

## Erasmus+ 2018/2019 PHYSICAL EDUCATION

### First degree

Winter semester	ECTS	Year	Summer semester	ECTS	Year
Compensating and correction exercise	2	1	Multimedia techniques in sport	2	1
Modern forms of movement	2	1	Theory and methodology of athletics	2	1
Music, rhythm, dance	2	1	Theory and methodology of gymnastics	2	1
Movement games	2	1	Theory and methodology of handball	2	1
Theory and methodology of athletics	2	1	Biological bases of health	1	2
Theory and methodology of gymnastics	2	1	Premedical first aid	2	2
Theory and methodology of handball	1	1	Theory and methodology of basketball	2	2
History of Physical Culture	5	1	Theory and methodology of volleyball	1	2
Metrology in sport	2	2	Sports medicine	3	3
Theory and methodology of basketball	1	2	Theory and methodology of football	2	3
Module health training	6	2			
Theory and methodology of football	1	3			
Theory and methodology of volleyball	2	3			

### Second degree

Winter semester	ECTS	Year	Summer semester	ECTS	Year
Bodybuilding	2	1	Badminton	2	1
Health education	4	1	Beach sports forms	2	1
Nordic walking	2	1	Extra-curricular physical activities	2	1
School tourism	3	1	Foreign language	2	1
Statistics	4	1	Unihokej - Floorball	2	1
Table tennis	2	2	School fitness	3	2
Basics of self-defense	2	2	Modern dance	3	2
			Genetic in sport	4	2
			The molecular basis of physical activity	2	2

DZIEKAN  
 Wydziału Kultury Fizycznej  
 i Promocji Zdrowia  
 Uniwersytetu Szczecińskiego

dr hab. Jerzy Eider, prof. US

**Erasmus+ 2018/2019**  
**PHYSICAL EDUCATION**

**First degree**

**First Year**

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: compensating and correction exercise				Course code: 16.1WK25PIJ2615_16S	
Name of the unit conducting the course/module: The Department of Kinesiotherapy					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr MACIEJ ZAWADZKI				
Instructor:	dr MACIEJ ZAWADZKI				
Course/module objectives:	Acquisition of skills necessary for the preparation and leading corrective gymnastics classes in children, ability of selecting appropriate exercises for development dysfunctions.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student is able to enumerate and explain actions that positively and adversely affect the human body posture	K_W05	M1_W03
	2	EP2	The student is able to define and characterize the most frequently occurring body postures with regard to spine and lower limbs as well as the student knows the types of corrective exercises applied for such defects	K_W05	M1_W03
skills	1	EP3	The student is able to recognize a human body postural defect with regard to the spine and lower limbs and is able to select proper exercises for a given postural defect	K_U11	M1_U07
	2	EP4	The student is able to indicate adequate prophylactic measures affecting the improvement of human body posture and to identify adverse actions	K_U11	M1_U07
social competences	1	EP5	The student is aware of his/her own limitations and knows when to address experts	K_K02	M1_K02
	2	EP6	The student shows respect towards other persons and their health problems	K_K02	M1_K02

COURSE CONTENT		Semester	Number of hours		
Course name: corrective-compensating classes					
Form of instruction: classes					
1. The characteristics of body postural defects within the sagittal plane.		1	5		
2. The description of body postural defects within the area of lower limbs.		1	4		
3. Healing exercises, their regular performance, selection and application in selected cases.		1	4		
4. Description and the manner of treatment of selected physical movement dysfunctions occurring in children.		1	2		
Methods of education	Multimedia presentation, team work, development of programmes, case study				
Verification methods of the learning outcomes			Learning outcome number		
	TEST		EP1,EP2,EP3,EP4		
	PROJECT		EP1,EP2,EP3,EP4,EP5,EP6		
Credit form and requirements	The basis for obtaining credit for a course is attendance at classes. Possible absences must be made up according to the rules specified by the teacher. Credits for classes include: evaluation of the group project. Test.				
	Rules for calculating the grade for the subject				
	Project completion (50% of the final grade), written test (50% of the final grade).				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	corrective-compensating classes		Uncalculated	
	1	corrective-compensating classes	credit with grade		
Primary literature	Kasperczyk T. (2002): Wady postawy ciała, diagnostyka, leczenie., Kraków Kasper				
	Niewiadomska M. (2008): Korekcja wad postawy z elementami rehabilitacji., Szczecin				
	Romanowska A. (2002): Gimnastyka korekcyjno-kompensacyjna. Konspekty zajęć. Płock				
	Zeyland-Malawka E. (2003): Ćwiczenia korekcyjne., Gdańsk				
Supplementary literature					
<b>STUDENT'S WORKLOAD</b>					
		Number of hours			
Instruction		15			
Examination and/or credit duration		2			
Preparing for the classes		10			
Studying literature		5			
Participation in the instructor's office hours		2			
Preparing a project / essay/ etc.		10			
Preparing for the exam or/and credit		5			
Other		1			
TOTAL student's workload in hours		50			
ECTS credit points		2			

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: theory and methodology of gymnastics (MAJOR)				Course code: 16.1WK25PIJ2621_20S	
Name of the unit conducting the course/module: The Department of Sport Theory and Practice					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish, semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	30	credit with grade	2
	2	specialist classes	20	credit with grade	2
Total			50		4
Course/ module coordinator:	dr ALICJA DROHOMIRECKA				
Instructor:	dr ALICJA DROHOMIRECKA, dr hab. KATARZYNA KOTARSKA				
Course/module objectives:	Students gain skills of performing and teaching basic elements of basic and sports gymnastics as well as acrobatics necessary.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Possesses basic knowledge of gymnastics related terminology. The student knows and characterizes the technique and methodology of teaching selected elements of basic and sports gymnastics	K_W14	M1_W07
skills	1	EP2	Selects methods, forms and means for the completion of didactic tasks during gymnastics classes. Uses devices and equipment necessary for the completion of the didactic process at the early stage of education in gymnastics teaching	K_U20	M1_U11
	2	EP3	Demonstrates selected elements of basic and sports gymnastics and acrobatics necessary for conducting didactic process at school	K_U14	M1_U09
social competences	1	EP4	Is able to take care of his/her own safety and others during classes, knows safety and protection principles binding in gymnastics	K_K13	M1_K07
COURSE CONTENT				Semester	Number of hours
Course name: theory and methodology of gymnastics					
Form of instruction: specialist classes					

1. Introduction to the course, credit conditions, theoretical basis, terminology		1	2		
2. Techniques and methodology of teaching selected agility and acrobatic exercises, unequipped and equipment based.		1	20		
3. Improvement practical elements		1	4		
4. Preparation of the regularity of shaping exercises, selected agility and acrobatic elements, slow with equipment		1	4		
5. Theoretical introduction, basic concepts related to the teaching of gymnastics lessons		2	6		
6. Presentation a selected fragment of a gymnastics lesson		2	12		
7. Theoretical credit for a subject		2	2		
Methods of education	group work, creative and reproducible methods				
Verification methods of the learning outcomes			Learning outcome number		
	TEST		EP1		
	PRACTICAL TEST		EP2,EP3,EP4		
Credit form and requirements	Attendance and active participation in all classes. Practical test- credit. Positive written credit including theoretical knowledge.				
	Rules for calculating the grade for the subject				
	practical credit – The grade is 70% of the final grade (including the examination of a part of the lesson). Theoretical credit - the grade is 30% of the final grade.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	theory and methodology of gymnastics		Arithmetic	
	1	theory and methodology of gymnastics [specialist classes]	credit with grade		
	2	theory and methodology of gymnastics		Arithmetic	
	2	theory and methodology of gymnastics [specialist classes ]	credit with grade		
Primary literature	Eider J. (2007): Technika wykonania i metodyka nauczania wybranych ćwiczeń z zakresu gimnastyki sportowej, WN US Szczecin, Szczecin				
	Mazurek L. (1972): Teoria i metodyka gimnastyki podstawowej., WSWF Kraków, Kraków				
Supplementary literature	Jeziński R., Rybicka A. (1997): Gimnastyka .Teoria i metodyka.. , AWF , Wrocław				
STUDENT'S WORKLOAD					
		Number of hours			
Instruction		50			
Examination and/or credit duration		5			
Preparing for the classes		10			
Studying literature		10			
Participation in the instructor's office hours		5			
Preparing a project / essay/ etc.		10			
Preparing for the exam or/and credit		10			
Other		0			
TOTAL student's workload in hours		100			
ECTS credit points		4			

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Module: Elective course A [module]					
Course name: history of physical culture (OTHER OBJECTS / MODULES)				Course code: 16.1WK25PIJ2984_11S	
Name of the unit conducting the course/module: The Department of Social Basics of Physical Culture					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 1 – English (100%)		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	classes	30	credit with grade	5
		lecture	15	exam	
Total			45		5
Course/ module coordinator:		dr RYSZARD STEFANIK			
Instructor:		dr RYSZARD STEFANIK, mgr JUSTYNA WIAŻEWICZ			
Course/module objectives:		Students will learn the basic history of sports and physical education. They will be able to use the knowledge and skills in practice.			
Prerequisites:		K- basic high school historical knowledge S- - basic high school historical skills SE- ability to form opinions and conclusions			
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Knows the historical conditions for the development of physical culture in different epochs in Poland and Europe; understands the reasons for the development of the modern Olympic movement	K_W22	M1_W09
	2	EP2	Has knowledge of the place, objectives and functions of physical education and sport in the system of physical culture sciences	K_W20	M1_W09
skills	1	EP3	Is able to analyze and discuss issues related to specific health and physical culture issues	K_U24	M1_U13
	2	EP4	Is able to prepare and present in the form of an oral (multimedia) presentation the results of own reflection and actions taken	K_U23	M1_U13
social competences	1	EP5	Is able to critically assess one's own and others' actions, to verify It implements self-assessment and self-steering in the development of solutions and accepts the opinions of team members and other specialists. Implement self-assessment and self-control of development	K_K07	M1_K04
	2	EP6	is able to cooperate and work in the group engaging in the implementation of the objectives and tasks set for it	K_K06	M1_K04

