

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 ECTScredits 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 mould 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 whocompleted the course: | reference to field-specific learning outcomes |
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SKILLS

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

| | |
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| EU02 is ready to fulfil 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. | |
| 4. Preparation of written assignment 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 Nałęczka. 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: AcademicResearch Source eBooks | |
| 16. Assessment form - details | |
| Requirements for passing the course: the course ends with a graded credit in semesters I and II. The elements of evaluation involve: activity and engagement during classes, evaluation of the conducted part of classes (written assignment and presentations). 100% attendance 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 thecourse | |
| 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 in the SWFiS display case in the building of the Sports Hall. | |