and single-front feint. Practical skills in organizing, refereeing and recording handball competitions. The technique of the goalkeeper game. Individual conduct in defense - a set-back step, a dash-jump step. Basic defense systems - overview and demonstration. Basic methods of implementing a quick attack. Quick attack in 2x1 and 3x2 situations. Tactics of teamwork in positional attack - systems and settings. Tactics of the game on individual positions

### **Table Tennis**

Different ways of holding the racket - choosing the method depending on individual predispositions. Learning to adopt the correct starting posture at the table. Learning and perfecting attacking strokes. Learning and perfecting defensive strokes. Hitting the "cut" from the forehand and backhand diagonally and in a straight line and in a specific place on the table, long exchanges of the ball hit by the "cut" from the forehand and backhand. Forehand and Backhand Lobby Lobbing in Game Zones II and III. Learning and perfecting indirect strokes. Learning and perfecting the service - passing

### **Fitness**

Theoretical foundations of recreation and fitness. Anatomical - physiological foundations of fitness. Pilates. Explanation of the terms fitness, Welles, aerobics - their contemporary meaning and a brief historical overview. Criteria for the division of fitness classes - currently applicable forms of fitness, their structure and division. Music and its importance in a fitness lesson: the concepts of beat, measures, phrases, block. Verbal and visual signaling - the basic principles of their use during the didactic process. Exercise technique, naming the basic basic steps - flat aerobics, step. Variations and combinations of base steps. Transitions - transitional and non-transitional steps. Methods of teaching choreography - division of methods according to the level of advancement of the group, use of space, regularity or asymmetry of the lesson: linear progression method, pyramid method, substitution method, isolation of steps, common base, and various possibilities of combining individual methods. Basic principles of creating choreography and its recording. Physiological foundations of fitness training. Functional anatomy for fitness - muscle attachments, functions. Types of muscle work. A technique of basic strengthening exercises for specific muscle groups - with self-weight and equipment. The most common mistakes in the basic steps technique and exercises to strengthen endurance. Basic stretching exercises for individual muscle groups. Stretching - stretching exercises for particular muscle groups -

	<p>performance technique, the most common errors and methods of their elimination. Preparation of the layout for credit. Passing</p> <p><b>Badminton</b> Systematics of technique and methodology of teaching technique. Teaching how to hold a racket in exercises that familiarize you with the shuttle and the racket. Correct starting position on the court. Teaching basic strokes: forhand clear and backhand clear, and basic footwork for these strokes. Badminton game: types and tactical tasks. Teaching forhand drops. Teaching lifting and swinging lobes. Improving the learned elements in exercise modules and in the form of a simplified and school game. Running and lively badminton games. Singles and doubles tournaments.</p> <p><b>Athletics</b> SPEED EXERCISES - A, B, C skip exercises, covering short sections at different speeds, speed tests at different distances (20, 40, 60, 100m), exercises to change the relay stick. JUMP EXERCISES - jumping in place and running, multi-legged and two-legged jumps, jumping over obstacles (benches, hurdles, chest), jumps with various parts of the body, long jump and running. THROWING EXERCISES - throwing exercises with various types of balls (hand, net, basket ball), multi-combat throws with medicine balls, learning to thrust a ball with a medicine ball or a ball). FLEXIBILITY EXERCISES - forward and backward flips on mattresses, stretching exercises, individual exercises and in pairs on fences, mattresses and benches, basic exercises on fences (overcoming fences from the side and through the middle, exercises N.Atak, N. Zakr ., running through the middle with different rhythms of steps - 1,3,5,7,). ENDURANCE EXERCISES - cross-country running with various configurations, running with different intensity (Izagr., II range,), endurance assessment (e.g. COOPER TEST - 12 min.)</p> <p><b>Swimming</b> Getting to know the new environment - getting used to water. Teaching how to breathe into water. Getting to know the buoyancy of water. Teaching NN movements for backstroke. Teaching RR movements of backstroke. Combining the work of RR NN and breathing in the dorsal region. Teaching water launch for backstroke. Teaching a return to the trefoil backstroke. Teaching crawl breathing (right, left alternately). Teaching RR moves to the crawl. Teaching the coordination of RR, NN movements and crawl breathing. Perfecting the backstroke. Improving the crawl. Teaching the starting jump to the crawl. Teaching a trestle fall. Teaching how to dive in deep water (3.5m) - Knife ". Improving the crawl and backstroke. Teaching NN movements to classical style. Teaching RR moves to classical style. Teaching breathing and coordination of movements in the classical style. Teaching you to go back to the classic. Teaching NN movements to butterfly style. Teaching RR moves for butterfly style. Teaching butterfly-style coordination. Teaching a rescue jump. Learning to swim a rescue crawl. Providing information on the prevention of hazardous situations and what to do in the event of their occurrence. First aid rules and towing methods.</p> <p><b>Skiing</b> Basics of skiing. Becoming familiar with the equipment and the environment. Improving your balance. Mastering movement in flat terrain. Mastering changes in position in relation to the slope of the slope. Mastering the approach. A descent down the slope. Change of driving direction by shifting to the slope. Learning to lift yourself. Ice skating step. Plow. Plow arches. Mastering Parallel Turns - Connecting skis from angular to parallel. Turn from the plow. Twist from a half-plow. Angle extension twist. Controlling speed and stopping. Chute. Post-dock twist. Turn "stop"</p>
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## METHODS OF ASSESSING TEACHING RESULTS

Symbol	Methods of checking the learning outcomes (select X)					
	Oral exam	Written exam	Test	Project	Statement	Other
W01						X
W02						X
U01						X
U02						X
K01						X
K02						X

## FORM AND CONDITIONS OF PASSING

Form of classes	Form of credit	Passing conditions
Classes	Credit with grade	Assessment of the progress of the student's physical fitness, commitment and activity in classes as well as skills in selected sports disciplines. Passing practical tests in a sport discipline chosen by the student in the semester.

## STUDENT WORKLOAD

Balance of ECTS points												
No.	Type of student's activity	Student's workload										Unit
		full-time					part-time					
		Lc	C	Lb	P	O	Lc	C	Lb	P	O	
1.	Participation in the activities		30					-				h
2.	Other (consultation, exam)											h
3.	<b>Number of hours of a student's assisted work</b>	<b>30</b>					<b>-</b>					h
4.	<b>Number of ECTS credit points which are allocated for assisted work</b>	<b>0,0</b>					<b>-</b>					ECTS
5.	<b>Number of hours of a student's unassisted work</b>	<b>0</b>					<b>-</b>					h
6.	<b>Number of ECTS credit points which a student receives for unassisted work</b>	<b>0,0</b>					<b>-</b>					ECTS
7.	<b>Work input connected with practical classes</b>	<b>30</b>					<b>-</b>					h
8.	<b>Number of ECTS credit points which a student receives for practical classes</b>	<b>0,0</b>					<b>-</b>					ECTS
9.	<b>Total number of hours of a student's work</b>	<b>30</b>					<b>-</b>					h
10.	<b>Punkty ECTS za modul</b> <i>1 ECTS=25 hours</i>	<b>0</b>					<b>-</b>					ECTS