COURSE CONTENT		Semester	Number of hours		
Course name: history of physical culture					
Form of instruction: lecture					
1. The ideology of physical culture in different historical epochs. The main directions of development of physical culture in the world.		1	5		
2. The process of development and transformation of PC in Poland. Social and political aspects of the organization of sport.		1	5		
3. The development of concepts, theories and training of physical education teachers.		1	5		
Form of instruction: classes					
1. Introduction classes. Aims of the classes, literature, organization and terms of exam. PE in ancient times.		1	4		
2. PE in renaissance and enlightenment in Poland.		1	4		
3. PE on polish territories in XIX century. Gymnastic movement and beginnings of polish sport before first World War.		1	4		
4. Olympic Games.		1	4		
5. PE and sports in Poland (1918-1939) and during the second World War (1939-1945).		1	4		
6. PE in Poland between 1944-1989		1	4		
7. History of PE teachers' education process in Poland.		1	6		
Methods of education	<ul style="list-style-type: none"> <li>- lecture</li> <li>-multimedia presentation</li> <li>- individual analysis of texts (publications)</li> </ul>				
Verification methods of the learning outcomes			Learning outcome number		
	WRITTEN EXAMINATION		EP1,EP3,EP5		
	PAPER/ESSAY/REVIEW		EP2,EP3		
	PRESENTATION		EP4,EP6		
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)		EP1,EP2,EP5		
Credit form and requirements	<p>Determining the grade on the basis of the partial grades received during the semester for the student's work. The final grade is influenced by the student's work individual student's work (references). activity during the conversation (preparation of a paper, presentation or final discussion). Writing exam - longer written answer.</p>				
	Rules for calculating the grade for the subject				
	<p>Determining the grade on the basis of the partial grades received during the semester for the student's work. The final grade is influenced by the student's work: individual work of the student (references) - the grade is 20% of the final grade. activity during the conversation - the grade is 40% of the final grade, preparation of a paper, presentation or discussion - the grade is 10% of the final grade, exam written constituting a longer written answer - the evaluation constitutes 30% of the final evaluation. All the above mentioned elements must have a minimum score of sufficient.</p>				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	history of physical culture		weighted average	
	1	history of physical culture [classes]	credit with grade		
	1	history of physical culture [lecture]	exam		



Primary literature	Gaj J., Hądzelek K. (1997): Dzieje kultury fizycznej w Polsce, Poznań
	Lipoński W. (2012): Historia sportu, Warszawa
	Szymański L. (2004): Kultura fizyczna i turystyka w polityce Polski Ludowej 1944-1989, Wrocław
	Wroczyński Ryszard (2002): Powszechne dzieje wychowania fizycznego i sportu, Warszawa
Supplementary literature	Godlewski P. (2006) (2006): Sport w Polsce na tle politycznej rzeczywistości lat 1944-1956, Poznań
	Gostowski R. (1959): Sport w starożytności, Warszawa
	Laskiewicz H. (1993): Powstanie i rozwój organizacyjny ruchu sportowego na Pomorzu Zachodnim (1945-1957), Wydawnictwo Naukowe Uniwersytetu Szczecińskiego, Szczecin
	Laskiewicz H. (2001) (2001): Instytut Kultury Fizycznej w Szczecinie (1950-2000), Wydawnictwo Naukowe Wydawnictwa Naukowego, Szczecin
	Łanowski J. (2000): Święte igrzyska olimpijskie, Poznań
	Ordyłowski M. (1997): Historia kultury fizycznej Starożytność - Oświecenie, Wrocław
	Stefanik R. (2016): Futbol w cieniu komitetów. Piłka nożna a władza w województwie szczecińskim w latach 1945-1989, IPN Szczecin, Szczecin
	Suchodolski B., Wroczyński R. (red.) (1964): Rozwój kultury fizycznej w okresie Odrodzenia i Oświecenia. Źródła do dziejów kultury fizycznej, Wrocław
	Suchodolski B., Wroczyński R. (red.) (1959): Rozwój myśli o wychowaniu fizycznym w dobie Odrodzenia. Źródła do dziejów kultury fizycznej, Wrocław-Kraków
	Szymański L. (1999): Kultura fizyczna w polityce II Rzeczypospolitej, Wrocław

STUDENT'S WORKLOAD

	Number of hours
Instruction	45
Examination and/or credit duration	4
Preparing for the classes	25
Studying literature	20
Participation in the instructor's office hours	2
Preparing a project / essay/ etc.	8
Preparing for the exam or/and credit	14
Other	7
TOTAL student's workload in hours	125
ECTS credit points	5

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: theory and methodology of athletics (MAJOR)				Course code: 16.1WK25PIJ2621_21S	
Name of the unit conducting the course/module: The Department of Individual Sports, Tourism and Recreation					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish, semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	30	credit with grade	2
	2	specialist classes	20	credit with grade	2
Total			50		4
Course/ module coordinator:	dr ANNA IWIŃSKA				
Instructor:	dr ANNA IWIŃSKA, dr JERZY IWIŃSKI				
Course/module objectives:	Gaining competences within the scope of: - the technique and methodology of teaching light athletics competitions at the early stage of school education rules and organization of school light athletics competitions.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student knows the technique of performing and the methodology of teaching individual types of track and field competitions at the early stage of school education	K_W14	M1_W07
	2	EP2	The student knows the rules and requirements necessary for the organization of school track and field competitions	K_W23	M1_W10
skills	1	EP3	Selects methods and means for the completion of didactic tasks during track and field education classes	K_U08	M1_U05
	2	EP4	The student knows and uses basic equipment necessary in the process of teaching track and field athletics at the early stage of school education	K_U08	M1_U05
	3	EP5	Possesses basic physical movement skills with regard to track and field athletic competitions necessary for conducting the didactic process at the primary school	K_U20	M1_U11
	4	EP6	Maintain records of classes	K_U14	M1_U09

social competences	1	EP7	Is aware of the significance of acting in a professional way, abides by the principles of ethical practice, takes care of the good of pupils and is aware of the ethical aspect of diagnosing and assessing pupils	K_K04	M1_K03
	2	EP8	Abides by the safety rules, conducts classes in an effective and efficient way.	K_K13	M1_K07
COURSE CONTENT				Semester	Number of hours
Course name: theory and methodology of athletics					
Form of instruction: specialist classes					
1. Methodology of teaching endurance races				1	6
2. Methodology of teaching hurdles races				1	6
3. Methodology of teaching crouch start and sprint				1	5
4. Methodology of teaching long jump				1	4
5. Methodology of teaching high jump				1	4
6. Methodology of teaching shot put				1	5
7. Methodology of teaching javelin throw				2	4
8. Methodology of teaching relays				2	6
9. Skill of practical application of the learned elements in action.				2	10
Methods of education	<ul style="list-style-type: none"> <li>- practical classes /presentation, explanation, oral instructions/</li> <li>- planning and organization of classes /conducting classes/</li> <li>- participation in track and field athletics competitions</li> <li>- independent organization and refereeing competition</li> </ul>				
Verification methods of the learning outcomes					Learning outcome number
	TEST				EP1,EP2,EP3,EP4
	PRACTICAL TEST				EP5
	PROJECT				EP1,EP3,EP6,EP7,EP8
Credit form and requirements	<p>Written test - grade.</p> <p>Practical credit - grade of practical tests.</p> <p>Passing planning and conducting classes.</p> <p>Participation in athletics competitions.</p> <p>Organization and refereeing of school athletics competitions.</p>				
	Rules for calculating the grade for the subject				
	<p>Test grade - 40% of the final grade in the subject (the condition of passing the subject is obtaining at least a sufficient grade).</p> <p>Practical grades - 40% of the final grade in the subject (the condition to pass the subject is to obtain at least a sufficient grade).</p> <p>Evaluation in planning and conducting didactic classes - 20% of the final grade in the course (the condition of passing the course is obtaining at least sufficient grade).</p> <p>Participation in athletic competitions is necessary to pass the course.</p> <p>Organization and refereeing of school athletics competitions is necessary to pass the subject.</p>				

	Semester	Subject	Type of credit	Method of calculation	Weight to average
Method of calculating the final evaluation	1	theory and methodology of athletics		Uncalculated	
	1	theory and methodology of athletics [specialist classes ]	credit with grade		
	2	theory and methodology of athletics		Uncalculated	
	2	theory and methodology of athletics [specialist classes ]	credit with grade		

