



### COURSE SPECIFICATION

Course code	full-time studies	<b>Z-ZB-E-310</b>
	part-time studies	-
Course title in English	<b>Physical Education</b>	
Course title in Polish	<b>Wychowanie fizyczne</b>	
Valid from academic year	<b>2025/2026</b>	

### PLACEMENT IN THE TEACHING PROGRAM

Programme of study	<b>BUSINESS MANAGMENT</b>
Level of education	<b>1<sup>st</sup> degree</b>
Studies profile	<b>academic</b>
Form and mode of study	<b>full-time programme</b>
Scope	<b>all</b>
Academic unit responsible for the course	<b>Sports center</b>
Course coordinator	<b>mgr Marek Kalwat</b>
Approved by	<b>dr hab. inż. Dariusz Bojczuk, prof. uczelni</b>

### GENERAL CHARACTERISTIC OF THE COURSE

Teaching block	<b>Subject of general education</b>	
Course status	<b>Obligatory</b>	
Language of instruction	<b>English</b>	
Semester of delivery	full-time studies	<b>Semester III</b>
	part-time-studies	-
Prerequisites	<b>NO</b>	
Exam (YES/NO)	<b>NO</b>	
ECTS	<b>0</b>	

Method of conducting classes		lecture	classes	laboratory	project	other
Number of hours per semester	full-time		<b>30</b>			
	part-time					



### LEARNING OUTCOMES

Category	Outcome code	Course learning outcomes	Reference to the directional learning effect
Skills	U01	Students will be able to perform the basic technical elements of a selected sport discipline and will be able to pass basic physical fitness tests, e.g. the Pilich test, the Cooper test.	ZB1_U01 ZB1_U14
	U02	Students will be able to perform the basic technical elements of a selected sport discipline and will be able to pass basic physical fitness tests, e.g. the Pilich test, the Cooper test.	ZB1_U01 ZB1_U14
Social competences	K01	The student is aware of his/her level of knowledge and skills in the field of physical culture. He or she observes the principles of 'fair play' while practising sports and in everyday life.	ZB1_K02 ZB1_K08
	K02	Can interact and work in a group, communicate effectively. Promotes social and cultural understanding of sport. Nurtures individual tastes in physical culture and sport	ZB1_K03 ZB1_K07

### COURSE CONTENT

Method of conducting classes	Course content
<b>Sports discipline to choose from. The student makes the choice during the first class.</b>	
<b>classes</b>	<p><b>Football</b> Football fitness track. Familiarisation exercises with the ball. Improving striking and receiving the ball. Perfecting ball handling, agility and dribbling to stay on the ball. Perfecting hitting the ball on goal from different places on the field. Basic principles of individual defensive play. Each-man and zone coverage in a simplified game. Complex technical-tactical drills ending with a shot on goal. Perfecting elements of special technique during games. Small games and auxiliary games used in football training. Using learnt elements of technique and tactics in a game. Assessing the ability to master selected elements of special technique.</p> <p><b>Basketball</b> Familiarisation with the rules of basketball. Teaching movement on the court. Teaching passing and catching. Improving movement on the court. Teaching basketball. Improving passing and catching. Teaching defensive positions in basketball. Perfecting basketball skills. Teaching the jump shot. Perfecting the elements learnt in movement games. Teaching body roll. Perfecting the jump shot. Learning to throw on the run. Perfecting learnt elements in school games. Teaching the 1x1 game. Improving the jump shot. Learning to cover, cover and move without the ball in offensive play. School game. Teaching zone defence. Perfecting the 1x1 game. Teaching the game of positional attack ('pick &amp; roll'/'back door'). Perfecting the running throw. Teaching one-handed positional throwing. Perfecting the game of positional attack. Learning to defend 'every man for himself'. Game proper. Intra-group basketball triangles tournament.</p>



