

## SYLLABUS FOR 2023/2024 ENROLLMENT

### GENERAL INFORMATION

**1. Name of the course**

Physical education

**2. Name of the faculty**

Department of Tourism and Recreation

**3. Level of education**

First-cycle studies

**4. Number of ECTS credits**

0

**5. Number of hours per semester**

semester	lecture	classes	lab./flc	prj./pc	self-study	internship
I		30				
III		30				

**6. Language of instruction: English**

**7. Lecturer**

Michał Sroka - msc

### DETAILED INFORMATION

**8. Access requirements**

1. No

**9. Objectives of the course**

C1 To improve general fitness and physical fitness of students.

C2 To get acquainted with various types of games (basketball, volleyball, football) constituting a form of competition, to participate in sport competition, to improve cooperation skills in a team.

C3 To implement the principles of a healthy lifestyle through movement and taking care of one's own health.

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

A student who successfully passed the course:	reference to field-specific learning outcomes
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#### KNOWLEDGE

EU01	He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major	K_W01
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EU02	The student knows and understands conceptual categories and terminology in social sciences, humanities, sciences, natural sciences and physical culture as well as the practical application of this knowledge in professional activity related to the major	K_W02
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EU03	He/she knows and understands different types of social structures and institutions (cultural, political, legal, economic and physical culture related) and their essential elements	K_W03
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#### SKILLS

EU04	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)	K_U15
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EU05	Can independently modify and create different forms of physical activity depending on environment and weather conditions	K_U16
<b>SOCIAL COMPETENCES</b>		
EU06	Is ready to develop a level of physical fitness necessary for learning and performance of professional tasks	K_K03
<b>11. Programme content</b>		
<b>Form of the activity – Classes</b>		
<p>1) Organizational classes, getting acquainted with the syllabus, getting acquainted with the subject of the classes, conditions for passing exams, providing obligatory literature, safety rules during physical activities.</p> <p>2) Basketball</p> <ul style="list-style-type: none"> <li>-Introduction to rules of the game of basketball,</li> <li>-learning the elements of a player's movement in attack without the ball,</li> <li>-teaching passing and catching,</li> <li>-learning how to shoot, changing the direction of shooting, one-hand shot from the spot, from a jump,</li> <li>-running shot from the right and left side (double play),</li> <li>-the elements of defence, the way of moving on the field,</li> <li>-school game.</li> </ul> <p>3) Volleyball</p> <ul style="list-style-type: none"> <li>-Introduction to the rules of volleyball,</li> <li>-high and low volleyball positions. Ways of moving on the court.</li> <li>-bouncing the ball with both hands with the upper and lower set, playing with the ball with both hands, -handball with the other hand, -handball with the other hand, -handball with the other hand, -handball with the other hand</li> <li>-taking the ball with the use of a low method, -snapping the ball, -catching the ball, -handling the ball,</li> <li>-kicking the ball,</li> <li>-small games 3 x 3,</li> <li>-school games.</li> </ul> <p>4. Football</p> <ul style="list-style-type: none"> <li>- Introduction to the rules of football,</li> <li>- familiarisation exercises with the ball,</li> <li>-learning to hit the ball with the inside part of the foot,</li> <li>-teaching how to hit the ball with the head,</li> <li>- playing the ball in twos with one player in the way, -playing the ball in twos with one player in the way, - playing the ball in twos with one player in the way</li> <li>- playing goalkeeper - goalkeeper's position, movement in the goal,</li> <li>- indoor tournament.</li> </ul> <p>5) Sport climbing:</p> <ul style="list-style-type: none"> <li>- safety, organisation of activities</li> <li>- basic climbing techniques</li> <li>- ways of belaying</li> </ul> <p>6) Testing of technical skills and knowledge of rules in basketball, volleyball, sport climbing and football.</p>		
<b>12. Didactic tools/methods</b>		
1. Study of the literature on the subject		
2. Demonstration and explanation		
3. Equipment for team games		
<b>13. Methods of assessment</b>		
1. Practical passing of the taught technical elements of the game		
2. Course outline		
3. Active and conscious participation in classes		
4. Pass mark		
<b>14. Student workload</b>		

Form of activity	number of hours
1. Classes with direct participation of the teacher and consultations	70
2. Student workload	10
sum	80
Total number of ECTS credits	0
<b>15. Literature</b>	
Basic literature:	
1. Adamczyk S., Uzarowicz J., Zagórski B., Piłka siatkowa, Kraków 1998, wyd. AWF	
2. Bednarski L., Koźmin A., Mazur Z., Piłka nożna, Kraków 2008, wyd. AW	
3. Arlet T, Koszykówka - podstawy techniki i taktyki gry, Kraków 2001, Extrema	
Supplementary literature:	
1. Wytrzymałość, szybkości i siła specjalna zawodników zespołowych gier sportowych i sportów indywidualnych na różnych etapach przygotowania / Zbigniew Jastrzębski. Gdańsk : Wydawnictwo Uczelniane Akademii Wychowania Fizycznego i Sportu im. Jędrzeja Śniadeckiego, 2014.	
<b>16. Forms of assessment - details</b>	
<b>Conditions for obtaining course credit:</b>	
Course completion conditions: the course ends with a credit	
The percentage of assessed effects in the category of knowledge, skills and competences is assumed as follows:	
W-20%, U-70%, K-10%	
The final mark consists of:	
W 20%	
- a written assignment - a lesson plan for team sports (football, handball, basketball, volleyball) evaluated on a scale from 1 to 5 points (1 point - failing). (1 point - insufficient, 5 points - very good)	
U 70% - from the arithmetic mean of the marks:	
- Taking certain attitudes, involvement during classes - continuous assessment based on observation	
The student may receive partial marks for knowledge of the rules of the game and special involvement in the classes.	
The final mark results from the algorithm $0.2xW+0.7xU+0.1xK$	
(rounding off the ends: <0.25 - 0.0; 0.25-0.74 - 0.5; >0.75 - 1.0).	
<b>17. Other useful details concerning the course</b>	
1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours	
2. Classes will be held at John Paul II University in Biała Podlaska or online	
3. Classes will be held in accordance with the current schedule	
4. Office hours will be held in accordance with the applicable schedule	