Primary literature	Iskra J. (2006): Lekkoatletyka. Podręcznik dla studentów., AWF Katowice, Katowice				
	Mroczyński Z. (1997): Lekkoatletyka: biegi, AWF Gdańsk, Gdańsk				
	Mroczyński Z. (1995): Lekkoatletyka: skoki, rzuty, wieloboje., AWF Gdańsk, Gdańsk				
	Raczek j. (1991): Wytrzymałość dzieci i młodzieży., AWF Warszawa, Warszawa				
	Stawczyk Z. (1999): Zarys lekkoatletyki. Podręcznik dla nauczycieli i studentów wychowania fizycznego., AWF Poznań, Poznań				

Supplementary literature	Iskra J. (2008): lekkoatletyka dla dzieci i młodzieży., AWF Katowice, Katowice				
	Iskra J., Wojnar J. (2008): Atlas ćwiczeń lekkoatletycznych dla dzieci i młodzieży., Politechnika Opolska WWF i F., Opole				

#### STUDENT'S WORKLOAD

	Number of hours
Instruction	50
Examination and/or credit duration	4
Preparing for the classes	8
Studying literature	8
Participation in the instructor's office hours	8
Preparing a project / essay/ etc.	10
Preparing for the exam or/and credit	10
Other	2
TOTAL student's workload in hours	100
ECTS credit points	4

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: music, rhythm, dance (MAJOR)				Course code: 16.1WK25PIJ2616_24S	
Name of the unit conducting the course/module: Katedra Profilaktyki i Terapii Zajęciowej					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form credit	ECTS
1	1	specialist classes	30	credit with grade	2
Total			30		2
Course/ module coordinator:	dr hab. JOANNA KRUK				
Instructor:	dr hab. JOANNA KRUK				
Course/module objectives:	To familiarize students with the proper performance technique and methodology of teaching basic dance steps within the scope of folk dance, ballroom dance and rhythmical exercises .				
Prerequisites:	none				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student explains and describes the performance and teaching methods of rhythmical exercises and dance arrangements using specialist terminology characteristic for rhythmical exercises and dance	K_W23	M1_W10
skills	1	EP2	Demonstrates, individually and in a pair or group, rhythmical exercises which can be used during classes with music and teaching simple dance arrangements	K_U17	M1_U11
	2	EP3	Is able to plan, individually or with a group, physical movement classes with the application of music, including adequate selection of methods, techniques and forms adequate for a given age group of specific dancing skills and physical fitness	K_U08	M1_U05
	3	EP4	Shows the ability of proper performance and teaching steps of selected folk and ballroom dance in terms of technique and aesthetics	K_U20	M1_U11

social competences	1	EP5	Actively cooperates in the group of dancers, monitoring the technique and aesthetics of elements performed to the accompaniment of music, proper posture and pace, understanding the group joint responsibility in a dance group	K_K06	M1_K04	
COURSE CONTENT				Semester	Number of hours	
Course name: music, rhythm, dance						
Form of instruction: specialist classes						
1. The value of dance in the educational and pedagogical aspect.				1	2	
2. The application of rhythmic during classes with children.				1	1	
3. Short dance related aspects performed independently and in pairs. Gaining the ability to combine movement with music and aesthetics of performance.				1	14	
4. Theory and methodology of teaching, the performance technique of selected folk and ballroom dances.				1	13	
Methods of education	Imitative didactic methods: imitative – strict pattern method, task-strict pattern methods Didactic methods aimed at autonomy: direct movement purpose, play-classic					
Verification methods of the learning outcomes					Learning outcome number	
	PRACTICAL TEST				EP4	
	PROJECT				EP1,EP3	
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)				EP2,EP4,EP5	
Credit form and requirements	1. Practical credit based on presenting 8 selected dance arrangements within the scope of folk and ballroom dance, danced with music, with the application of proper technique of performance and movement aesthetics (90% of the final grade). 2.Student's active participation in classes, embodied in involvement, creative ideas presented during classes and possessing required theoretical knowledge (10% of the final grade). The grade for each of the nine elements assessed must be at least sufficient					
	Rules for calculating the grade for the subject					
	The final grade is determined on the basis of the average grade calculated on the basis of practical credit and student's activity during classes and may be 5-10% higher for student's voluntary work, according to principles determined by the instructor.					
Method of calculating the final evaluation	Semester	Subject		Type of credit	Method of calculation	Weight to average
	1	music,rhythm,dance			Uncalculated	
	1	music,rhythm,dance [specialist classes ]		credit with grade		
Primary literature	Jakubowski K (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych., AWF Warszawa, Warszawa					
	Kowalik B., Fredyk A., Barańska-Grabara L., Mayer A. (2009): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice					
	Siedlecka B., Biliński (2003): Taniec w edukacji dzieci i młodzieży - podręcznik dla nauczycieli., AWF Wrocław, Wrocław					
Supplementary literature	Fredyk A., Kowalik B., Barańska-Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice					
	Kuźmińska O., Popielewska H. (1995): Taniec, Rytm, Muzyka., AWF Poznań, Poznań					
	Siedlecka B., Biliński W. (2003): Taniec w edukacji dzieci i młodzieży., AWF Wrocław, Wrocław					

## STUDENT'S WORKLOAD

	Number of hours
Instruction	30
Examination and/or credit duration	2
Preparing for the classes	4
Studying literature	3
Participation in the instructor's office hours	4
Preparing a project / essay/ etc.	3
Preparing for the exam or/and credit	4
Other	0
TOTAL student's workload in hours	50
ECTS credit points	2

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: modern forms of movement (MAJOR)				Course code: 16.1WK25PIJ2621_23S	
Name of the unit conducting the course/module: The Department of Sport Theory and Practice					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	mgr ADRIANNA BANIO				
Instructor:	mgr ADRIANNA BANIO				
Course/module objectives:	To familiarize students with modern forms of movement. Preparation for conducting classes with the application of basic steps within the scope of physical education classes.				
Prerequisites:	None				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student knows the terminology of basic steps used during classes	K_W14	M1_W07
	2	EP2	The student knows and describes, in a proper manner, the methodology of teaching the arrangement of choreography in aerobics and step	K_W14	M1_W07
	3	EP3	The student possesses knowledge of a healthy lifestyle	K_W12	M1_W06
skills	1	EP4	The student is able to select and use equipment to the group level, for effective conduct of classes	K_U08	M1_U05
	2	EP5	The student possesses the skills of creating short choreographic arrangements within aerobics, step and strengthening exercises	K_U08	M1_U05
social competences	1	EP6	Cooperates in a group, shows creativity in conducting classes, is able to engage persons performing exercises during classes	K_K06	M1_K04
	2	EP7	Observes and takes care of his/her own safety and the safety of others during classes	K_K13	M1_K07
COURSE CONTENT				Semester	Number of hours



Course name: modern forms of movement				
Form of instruction: specialist classes				
1. Organisation of classes. Course objectives. Credit requirements and conditions. Criteria for the division of classes into modern forms of physical activity. Modern forms of classes and their structure.		1	2	
2. Instruments and instruments used in modern fitness forms		1	2	
3. Coordination of movement, words and non-verbal signaling of steps and technique of execution and naming of basic steps. Aerobics.		1	2	
4. Use of conventional and unconventional instruments for strengthening, stretching and stabilizing exercises.		1	2	
5. Modern movement forms – indoor.		1	2	
6. Modern movement forms – outdoor.		1	2	
7. Modern movement forms – team.		1	2	
8. Zaliczenie		1	1	
Methods of education	demonstration, work in a group			
Verification methods of the learning outcomes				Learning outcome number
	PRACTICAL TEST			EP2,EP3
	PAPER/ESSAY/REVIEW			EP6,EP7
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)			EP1,EP4,EP5
Credit form and requirements	<p>1. Participation in classes (1 unjustified absence).</p> <p>2. Absences from classes must be compensated before the final credit is given, after prior justification or presentation of a medical certificate.</p> <p>3. In exceptional cases, the student may do the practical classes in a theoretical/written form.</p> <p>4. Students participating in practical classes are required to wear the required gymnastic outfit, appropriate to the place of conducting the classes and weather conditions.</p>			
	Rules for calculating the grade for the subject			
	<p>The final grade from the subject will be:</p> <p>1. practical classes – credit,</p> <p>2. written work – credit,</p> <p>3. test -grade.</p>			
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation
	1	modern forms of movement		Uncalculated
	1	modern forms of movement [specialist classes ]	credit with grade	
Primary literature	D. Olex- Mierzejewska (2002): Fitness -teoretyczne i metodyczne podstawy prowadzenia zajęć: podręcznik dla studentów wychowania fizycznego i instruktorów fitness, J.and D.Gębka, Katowice			
	M. Vella (2010): Anatomia w treningu siłowym i fitness, Muza, Warszawa			
	Vella M. (2009): Anatomia w treningu siłowym i fitness dla kobiet, Muza, Warszawa			
Supplementary literature				
STUDENT'S WORKLOAD				
		Number of hours		
Instruction		15		
Examination and/or credit duration		2		
Preparing for the classes		10		

Studying literature	4
Participation in the instructor's office hours	2
Preparing a project / essay/ etc.	0
Preparing for the exam or/and credit	17
Other	0