<p>classes</p>	<p><b>Volleyball</b> Physical fitness tests and drills. Volleyball stance and ways of moving around the court. Basic elements of game technique. Technical skills used in attack. Technical skills used in defense. Individual game tactics in attack and defense. Team tactics of the game in attack (team interaction in carrying out different forms of attack). Team tactics of defensive play (team interaction in defense against various forms of attack of the opponent). Small games, school game, game proper.</p> <p><b>Handball</b> Play form in teaching handball. Preparatory and familiarisation exercises with the ball. Passes and grabs - one-handed half-hearted pass, upper grip, lower grip, ground grip. Rules and regulations of the game. Throws - basic techniques. Throwing from a jump, throwing from a stop, throwing from a spot. Elements of individual movement in attack. Goalkeeping. Vaulting with and without the ball. Mastery of the intended pass and single forward pass. Practical skills for organising, refereeing and recording handball competitions. Goalkeeper technique. Individual defensive behaviour - step-back, step-up, jump-back. Basic defensive systems - discussion and demonstration. Basic methods of executing a quick attack. Quick attack in 2x1 and 3x2 situations. Tactics of team behaviour in positional attack - systems and settings. Tactics of playing in individual positions.</p> <p><b>Fitness</b> Theoretical foundations of recreation and fitness. Anatomical and physiological foundations of fitness. Pilates. Explanation of the terms fitness, Welles, aerobics - their modern meaning and a brief historical outline. Criteria for the division of fitness classes - modern fitness forms their structure and division. Music and its importance in a fitness lesson: concepts of beat, bar, phrase, block. Verbal and visual signaling - basic principles of their use during the didactic process. Execution technique, nomenclature of basic base steps - flat aerobics, step. Variations and combinations of basic steps. Transitions - transitional and non-transitional steps. Methods of teaching choreography - a division of methods according to the level of advancement of the group, the use of space, the systematic or asymmetric nature of the lesson: the method of linear progression, pyramid, substitution, step isolation, common base, and various possibilities to combine individual methods. Basic principles of choreography creation and its notation. Physiological basis of fitness training. Functional anatomy issues for fitness classes - muscle attachments, functions. Types of muscle work. Technique of basic strengthening exercises for specific muscle groups - with own weight and equipment. The most common errors in basic step technique and strength strengthening exercises. Basic stretching exercises for specific muscle groups. Stretching - stretching exercises for individual muscle groups - technique, most common errors and methods for eliminating them. Pre-preparation of the layout for a test. Learning and perfecting intermediate strokes. Learning and perfecting the play - pass.</p> <p><b>Table tennis</b> Different ways of holding the racket - choosing a way depending on individual predisposition. Learning to adopt the correct starting position at the table. Learning and perfecting attacking strokes. Learning and perfecting defensive strokes. Undercuts from forehand and backhand, diagonal and straight strokes, long exchanges of the ball hit by undercuts from forehand and backhand. Defensive lob strokes from forehand and backhand. Defensive lob strokes from forehand and backhand in the 2nd and 3rd zones of play. Learning and perfecting intermediate strokes. Learning and perfecting the play - pass.</p>
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classes	<p><b>Bodybuilding</b> Safety rules for the gym. Training principles for beginners. Concepts: intensity, sets, repetitions, loads, rest intervals. Gender difference and the 'Weider Training System'. Strength exercises for the chest muscles. Back and shoulder muscle exercises. Leg muscle exercises. Bodybuilding in other sports. Principles of muscle group isolation. Body building methods. The principle of training priority. 'Split' - split training system. Training programmes for super strength and super mass. Creation of individualised training plans. Practical and theoretical credit of the course - theoretical.</p> <p><b>Badminton</b> Systematics of technique and methodology of teaching technique. Teaching ways of holding the racket in familiarisation exercises with the shuttlecock and racket. Correct starting posture on the court. Teaching basic strokes: forehand clear and backhand clear and basic footwork for these strokes. The stroke in badminton: types and tactical tasks. Teaching the forehand drop stroke. Teaching lob strokes with forehand and backhand side. Perfecting the elements learnt in practice modules and in simplified and school game form. Running badminton throwing and jumping games. Single and doubles tournaments</p> <p><b>Athletics</b> SPEED EXERCISES - skip exercises A, B, C, covering short distances at different speeds, speed tests over different distances (20, 40, 60, 100 m), relay baton change exercises. JUMPING EXERCISES - jumps on the spot and on the move, multi-jumps with one foot and both feet, jumps over obstacles (benches, hurdles, crossbars), high jumps with different parts of the body, long jump from a standing position and from a running start. THROWING EXERCISES - throwing exercises with different types of balls (handball, volleyball, basketball), multi-ball throws, learning to push with a ball or medicine ball). HANDLING EXERCISES - forward and backward tumbling on the mattresses, stretching exercises, individual and group exercises on the hurdles, mattresses and benches, basic exercises on the hurdles (crossing the hurdles from the side and through the middle, N. Attack, N. Turn, running through the middle at different rhythms of steps - 1,3,5,7). STRENGTH EXERCISES - running in terrain with different configurations, running at different intensities (1st turn, 2nd turn), endurance assessment (e.g. COOPER TEST - 12 min.).</p>
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### METHODS FOR VERIFYING LEARNING OUTCOMES

Outcome code	Learning outcomes verification methods					
	Oral examination	Written examination	Test	Project	Report	Other
U01						X
U02						X
K01						X
K02						X



### FORM AND CONDITIONS OF ASSESSMENT

Form of classes	Assessment type	Assessment Criteria
classes	Credit with grade	Evaluation of the student's progress in physical fitness, engagement and activity in classes and skills in selected sports. Passing the practical tests of the sports discipline chosen by the student in the semester.

### STUDENT WORKLOAD

ECTS Balance							
No.	Activity type	Student workload					Unit
		full-time					
1.	Scheduled contact hours	W	C	L	P	S	h
			30				
2.	Other (consultations, exams)						h
3.	Total number of contact hours	30					h
4.	Number of ECTS credits for contact hours	0					ECTS
5.	Number of hours of independent student work	30					h
6.	Number of ECTS points that a student obtains through independent work	0					ECTS
7.	Workload related to practical classes	30					h
8.	Number of ECTS credit points which a student receives for practical classes	0,0					ECTS
9.	Total number of hours of a student's work	30					
10.	ECTS credits for the course <i>1 1 ECTS credit =25 student learning hours</i>	0					ECTS

W - LECTURE C - CLASSES L - LABORATORY P - PROJECT S - SEMINAR