



## PHYSICAL EDUCATION AND SPORT SYLLABUS

### 1. Imprint

Faculty name:	English Division
Education program ( <i>field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time</i> ):	Medicine, English Division
Academic year:	2017/2018
Module/subject name:	Physical Education
Subject code ( <i>from the Pensum system</i> ):	
Educational units:	Department of Physical Education, Dunikowskiego 6a St., Szczecin 70-123, Poland tel. 91 4414511 swfs@pum.edu.pl
Head of the unit/s:	Jan Jelec MSc
Study year ( <i>the year during which the respective subject is taught</i> ):	1,2
Study semester ( <i>the semester during which the respective subject is taught</i> ):	1,2,3,4
Module/subject type ( <i>basic, corresponding to the field of study, optional</i> ):	
Teachers ( <i>names and surnames and degrees of all academic teachers of respective subjects</i> ):	Jan Jelec MSc, Piotr Lesiakowski PhD, Marek Lesiakowski MSc, Roman Kramerek MSc

ERASMUS YES/NO ( <i>Is the subject available for students under the ERASMUS programme?</i> ):	
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A person responsible for the syllabus ( <i>a person to which all comments to the syllabus should be reported</i> )	Piotr Lesiakowski PhD
Number of ECTS credits:	0

## 2. Educational goals and aims

1. Physical education and sport in general as practices connected with one's own body.
2. Acquisition of the basic knowledge, skills and values for the enhancement of the sport performance.
3. Biased development of the human organism, reinforcement and optimal stimulation of the cardiovascular, muscular and nervous systems, stabilization of the whole body
4. Establishment of certain sport routines through an understanding of healthy lifestyle practices and regular participation in physical activities that can be applied by students in their future

### 3. Initial requirements

1. Basic knowledge of human anatomy and physiology in the context of physical exertion.
2. Basic knowledge and skills in team games, individual sports, water sports and fitness.
3. Ability to present pro-sport and prosocial attitudes

### 4. Learning outcomes corresponding to the subject

#### A list of course learning outcomes

Symbol of course learning outcomes	Description of course learning outcomes	The reference to programme learning outcomes (number)
	The student understands the importance of cardiovascular, respiratory, digestive, blood, immune and nervous systems during exercising	
	The student knows the forms of physical activity that shape the correct posture of the body	
	The student can choose the form of physical activity for his individual needs and psychomotor abilities to ensure his normal body development	
	The student is able to personally use the known motor skills of sports games, individual sports, gyms, water sports in order to maintain optimum physical fitness.	
	The student is able to work in a group while organizing his or her physical activity	
	The student know how to use his/her skills and self-learning habits related to physical activity and healthy lifestyle	
	The student is able to take care of the safety of his/her own and other participants during specific physical activities	

### 5. Forms of classes

Form	Number of hours	Number of groups
Lecture		

Seminar		
Practical classes	120	

## 6. Subject topics and educational contents

1. Team games: basketball, football, volleyball, handball, unihockey
  - learning about the methods of performing on the pitch,
  - basic elements of the individual performance,
  - basic elements of attacking and defending,
  - basic rules of the game,
  - games and plays to practice
  - the organization and participation rules of the sport competitions (both academic and non-academic).
2. Individual sports: table tennis, tennis, track and field athletics, swimming
  - learning about the basic rules of the games,
  - acquisition of the techniques and developing the skills regardless the optimal elements required in each physical performance
  - development of the basic motoric skills,
3. Water sports: kayaking, rowing
  - explanation of the safety rules
  - basic techniques of rowing,
  - learning of how to perform synchronically on water,
4. Gym:
  - strength training based on the exercise circuit method
  - stretching exercises with the use of body weight and/or with partner,
  - improvement of exercises that strenghten the muscles of the shoulder, back, abdominal muscles, chest, and legs,
  - speed-strength exercises: jumps, ascending, squeezing,
5. The importance of the differenciaded physical activity in maintaining good health and a high level of fitness

## 7. Methods of verification of learning outcomes

Learning outcome corresponding to the subject (symbol)	Forms of classes (symbol)	Methods of verification of a learning outcome	Credit receiving criteria
	C	The evaluation of attendance and participation during class	100% attendance and participation required

## 8. Evaluation criteria

Form of receiving credit in a subject:		
Grade	criteria	
2.0 (failed)	Lack of attendance, lack of participation in class,	
3.0 (satisfactory)		
3.5 (rather good)		
4.0 (good)		
4.5 (more than good)		
5.0 (very good)		
<b>9. Literature</b>		
<p>Obligatory literature:</p> <p>Supplementary literature:</p>		
<b>10. ECTS credits calculation</b>		
<i>Form of activity</i>	<i>Number of hours</i>	<i>Number of ECTS credits</i>
<b>Direct hours with an academic teacher:</b>		
Lectures		
Seminars		
Practical classes	120	
<b>Student's independent work</b> ( <i>examples of the form of work</i> ):		
Student's preparation for a seminar		
Student's preparation for a class		
Preparation for obtaining credits		

Other (please specify)		
In total		
<b>11. Additional Information</b>		