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z-N+S					
Course name: multimedia techniques in sport (SPECIALIZATION / MODULE)				Course code: 16.1WK25PIJ2620_74S	
Name of the unit conducting the course/module: The Department of Kinesiology and Team Sports					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization: teaching	
Course/ module status: obligatory			Course/module language: semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	2	lecture	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr MIŁOSZ STĘPIŃSKI				
Instructor:	dr MIŁOSZ STĘPIŃSKI				
Course/module objectives:	To gain knowledge and skills related to the use of multimedia means in the work of a teacher and an instructor.				
Prerequisites:	Basic computer skills.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP6	Is able to independently present the prepared multimedia programme	K_W04	M1_W03
skills	1	EP1	Is able to operate basic multimedia devices	K_U23	M1_U13
	2	EP2	Is able to operate basic multimedia devices	K_U22	M1_U12
	3	EP3	Is able to independently prepare multimedia presentation of various types	K_U10	M1_U06
social competences	1	EP4	Shows creativity in the completion of assigned tasks	K_K09	M1_K05
	2	EP5	Directs a part of the team completing the group project	K_K06	M1_K04
COURSE CONTENT				Semester	Number of hours
Course name: multimedia techniques in sport					
Form of instruction: lecture					
1. Work with video camera and voice recorder – recording and edition of audio-video material.				2	4
2. Forms and principles of self-presentation.				2	2
3. Performance of presentation in MS Power Point.				2	4
4. Multimedia programmes in the work of a teacher and a coach.				2	2
5. Preparation of own audio-video materials.				2	3
Methods of education	- practical classes - multimedia presentation				

Verification methods of the learning outcomes					Learning outcome number
	PRACTICAL TEST				EP1,EP2,EP3,EP4,EP5,EP6
Credit form and requirements	The credit for the lectures includes: attendance at the lectures, positive evaluation of the preparation and presentation of the group project.				
	Rules for calculating the grade for the subject				
	Evaluation of the preparation and presentation of the group project.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	2	multimedia techniques in sport		Uncalculated	
	2	multimedia techniques in sport [lecture]	credit with grade		
Primary literature	Praca zbiorowa (2007): Pedagogika medialna, Warszawa				
	Rzędowscy A. i J. (2009): Mówca doskonały				
	Zimek R. (2010): PowerPoint 2010 Pl. Ilustrowany przewodnik, Warszawa				
Supplementary literature	Blein B. (2009): Sztuka prezentacji i wystąpień publicznych				
	Pikoń K. (2011): ABC Internetu, Warszawa				
STUDENT'S WORKLOAD					
			Number of hours		
Instruction			15		
Examination and/or credit duration			2		
Preparing for the classes			8		
Studying literature			7		
Participation in the instructor's office hours			2		
Preparing a project / essay/ etc.			8		
Preparing for the exam or/and credit			8		
Other			0		
TOTAL student's workload in hours			50		
ECTS credit points			2		

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: movement games (MAJOR)				Course code: 16.1WK25PIJ2615_45S	
Name of the unit conducting the course/module: The Department of Kinesiotherapy					
Field of study: physical education					
Form of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	30	credit with grade	2
Total			30		2
Course/ module coordinator:	dr MONIKA NIEWIADOMSKA				
Instructor:	dr MONIKA NIEWIADOMSKA, mgr JUSTYNA WIAŻEWICZ				
Course/module objectives:	The objective of the course is to familiarize student with the theory and practice of fun and movement games as well as to teach students how to independently plan and organize classes based on fun and movement games for persons of various social groups.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student knows the systematics and the characteristic features of various types of fun and movement games as well as their role in the process of shaping and maintaining physical fitness of persons of various age	K_W15	M1_W07
	2	EP2	The student knows the rules, provisions and principles of teaching fun and movement games	K_W15	M1_W07
skills	1	EP3	The student is able to plan, conduct and referee fun and movement games, observing the principles of proper behavior towards the group and instructing the players	K_U18	M1_U11
	2	EP4	The student is able to apply unconventional devices and modern audio-visual means during classes focused on fun and movement games	K_U08	M1_U05
	3	EP5	The student is able to demonstrate and discuss basic technical elements of popular team games.	K_U20	M1_U11

social competences	1	EP6	The student, during participation in fun and movement games is able to assume the role of the leader, the referee, the captain and is able to cooperate within a group.	K_K06	M1_K04
	2	EP7	The student shows creativity in modifying individual games and plays for the purpose of adjusting them to the needs and possibilities of players	K_K11	M1_K06
COURSE CONTENT				Semester	Number of hours
Course name: movement games					
Form of instruction: specialist classes					
1. Introduction to the theory and practice of fun and movement games.				1	6
2. Teaching and conducting integration fun and movement games.				1	2
3. Teaching, conducting and refereeing simple fun games and simple and complex games.				1	10
4. Teaching, conducting and refereeing transition games.				1	2
5. Teaching, conducting and refereeing specialist games.				1	2
6. Teaching, conducting and refereeing team games.				1	4
7. Mini squash.				1	2
8. Course credit.				1	2
Methods of education	multimedia presentation, presentation, group work				
Verification methods of the learning outcomes					Learning outcome number
	TEST				EP1,EP2
	PAPER/ESSAY/REVIEW				EP2
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)				EP2,EP3,EP4,EP5,EP6,EP7
Credit form and requirements	Course credit is conditional upon class attendance. The credit grade is based on: 1. Graded credit for conducting fun and movement games during classes – preparation and distribution of required devices, the knowledge and explanation of play or game rules to players, conducting and refereeing, with special consideration for safety regulations, summary of conducted fun and movement games (the grade constitutes 30% of the final grade). 2. Graded credit for a class synopsis based on fun and movement games, where the compatibility of the synopsis with the course class in graded, adequate selection of games and plays to the class subject, sex and age, the correctness of organizational comments (the grade constitutes 20% of the final grade). 3. Graded credit for the test covering theory and practice of fun and movement games (the grade constitutes 50% of the final grade).				
	Rules for calculating the grade for the subject				
	Each elements enumerated in point 1-3 must be credited with minimum a satisfactory grade: - verification by observation - written work.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	movement games		Uncalculated	
	1	movement games [specialist classes ]	credit with grade		

Primary literature	Bondarowicz M. (1994): Zabawy i gry ruchowe w zajęciach sportowych, RCMS KFIS, Warszawa
	Bondarowicz M. (1998): Zabawy w grach sportowych., Warszawa, WSiP
	Bondarowicz M., Staniszewski T. (2000): Podstawy teorii i metodyki zabaw i gier ruchowych., AWF, Warszawa
	Trzeźniowski R. (2005): Zabawy i gry ruchowe, WSiP, Warszawa
Supplementary literature	Bondarowicz M. (1995): Zabawy i gry ruchowe na cztery pory roku., Bellona, Warszawa
	Węgrzyn E. i wsp (2002): Zabawy i gry ruchowe w wychowaniu fizycznym, Wydawnictwo naukowe US, Szczecin

STUDENT'S WORKLOAD

	Number of hours
Instruction	30
Examination and/or credit duration	2
Preparing for the classes	5
Studying literature	3
Participation in the instructor's office hours	4
Preparing a project / essay/ etc.	2
Preparing for the exam or/and credit	4
Other	0
TOTAL student's workload in hours	50
ECTS credit points	2

Name of education programme: WKFiPZ-WF-P-I-S-18/19Z					
Course name: theory and methodology of handball (MAJOR)				Course code: 16.1WK25PIJ2598_22S	
Name of the unit conducting the course/module: The Department of Kinesiology and Team Sports					
Field of study: physical education					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish, semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialised classes	20	credit with grade	1
	2	specialised classes	20	credit with grade	2
Total			40		3
Course/ module coordinator:	dr BEATA FLORKIEWICZ				
Instructor:	dr BEATA FLORKIEWICZ, mgr WOJCIECH JEDZINIAK				
Course/module objectives:	Competences within the scope of performance and teaching technical elements at the early stage of school education				
Prerequisites:	none				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Describes the technique of performing basic technical elements in handball and knows and describes, in a proper way, the methodology of teaching and improvement at the early stage of school education.	K_W14	M1_W07
	2	EP2	Defines basic systems and game rules, enumerates and explains handball rules. Differentiates specialist terminology applied in the process of education and physical education within the scope of handball.	K_W23	M1_W10
skills	1	EP3	Selects, in a proper manner, methods and means of completion of didactic tasks during handball classes.	K_U08	M1_U05
	2	EP4	Uses basic equipment necessary for the completion of the didactic process at the early stage of handball education.	K_U08	M1_U05
	3	EP5	Demonstrates specialist physical movement skills within the scope of basic game techniques and tactics applied in handball necessary for conducting the didactic process at the primary school.	K_U14	M1_U09



	4	EP6	Demonstrates specialist physical movement skills within the scope of basic game techniques and tactics applied in handball necessary for conducting the didactic process at the primary school	K_U20	M1_U11
social competences	1	EP7	Cooperates in a team and is involved in the team work, assuming different functions, including the initiator of exercises, a referee.	K_K06	M1_K04
	2	EP8	Knows, observes safety rules and takes care of his/her own safety and the safety of pupils during handball classes by checking the technical condition of the sports facilities and equipment, adequate selection of the number of pupils in a group and efficient organization of classes.	K_K13	M1_K07
	3	EP9	Is aware of the necessity to maintain the proper level of physical fitness necessary for presenting handball exercises during physical education classes.	K_K16	M1_K09
COURSE CONTENT				Semester	Number of hours
Course name : theory and methodology of handball					
Form of instruction: specialist classes					
1. Technique of performance and methodology of teaching basic technical elements of handball.				1	20
2. Technical and tactical actions in minigames.				2	5
3. Conducting classes independently and refereeing fragments of the game, a school game, and the game proper.				2	15
Methods of education	<ul style="list-style-type: none"> <li>- theoretical and practical activities (imitative and creative)</li> <li>- group work</li> <li>- simulation games</li> </ul>				
Verification methods of the learning outcomes					Learning outcome number
	TEST				EP1,EP2,EP3
	PRACTICAL TEST				EP6,EP9
	THESIS/ESSAY/REVIEW				EP1,EP2,EP3,EP4,EP5,EP8
PROJECT				EP1,EP2,EP3,EP4,EP5,EP7	

