

SYLLABUS FOR 2023/2024 ENROLMENT

FORM OF STUDY: FULL-TIME PROGRAMME

GENERAL INFORMATION

1. Course Physical Education

2. Field of study Computer Science

3. Level of acquired education first-cycle programme

4. Number of ECTS credits 0

5. Number of hours per semester

semester	lecture	classes	laboratory/foreign language classes	project/practical classes	internship
I		30			
II		30			

6. Language of instruction: English

7. Lecturer mgr Michał Sroka

DETAILED INFORMATION

8. Preliminary requirements

No contraindications to perform physical activity

9. Course objectives

C1 To acquaint students with basic safety and hygiene rules during individual and group physical activity

C2 To acquaint students with various forms of physical activity

C3 To shape the attitude of conscious participation in various forms of sport and recreational activity during their studies and after graduation to maintain physical and mental health

10. Field-specific learning outcomes in terms of knowledge, skills and social competences

A student who completed the course:	reference to field-specific learning outcomes
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SKILLS

EU01 is able to organise work and interact with other people	K_U02
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SOCIAL COMPETENCES

EU02 is ready to fulfill his/her social responsibilities	K_K02
EU03 is ready for continuous learning and taking care of own and others health	K_K02

11. Course content

Course delivery method – classes

Physical Education classes include various forms of physical activity taking into account the methodology of individual sports. The programme of classes includes:

1. outdoor athletics - walking and running, marching with Nordic Walking poles.
2. team games - volleyball, basketball, football, handball.
3. fitness, strength training - exercises to strengthen muscles and shape correct posture.
4. games and recreational activities.
5. table tennis.

12. Teaching tools and methods

1. Demonstration and explanation.

2. Strict imitative method, task-based method, programmed learning, direct expediency of movement

3. Computer, Internet.

13. Assessment methods(component, final)

1.Active participation in classes.	
2. Preparation and performance of previously indicated fragments of classes.	
3. Attendance in class.	
4. Preparation of written works and presentations.	
14. Student workload	
Form of activity	Number of hours
1. Classes with direct participation of the teacher and office hours	70
2.Student workload	2
Sum	72
Number of ECTS credits	0
15. Reference books	
Primary:	
1) Gry rekreacyjne : sport dla wszystkich / Tadeusz Fąk, Anita Kaik-Woźniak, Dorota Maria Opoka. Warszawa: Towarzystwo Krzewienia Kultury Fizycznej, 2000.	
2) Turystyka i sport dla wszystkich w promocji zdrowego stylu życia / red. Władysław Włodzimierz Gaworecki, Zbigniew Mroczyński. Gdańsk : Wyższa Szkoła Turystyki i Hotelarstwa w Gdańsku : Fundacja Rozwoju Uniwersytetu Gdańskiego, 2008.	
Secondary:	
1) Rekreacja ruchowa w edukacji i promocji zdrowia. T.2 / red. Zofia Kubińska, Danuta Nałęcka. Biała Podlaska : Wydawnictwo PWSZ im. Papieża Jana Pawła II w Białej Podlaskiej, 2009.	
2) Wychowanie fizyczne i sport jako prawo człowieka i proces ciągłej edukacji = / red. nauk. Jerzy Nowocień, Krzysztof Zuchora ; AW F Józefa Piłsudskiego w Warszawie, Polska Akademia Olimpijska, Fundacja "Centrum Edukacji Olimpijskiej". Warszawa : A W F Józefa Piłsudskiego, 2014.	
3) Kathleen R. Armour; Robyn L. Jones. Physical Education: Teachers' Lives And Careers : PE, Sport And Educational StatusLondon : Routledge. 1998. eBook., Baza danych: Academic Research Source eBooks	
16. Assessment form - details	
Conditions for obtaining the course credit: the course ends with a graded credit in semesters I and II.	
The components of evaluation are: activity and engagement during classes, evaluation of the conducted part of classes (written assignments and presentations). Attendance in all classes is an additional advantage when calculating the final grade for the semester. Evaluation of written assignments and presentations - according to the following criteria:	
Percentage grading scale:	
100% - 90% = 5,0	
89% - 85% = 4,5	
84% - 75% = 4,0	
74% - 68% = 3,5	
67% - 51% = 3,0	
50% - 0% = 2,0	
17. Other details concerning the course	
1. Direct information on the issues of classes and the programme content is provided by the teacher during classes and during office hours	
2. Classes will be held in a sports hall, gym, fitness room and green areas around the University.	
3. Classes will be held in accordance with the current schedule	
4. Dates of office hours will be published on the University's website and on the SWFiS information board in the building of the Sports Hall.	