

DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
CURRICULUM FOR THE STUDENTS FROM THE FACULTY OF MEDICINE AND DENTISTRY

Dept. of Physical Education and Sport PMU, Dunikowskiego 6A

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Head of the Dept: Stanisław Gorwa, MA

Total hours: 60

Main goals of the program:

Considering the specific character of the professional field the students are dealing with, it is to ensure that the main principles of Pomeranian Medical University in terms of physical education are fulfilled in various ways, so that they can serve as the basis for fossilizing healthy habits among the students.

1. To achieve a high level of physical condition of the following bodily systems: motor, circulatory, respiratory and nervous.
2. To teach how to avoid bodily deformations.
3. To teach how to deal with peers and cooperate while in group.
4. To encourage students to make independent decisions about their own and patients' lives and be responsible for making them.
5. To teach how to put in practice the health and safety rules.
6. To develop the morality of the student which is the foundation of the sport itself, so that they can become disciplined, systematic, fair, will show respect for the opponent and will know how to act in case of victory or failure.

Conditions to get a credit for the subject:

Active participation in all mandatory physical education classes and sport activities, totaling up to 60 hours per academic year. To undergo tests as to measure one's physical efficiency.

Activities contents:

- volleyball
- basketball
- football
- handball
- unihockey
- lawn tennis
- table tennis
- swimming
- gymnastics
- fitness- movement, music and dance
- gym
- athletics, track and field sports
- badminton
- rowing
- tourism and camping

Outcome:

To be aware of the role that an exercise plays in keeping one's body healthy regardless the age. To know how to judge one's physical condition according to the following subjective criteria:

Physical tests- supervision and evaluation

- * Index of physical fitness of Krzysztof Zuchora, PhD (test of speed, agility, endurance, abdominal muscles strength, arms strength).
- * K.H. Cooper 12 minutes test – metrical distance- test of endurance.
- * Kraus-Weber test of minimal muscular strength.
- * Self-control and self-evaluation of flexibility of the basic muscular groups and joints.
- * Distance jump (test of power)
- * Zigzag run along the box (test of agility)

- * Medicine ball throw (test of strength)
- * Burpee test (test of endurance)

The above curriculum was prepared by the didactical staff from the Dept. of Physical Education and Sport of Pomeranian Medical University.