Credit form and requirements	<p>During the I semester students are awarded with a course grade on the basis of:</p> <ol style="list-style-type: none"> <li>1. Test- practical credit (fitness test of the elements of handball) comprising the ability to move in the defence: step touch, jump, leap, catch and semi-high pass in movement with the change of place, goal throw: run, leap, jump, slalom dribbling, feints: single to the right, single to the left, which will be included, during the second semester, in the course final grade – constitutes 50% of the final grade. The above must be assessed at least at the satisfactory grade. During the II semester students are graded on the basis of:</li> <li>2. Thesis – credit obtained for conducting a handball class (elements assessed: synopsis, presentation and explanation of the taught and improved element, theoretical knowledge possessed, safety and organization of classes, refereeing, teacher's attitude) – 20% of the final grade.</li> <li>3. Project – credit obtained for a group project – semester/annual programme of handball classes (elements subject to assessment – presentation, description and justification of the selection/adjustment of the class subject to a given age group) – 10% of the final grade.</li> <li>4. Test – written test comprising theoretical knowledge (questions requiring elaborate answers, including terminology and naming use in the scope of the technique and methodology of teaching basic elements of the game, knowledge of methodology-related errors and their consequences in the process of education, the knowledge of the basic technical and tactic systems, solving problems related to game refereeing) – 20% of the final grade.</li> </ol> <p>All points must be credited with at least satisfactory grade</p>				
	Rules for calculating the grade for the subject				
	<p>The practical test grade is the final grade for one semester, allowing up to two semesters.  The grade from semester II is:  written paper-40% of the final grade  project - 10% of the final grade  colloquium - 50% of the final grade.  The credit grade may be 10-20% higher for the student's voluntary activity, under principles stipulated by the instructor.</p>				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	theory and methodology of handball		Uncalculated	
	1	theory and methodology of handball [specialised classes]	credit with grade		
	2	theory and methodology of handball		Uncalculated	
	2	theory and methodology of handball [specialised classes]	credit with grade		
Primary literature	Florkiewicz B., Fogtman S. (2016): Percepcja wzrokowa w grach zespołowych. Podstawy teoretyczne i implikacje praktyczne. Trening percepcji wzrokowej w piłce ręcznej., Uniwersytet Szczeciński, Szczecin				
	Walczyk L. i wsp. (2005): Piłka ręczna. Zasób ćwiczeń dla dzieci i młodzieży., ZPR w Polsce., Warszawa				
	Wrześniewski S. (2010): Uczymy gry w piłkę ręczną. Poradnik dla nauczycieli i młodzieży., ZPR w Polsce, ospr.edu.pl/publikacje.html				
	Zielonka Z. (2008): Abecadło piłki ręcznej., ZPR w Polsce, Warszawa				
	Oficjalne przepisy gry w piłkę ręczną ZPRP., www.zprp.pl				
Supplementary literature	Spieszny M. i wsp. (2001): Piłka ręczna w szkole., COS Warszawa, Warszawa				
<b>STUDENT'S WORKLOAD</b>					
		Number of hours			
Instruction		40			
Examination and/or credit duration		4			
Preparing for the classes		6			
Studying literature		5			

Participation in the instructor's office hours	6
Preparing a project / essay/ etc.	4
Preparing for the exam or/and credit	10
Other	0
TOTAL student's workload in hours	75
ECTS credit points	3

**First degree**

**Second year**

Course name: <b>Metrology in sport</b> (ELECTIVE MODULE/ Group: Sports)		Course code: <b>16.1WK25PIJ2620_78S</b>			
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Sport Theory and Practice</b>					
Field of study <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>		Field of specialization: <b>teaching,</b>	
Year/semester: 2 / 3		Course/ module status: <b>elective</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>lectures</b>				
Number of hours:	<b>20</b>				
Course/ module coordinator:	<b>mgr Robert Terczyński - classes</b>				
Instructor	<b>mgr Robert Terczyński - classes</b>				
Course/module objectives:	<b>The objective of the course is to familiarize students with the methodology of performing measurements for physical education purposes. Besides, the aim is to draw attention to details related to measurements, the accuracy of measurements, the selection of proper measurement methods and other factors affecting measurements. Additionally, the objective of the course is to create metrological awareness and conviction that everything can be measured in physical education sciences.</b>				
Prerequisites:	<b>The students must possess general theoretical knowledge within the scope of: mathematics and physics – in the general covered at lower and upper secondary schools</b>				
<b>LEARNING OUTCOMES</b>			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	<b>1. The student knows the physical units describing quantitatively the examined phenomena and knows which motor skills are expressed in given units. The student knows the methodology of performing measurements, the structure of simple measurement systems and factors affecting the measurement result. The student knows how to prepare tests assessing motor skills. The student is able to name factors affecting the uncertainty and measurement errors.</b>		<b>K_W04</b>	<b>M1_W03,</b>	
	<b>2. The student possesses general knowledge within the scope of measurement techniques and possibilities of selected manifestations of movement</b>		<b>K_W14</b>	<b>M1_W07,</b>	
Skills	<b>3. The student is able to conduct the procedure of biomechanical measurements and to name factors affecting the measurement result. The student is able to use simple methods and measuring devices and to apply them in various applications.</b>		<b>K_U03</b>	<b>M1_U02,</b>	
	<b>4. The student is able to perform basic biomechanical measurements, physical fitness tests and to perform their thorough interpretation. Besides, the student is able to perform their tabular assessment and usefulness in sports training.</b>		<b>K_U04</b>	<b>M1_U02,</b>	
	<b>5. The student is able to automatize measurement methods, to register and create databases of the material gathered.</b>		<b>K_U10</b>	<b>M1_U06,</b>	
	<b>6. The student is able to analyze the results of biomechanical and physical fitness measurements.</b>		<b>K_U13</b>	<b>M1_U08,</b>	
	<b>7. The student is able to adequately prepare relevant documentation connected with conducting physical fitness and motor skills tests.</b>		<b>K_U22</b>	<b>M1_U12,</b>	

Social competences	8. The student learns the principles of group work and is able to perform preliminary verification of proposed measurement methods.	K_K07	M1_K04,
	9. The student gains knowledge of the issue of safety. The student locates the issues connected with measurement and testing in physical culture.	K_K13	M1_K07,
COURSE CONTENT			Number of hours
Form of instruction: lectures			
1. The idea of metrology. The tasks and significance of metrology in sport.			1
2. The SI measurement unit system.			1
3. Measurement patterns.			1
4. Characteristics of measurable units.			1
5. The review of measurement devices applied in sport.			1
6. Measurement techniques. The structure of measurement systems in sport.			1
7. Mechanization and automation of measurements in sport.			1
8. Measurements and their accuracy. Uncertainty and measurement errors.			1
9. Direct and indirect measurements.			1
10. Summary of the measurement results.			1
11. Specificity of measurements in sport.			1
12. Laboratory and test methods of motor skills diagnosis.			2
13. Objectivity, accuracy, reliability, standardization and normalization of motor abilities test.			1
14. Modern tendencies in the diagnostics of motor abilities of a human being.			1
Teaching methods	Selected teaching methods applied during metrology classes in sport: - expository method – lecture, presentation - problem methods – didactic discussion - demonstrating methods – specialist instructional film - practical methods - demonstration, laboratory classes		
Verification methods of the learning outcomes			Learning outcome number
	* practical classes (verification through observation)		1,2,3,4,5,6,7,
	* thesis/essay/ review		1,2,8,9,
	* presentation		3,4,5,6,7,
Credit form and requirements	The student obtains credit on the basis of: - participation in all classes - preparation and submission of a semester thesis comprising assigned summary of performer exercises - performance and submission of summaries is necessary for obtaining credit - obtaining at least a satisfactory grade for the semester thesis – the thesis grade shall constitute 100% of the final grade		
Primary literature			
Buśko K. i wsp. (1988): Instrukcje do ćwiczeń z biomechaniki. AWF Warszawa			
Chmielewski H. (1979): Międzynarodowy układ jednostek miar SI. WSiP Katowice			
Dworak L. (1995): Niektóre metody badawcze biomechaniki i ich zastosowanie w sporcie, medycynie i ergonomii. AWF Poznań			
Erdmann W. i wsp. (1999): Biomechanika. Przewodnik do ćwiczeń. Wyd. May Gdańsk			
Grimshaw P. i wsp. (2010): Biomechanika sportu. PWN Warszawa			
Kane J. i wsp. (1988): Fizyka dla przyrodników. PWN Warszawa			
Nowak L. (2005): Biomechanika dla studiów licencjackich. Wszechnica Świętokrzyska. Kielce			

<b>Szydłowski H. (1977):</b> Pomiary fizyczne. PWN Warszawa	
<b>Terczyński R. (1999):</b> Próba podziału niepewności i błędów pomiarowych w pomiarach dokonywanych dla potrzeb kultury fizycznej. US Wyd. Intrograf Szczecin	
<b>Tomaszewski A. (1975):</b> Podstawy nowoczesnej metrologii. WN-T Warszawa	
<b>Tworzyło M. i wsp. (1989):</b> Przewodnik do ćwiczeń z biomechaniki i wybrane zagadnienia metrologii. AWF Kraków	
<b>Wachowski i wsp. (1987):</b> Pomiar cech sprawności motorycznej osobników uprawiających sport. AWF Poznań	
<b>Wit A. i wsp. (1992):</b> Biomechaniczna ocena układu ruchu sportowca. IS Warszawa	
<b>Supplementary literature</b>	
<b>Ernst K. (1992):</b> Fizyka sportu. PWN Warszawa	
<b>Jakubiec W. i wsp. (1996):</b> Metrologia wielkości geometrycznych. WN-T Warszawa	
<b>Fidelus K. (1975):</b> Przewodnik do ćwiczeń z biomechaniki. AWF Warszawa	
<b>Terczyński R. (2009):</b> Rozkład prędkości w biegu na 100 metrów na różnym poziomie sportowym. Sport and Tourism in Modern Lifestyl. AWF Poznań	
<b>Wit A. (1984):</b> Biomechanika dla instruktorów sportu. Stołeczna Federacja Sportu Warszawa	
<b>STUDENT'S WORKLOAD:</b>	
	Number of hours
Instruction	15
Participation in the instructor's office hours	2
Examination and/or credit duration	2
Preparing for the classes	10
Studying literature	6
Preparing a project, essay, etc.	10
Preparing for the exam or/and credit	5
<b>TOTAL student's workload in hours</b>	<b>50</b>
ECTS credit points	2

<b>Module name :</b> Health training <b>Module courses: (ECTS 4) Health forms of physical activity</b> <b>Module courses : (ECTS 2) Relaxation techniques</b> (RELECTIVE MODULE / Group: Health related)		Course code : <b>16. 1X25PI05_48</b> <b>16. 1X25PI05_48</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Sport Theory and Practice</b> <b>The Faculty of Physical Culture and Health Promotion / The Department of Sport Theory and Practice</b>			
Field of study <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>	Field of specialization: <b>teaching,</b>
Year/semester: 2 / 3		Course/ module status: <b>elective</b>	Course/module language: <b>Polish/ English</b>
Form of instruction:	<b>lectures</b>	<b>classes</b>	
Number of hours:	<b>15</b>	<b>45</b>	
Course/ module coordinator:	<b>dr Alicja Drohomirecka</b>		
Instructor	<b>dr Joanna Ratajczak - lectures</b> <b>dr Pawel Eider - classes</b> <b>mgr Adrianna Banio - classes</b> <b>dr Alicja Drohomirecka - classes</b> <b>dr Anna Iwińska - classes</b>		
Course/module objectives:	<b>To equip students with basic knowledge and skills within the scope of health training, relaxation techniques and selected forms of physical activity.</b>		
Prerequisites:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Basis of health training. Health-related forms of physical activity. Relaxation techniques: The student possesses basic knowledge and knows the terminology related to health training, relaxation techniques and selected health forms of physical activity.</b>	<b>K_W10</b>	<b>M1_W06,</b>
Knowledge	<b>2. Relaxation techniques: The student possesses basic of stress biology and physiology. The student is able to describe the impact of stress on the physical and mental health of a human being and understands the need of introducing relaxation and health forms of physical activity into a person's life.</b> <b>3. Basis of health training: The student is able to discuss selected biological and psychosocial effects of increased level of activity.</b>	<b>K_W01</b>	<b>M1_W01,</b>
Knowledge	<b>4. Basis of health training: the student knows the benefits, hazards and safety rules related to training.</b>	<b>K_W13</b>	<b>M1_W07,</b>
Knowledge	<b>5. Basis of health training: The student possesses knowledge related to proper nutrition during physical effort and knows which nutrients supplement diet requiring greater energy.</b>	<b>K_W11</b>	<b>M1_W06,</b>
Skills	<b>6. Relaxation techniques: the student is able to select proper techniques enabling to attain the state of relaxation and relax within the group with which he/she works.</b>	<b>K_U01</b>	<b>M1_U01,</b>
Skills	<b>7. Basis of health training: The student plans a simple form of health training, selecting proper didactic methods, principles and means.</b> <b>8. Health forms of physical activity: The student conducts a selected health form of physical activity, adjusting the didactic methods and means to the group predispositions.</b>	<b>K_U19</b>	<b>M1_U11,</b>



Social competences	9. Basis of health training, Health forms of physical activity, Relaxation techniques: The student skilfully establishes interpersonal contact in a group for the purpose of conducting relaxation classes and selected forms of physical activity properly.	K_K10	M1_K05,
COURSE CONTENT			Number of hours
Form of instruction: lectures			
1. Basic knowledge and terminology related to selected health forms of physical activity.			2
2. Training related benefits, hazards and safety.			2
3. Selected biological and psychosocial effects of increased activity. Physical activity at various ages.			2
4. Registration and analysis of training loads; the control and management of the training process; individualization and optimization of the health training process.			3
5. Nutrition in health training: nutrition recommendations following long-term efforts and competitions, during physical efforts, and during the post-physical effort period. Supporting the physical effort, supporting methods.			3
6. Optimization of the ways of relaxation and prophylaxis of excessive tiredness: sleep as the factor determining effective rest, active leisure during work breaks, passive leisure, organization of work and occupational hygiene, natural methods of leisure intensification.			3
Form of instruction: classes			
1. Relaxation techniques: Methodology of teaching and the technique of selected elements of relaxation techniques.			10
1. Relaxation techniques: Conducting classes of a selected relaxation form.			5
3. Health forms of physical activity. Methodology of teaching and technique of selected elements of health forms of physical activity.			12
4. Health forms of physical activity: Consulting a part of classes devoted to a selected health form of physical activity.			18
Teaching methods	- individual work - group work - conducting classes		
Verification methods of the learning outcomes			Learning outcome number
	* test		1,2,6,
	* written examination		1,3,4,5,
	* practical classes (verification through observation)		6,7,8,9,
Credit form and requirements	<p>The module credit shall be conditional upon obtaining credit for the course: Basis of health training and minimum satisfactory grade for remaining module courses. This shall also constitute a prerequisite for student's exam taking.</p> <p><b>Basis of health training:</b> The project grade shall be the final grade obtained for classes. The examination grade constitutes 40% of the module final grade.</p> <p><b>Health forms of physical activity:</b> Course grade: Health forms of physical activity (conducting classes) constitutes 30% of the module final grade.</p> <p><b>Relaxation techniques:</b> Course grade: Relaxation techniques (test) constitutes 30% of the module final grade .</p>		
Primary literature			
Grzegorzczak B. (2009): Pilki Body Ball. RAABE			
Listkowski M., Listkowska A. (2007): Stretching A-Z Sprawność i zdrowie. Aleksandra			
Jenkins N., Brandon L. (2010): Joga. Anatomia i praktyka. Muza			
Kulmatycki L. (1999): Lekeja relaksacji. AWF Wrocław			

<b>Schenk C. (1996): Relaksacja - sposób na stres. JiBF</b>	
<b>Drabik J. (1995): Aktywność fizyczna w edukacji zdrowotnej społeczeństwa. AWF Gdańsk</b>	
<b>Drabik J. (1996): Aktywność fizyczna w treningu zdrowotnym osób dorosłych. AWF Gdańsk</b>	
<b>Supplementary literature</b>	
<b>Kulmatycki L. (1995): Ćwiczenia relaksacyjne:praktyczne techniki antystresowe dla dzieci i młodzieży. Promo-Lider</b>	
<b>Kuński H. (1985): Podstawy treningu zdrowotnego. Sport i turystyka</b>	
<b>Nowak P. (2007): Trening zdrowotny kobiet. PWSZ w Raciborzu</b>	
<b>STUDENT'S WORKLOAD:</b>	
	Number of hours
Instruction	<b>60</b>
Participation in the instructor's office hours	<b>2</b>
Examination and/or credit duration	<b>4</b>
Preparing for classes	<b>30</b>
Studying literature	<b>15</b>
Preparing a project/ essay/ etc.	<b>20</b>
Preparing for the exam or/and credit	<b>14</b>
Other	<b>5</b>
<b>TOTAL student's workload in hours</b>	<b>150</b>
<b>ECTS credit points</b>	<b>6</b>

Course name: <b>Premedical first aid (COURSES FOR THE FIELD OF STUDY)</b>		Course code: <b>16.1WK25PIJ2588_27S</b>			
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Functional Anatomy and Biometrics</b>					
Field of study: <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: 2 / 4		Course/ module status: <b>Obligatory</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>Tutorial</b>				
Number of hours:	<b>15</b>				
Course/module coordinator:	dr hab. n. med. KRZYSZTOF SIEJA				
Instructor:					
Course/ module objectives:	<b>Familiarizing the student with the theoretical and practical bases of health related intervention covering first pre medical aid.</b>				
Preliminary requirements:	<b>None</b>				
<b>LEARNING OUTCOMES</b>			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	<b>1. The student knows the symptoms of basic disorders of the functioning of the human body.</b>		<b>K_W09</b>	<b>M1_W05,</b>	
	<b>2. The student knows theoretical basis of the first pre-medical aid</b>		<b>K_W09</b>	<b>M1_W05,</b>	
Skills	<b>3. The student is able to identify problems of a person in a life or health threatening situation.</b>		<b>K_U12</b>	<b>M1_U07,</b>	
	<b>4. The student is able to undertake actions aimed at rescuing human health and life.</b>		<b>K_U12</b>	<b>M1_U07,</b>	
Social competences	<b>5. The student is aware of his/her own limitations and knows when to address experts.</b>		<b>K_K02</b>	<b>M1_K02,</b>	
	<b>6. The student provides aid in a manner ensuring his/her safety and the safety of other people.</b>		<b>K_K13</b>	<b>M1_K07,</b>	
<b>COURSE CONTENT</b>				Number of hours	
Form of instruction: tutorial					
<b>1. The significance of the pre-medical first aid for human health and life. Legal aspects of providing the first pre-medical aid.</b>				<b>2</b>	
<b>2. Principles of providing pre-medical first aid in selected situations threatening human life and health. The description of basic actions rescuing health or life of a child and an adult person.</b>				<b>3</b>	
<b>3. First aid in burns, frostbites and overheating. First aid in poisoning.</b>				<b>3</b>	
<b>4. Cardio-pulmonary resuscitation.</b>				<b>3</b>	
<b>5. Accidents at schools and educational and guardianship centres. The description of the most frequent injuries of children and youth. First aid in limb sprain or fracture. Manners of bandaging.</b>				<b>4</b>	
Teaching methods	<b>Multi-media presentation, tutorials, task assignments in groups of 4</b>				
Verification method of learning outcomes					Learning outcome number
	<b>* project</b>				<b>1,2,3,4,5,6,</b>
	<b>* presentations</b>				<b>1,2,3,4,5,6,</b>
	<b>* test</b>				<b>1,2,3,4,</b>

Credit form and requirements	Class attendance (10% of the final grade), test grades Written test (50% of the final grade), as well as component grades for practical tasks (20% of the final grade) and a group project (20% of the final grade).	
<b>Preliminary literature</b>		
Buchfelder M., Buchfelder A. (2003): Podręcznik pierwszej pomocy. Wydawnictwo Lekarskie PZWL		
Goniewicz M. (2011): Pierwsza pomoc. Podręcznik dla studentów. Wydawnictwo Lekarskie PZWL		
<b>Supplementary literature</b>		
Bass D., Baker R. (2006): Pierwsza pomoc i opieka domowa. Wydawnictwo RM		
Czapiewska B. (2010): Pierwsza pomoc. Wydawnictwo Literat		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	15	
Participation in the instructor's office hours	2	
Examination and/or credit duration	2	
Preparation for classes	10	
Literature studying	10	
Preparation of a project/ essay/ etc.	11	
TOTAL student's workload in hours	50	
ECTS credit points	2	

Course name: <b>Theory and methodology of basketball (COURSES FOR THE FIELD OF STUDY)</b>				Course code: <b>16.1WK25PIJ2598_32S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Kinesiology and Team Sports</b>					
Field of study: <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: <b>2 / 3, 4</b>		Course/ module status: <b>Obligatory</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>Specialist classes</b>				
Number of hours:	<b>40</b>				
Course/module coordinator:	<b>dr hab. Teresa Zwierko</b>				
Instructor:	<b>dr hab. Teresa Zwierko - specialist classes</b>				
Course/ module objectives:	<b>Competences within the scope of performance and teaching basic elements of game technique and tactics necessary for conducting basketball classes at the early stage of school education.</b>				
Preliminary requirements:	<b>None</b>				
<b>LEARNING OUTCOMES</b>				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Describes the technique of performing basketball specialist skills and knows and describes, in a proper way, the methodology of teaching and improving basic elements of the movement technique in basketball at the early stage of school education.</b>			<b>K_W14</b>	<b>M1_W07,</b>
	<b>2. Defines basic systems and game rules, enumerates and explains basketball rules. Differentiates specialist terminology applied in the process of education and physical education within the scope of basketball.</b>			<b>K_W23</b>	<b>M1_W10,</b>
Skills	<b>3. Selects, in a proper manner, methods and means of completion of didactic tasks during basketball classes. 4. Uses basic equipment necessary for the completion of the didactic process at the early stage of basketball education.</b>			<b>sK_U08</b>	<b>M1_U05,</b>
	<b>5. Develops a basketball class synopsis and the programme of sports and recreation event for primary school pupils.</b>			<b>K_U14</b>	<b>M1_U09,</b>
	<b>6. Demonstrates specialist physical movement skills within the scope of basic game techniques and tactics necessary for conducting the didactic process at the primary school.</b>			<b>K_U20</b>	<b>M1_U11,</b>
Social competences	<b>7. Cooperates in a team and is involved in the team work, assuming different functions, including the initiator of exercises, a referee.</b>			<b>K_K06</b>	<b>M1_K04,</b>
	<b>8. Knows, observes safety rules and takes care of his/her own safety and the safety of pupils during basketball classes by checking the technical condition of the sports facilities and equipment, adequate selection of the number of pupils in a group and efficient organization of classes.</b>			<b>K_K13</b>	<b>M1_K07,</b>
	<b>9. Is aware of the necessity to maintain the proper level of physical fitness necessary for presenting basketball exercises during physical education classes.</b>			<b>K_K16</b>	<b>M1_K09,</b>
<b>COURSE CONTENT</b>					Number of hours
<b>Form of instruction: specialist classes</b>					
<b>1. Technique of performance and methodology of teaching basic technical elements of the basketball game.</b>					<b>20</b>
<b>2. Technical and tactical actions in minigames.</b>					<b>5</b>

<b>3. Conducting classes independently and refereeing fragments of the game, a school game, and the game proper.</b>		<b>15</b>
Teaching method	<ul style="list-style-type: none"> <li>- theoretical and practical activities (imitative and creative)</li> <li>- group work</li> <li>- simulation games</li> </ul>	
Verification method of learning outcomes		Learning outcome number
	* test	1,2,3,
	* thesis/essay/review	3,5,
	* practical classes (verification through observation)	4,5,6,7,8,
	* project	5,7,
	* test	6,9,
Credit form and requirements	<p>1. Attendance and active participation in all classes .</p> <p>2. Practical test (technical fitness test HBT (Krug, Lau 1990) comprising The ability to move with the ball in the attack - dribbling, stopping, passes and the skill of driving to the basket, and one-handed throw from the semi-distance following the stop for 1 or 2 pace) -grade for the practical test constitutes the final grade for semester 1, admitting to the 2nd semester,</p> <p>3. Credit for conducting basketball teaching exercises (graded elements: the synopsis, presentation and explanation of the taught and improved element, theoretical knowledge, safety and organization of classes, refereeing, instructor's attitude) – the grade shall constitute 30% of the final grade.</p> <p>4. Credit awarded for group project: basketball sports and recreational event (graded elements: presentation, discussion and justification of the selection of the subject of classes for a selected age group) - The project grade shall constitute 20% of the final grade</p> <p>5. Written test comprises theoretical knowledge (questions requiring elaborate answer covering terminology and naming within the scope of technique and methodology of teaching basic elements of game, knowledge of teaching errors and their impact on the process of education, the knowledge of basic Technical and tactical systems of solving problems related to game refereeing )- The test grade constitutes 50% of the course final grade</p> <p>All elements enumerated above in points 2-5 require a minimum satisfactory grade. The credit grade may be 10-20% higher for voluntary activity of the student, in compliance with the principles specified by the instructor.</p>	
<b>Primary literature</b>		
Alfonsi S. (2005): Koszykówka: technika, taktyka i strategia, przepisy, przewinienia, zadania, przygotowanie ogólnofizyczne. Warszawa		
Huciński T., Kisiel E. (2008): Szkolenie dzieci i młodzieży w koszykówce. Teoria i praktyka. COS Warszawa		
Huciński T. i wsp. (1997): Vademekum koszykówki. Centralny Ośrodek Sportu Resortowe Centrum Metodyczno-Szkoleniowe Kultury Fizycznej i Sportu, Warsza		
Rumiński A. (1994): Mini koszykówka. Materiały metodyczne przygotowane przez ZG SZS w ramach realizacji zadania: Sport dla wszystkich dzieci. Agencja Promo-Lider, Warszawa		
<b>Supplementary literature</b>		
Klimontowicz W. (1999): Koszykówka-program szkolenia dzieci i młodzieży. COS Warszawa		
Oficjalne przepisy gry w koszykówkę. <a href="http://www.pzkosz.pl">http://www.pzkosz.pl</a> .		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	40	
Participation in the instructor's office hours	8	
Examination and/or credit duration	4	
Preparation for classes	8	
Literature studying	5	
Preparation of a project/ essay/ etc.	4	
Preparation for the exam or/and credit	6	
TOTAL student's workload in hours	75	
ECTS credit points	3	

Course name: <b>Biological bases of health</b> (RLECTIVE MODULE / Group: B***)		Kod przedmiotu: <b>16. 1X25PI02_40a</b>	
Name of the unit conducting the course/module <b>The Faculty of Physical Culture and Health Promotion / The Department of Biological Basics of Physical Culture</b>			
Field of study Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profile of education: <b>practical</b>	
Year/semester: 2/4		Course/ module status: elective	
Form of instruction		Field of specialization: teaching	
lectures		Course/module language: <b>English</b>	
Number of hours: <b>15</b>			
Course/ module		dr Agata Leońska -Duniec	
Instructor:		dr Agata Leońska -Duniec	
Course/module objectives:		Introduction to theoretical and practical bases of human biology	
Prerequisite		None	
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Student knows and understands basic terms of cell biology, histology and human genetics and closely interwind diseases	<b>KW01</b>	<b>M1W01,</b>
Skills	2. Student can recognize basic cell organelle within human somatic cells in the microscopic section images	<b>K_U04</b>	<b>M1_U02,</b>
Social competences	3. Student is aware of his/her own limitations, and thus knows when to request the assistance of an expert	<b>KK02</b>	<b>M1K02,</b>
<b>COURSE CONTENT</b>			Number of hours
Forma zajęć: lectures			
1. <b>Human cell biology</b>			5
2. <b>Introduction to histology and tissue diseases</b>			5
3. <b>Introduction to human genetics and genetic diseases/disorders</b>			5
Teaching methods	- audiovisual equipment-based lectures - discourse or multimedia-based presentation - discussion		
Verification methods of the learning outcomes			Learning outcome number
	* written examination		1,2,
		* practical classes (verification through observation)	3,
Credit form and requirements	Written exam covers lectures material, students take single choice tests. Test results constitute 100% of final grade. A student must earn at least satisfactory (dostateczny) in the exam.		
<b>Primary literature</b>			
Sawicki W. (2005): <b>Histologia</b> . Wydawnictwo Lekarskie PZWL Warszawa			
<b>Supplementary literature</b>			
Turner P (2011): <b>Biologia molekularna Krótkie wykłady</b> . Wydawnictwo Naukowe PWN Warszawa			
<b>STUDENT'S WORKLOAD:</b>			
	Number of hours		
Instruction	15		
Participation in the instructor's office hours	2		
Examination and/or credit duration	2		
Studying literature	3		
Preparing for the exam or/and credit	3		
TOTAL student's workload in hours	25		
ECTS credit points	1		

Course name: <b>Theory and methodology of volleyball (COURSES FOR THE FIELD OF STUDY)</b>		Course code : <b>16.1WK25PIJ2598_34S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Kinesiology and Team Sports</b>			
Field of study: <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>practical</b>	Field of specialization: <b>Teaching,</b>
Year/ semester <b>2, 3 / 4, 5</b>		Course/ module status: <b>Obligatory</b>	Course/module language: <b>Polish/ English</b>
Form of instruction:	<b>Specialist classes</b>		
Number of hours:	<b>40</b>		
Course/module coordinator:	<b>mgr Leszek Piasecki</b>		
Instructor:	<b>mgr Leszek Piasecki – specialist classes</b>		
Course/ module objectives:	<b>Competences within the scope of performance and teaching basic elements of game technique and tactics necessary for conducting volleyball classes at the early stage of school education.</b>		
Preliminary requirements:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Describes the technique of performing volleyball specialist skills and knows and describes, in a proper way, the methodology of teaching and improving basic technical elements of volleyball at the early stage of school education.</b>	<b>K_W14</b>	<b>M1_W07,</b>
	<b>2. Defines basic game rules, enumerates and explains volleyball game rules. Distinguishes specialist terminology applied in the process of teaching volleyball.</b>	<b>K_W23</b>	<b>M1_W10,</b>
Skills	<b>3. Is able to, independently and with a group, plan and organize physical movement classes applying proper methods and means for the completion of didactic tasks during volleyball education classes. 4. Applies basic equipment necessary for the completion of the didactic process of volleyball teaching at the early stages of education.</b>	<b>K_U08</b>	<b>M1_U05,</b>
	<b>5. Develops a volleyball class synopsis, a semester plan and an annual plan, as well as the programme of sports and recreation event for primary school pupils.</b>	<b>K_U14</b>	<b>M1_U09,</b>
	<b>6. Is able to organize and conduct sports classes in a safe manner. Demonstrates specialist physical movement skills within the scope of basic elements of techniques and tactics applied in volleyball necessary for conducting the didactic process at the primary school.</b>	<b>K_U20</b>	<b>M1_U11,</b>
Social competences	<b>7. Cooperates in a team and is involved in the team work, assuming different functions, including the initiator of exercises, a referee.</b>	<b>K_K06</b>	<b>M1_K04,</b>
	<b>8. Takes care of the occupational health and safety of his/her own work and of persons participating in the volleyball classes by checking the technical condition of the sports facilities and equipment, adequate selection of the number of pupils in a group and efficient organization of classes.</b>	<b>K_K13</b>	<b>M1_K07,</b>
	<b>9. Maintains the level of physical fitness necessary for the presentation of exercises during football classes.</b>	<b>K_K16</b>	<b>M1_K09 ,</b>
<b>COURSE CONTENT</b>			Number of hours
<b>Form of instruction: specialist classes</b>			
<b>1. Technique of performance and methodology of teaching basic technical elements of volleyball.</b>			<b>20</b>
<b>2. Technical and tactical actions in minigames.</b>			<b>8</b>
<b>3. Conducting classes independently and refereeing minigames.</b>			<b>12</b>



Teaching method	<ul style="list-style-type: none"> <li>- theoretical and practical activities (imitative and creative)</li> <li>- group work</li> <li>- simulation games</li> </ul>	
Verification method of learning outcomes		Learning outcome number
	* test	1,2,
	* project	3,4,5,7,8,
	* thesis/essay/review	3,4,5,8,
Credit form and requirements	* test	6,9,
	<p>I. Attendance and participation in all classes. Semester 4:</p> <p>II. Practical assignment grade: (the grade obtained in semester 4 constitutes 100% of practical credit)</p> <p>1. Return across the net rope using both hands (at the height of 243 cm).</p> <p>2. Top and low return over the net rope.</p> <p>3. Return of the ball using ball hands to the square drawn on the wall.</p> <p>Semester 5:</p> <p>III. Practical credit – a fragment of game, preserving continuity (grade x 50%)</p> <p>IV. Written credit comprising theoretical knowledge (questions requiring elaborate answer including terminology and naming within the scope of techniques and methodology of teaching basic elements of the game, and their consequences in the process of education, knowledge of volleyball game rules. (grade x 30%)</p> <p>V. Credit obtained for conducting a volleyball class ( elements assessed: synopsis, demonstration and clarification of the element taught or improved, theoretical knowledge, class safety and organization, teacher's attitude) (grade x 15%)</p> <p>VI. Credit awarded for group project: semester/annual plan of volleyball classes (grade x 5%)</p> <p>VII. Sport-related voluntary work: (event related - grade x 5%; up to 3 months - grade x 10%; above 3 months - grade x 20%).</p> <p>Final grade: constitutes 50% of the grade for the semester 4 and 50% of the grade for the semester 5 and voluntary activity.</p>	
	<b>Primary literature</b>	
	Zatyrcz Z., Piasecki L. (2001): Piłka siatkowa. ZWPiW Plewnia	
Wróblewski P. (2005): Piłka siatkowa w szkole. WSiP		
Szczepanik M., Klocek T. (2005): Siatkówka w szkole. AWF Kraków		
Grządziel G., Szade D. (2006): Piłka siatkowa, technika, taktyka i elementy minisiatkówki. AWF Katowice		
<b>Supplementary literature</b>		
Grządziel G., Ljach W. I. (2000): Piłka siatkowa. COS Warszawa		
Zaborniak S., Kowal A. (2006): Piłka siatkowa w szkole. Helvetica Starachowice		
Superlak E. (2006): Piłka siatkowa. Techniczno - taktyczne przygotowanie do gry. BK Wrocław		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	40	
Participation in the instructor's office hours	6	
Examination and/or credit duration	4	
Preparation for classes	6	
Literature studying	8	
Preparation of a project/ essay/ etc.	4	
Preparation for the exam or/and credit	6	
Other	1	
TOTAL student's workload in hours	75	
ECTS credit points	3	

**First degree**

**Third year**

Course name: <b>Sports medicine</b> (ELECTIVE MODULES / Group: Sports)			Course code: <b>16.1WK25PIJ2615_83S</b>		
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Kinesiotherapy</b>					
Field of study <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: 3 / 6		Course/ module status: <b>elective</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>lectures</b>	<b>classes</b>			
Number of hours:	<b>15</b>	<b>15</b>			
Course/ module coordinator:	<b>dr Maciej Zawadzki</b>				
Instructor	<b>dr Maciej Zawadzki – lectures</b> <b>dr Maciej Zawadzki - classes</b>				
Course/module objectives:	<b>To familiarize students with the hazards resulting from practicing various forms of physical fitness, presenting students with the possibility of using biological regeneration in the post-effort regeneration of the body. Sports injuries and ways of their prevention. To familiarize students with the functioning of the medical healthcare for persons practicing sport.</b>				
Prerequisites:	<b>None</b>				
<b>LEARNING OUTCOMES</b>			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	<b>1. The student defines the results of excessive and insufficient physical activity. The student adequately selects the scope of physical movement exercises. The student possesses knowledge of sports injuries in physical education and professional sport.</b>		<b>K_W13</b>	<b>M1_W07,</b>	
	<b>2. The student possesses knowledge of health prophylaxis. The student knows the principles of correct training with regard to traumatology and health pathologies in various sports disciplines. The student is able to precisely define the hazards and eliminate them effectively.</b>		<b>K_W21</b>	<b>M1_W09,</b>	
Skills	<b>3. The student prepares a project of preventive measures aimed at effective injury prevention and damage to the movement apparatus in children and youth practicing various physical activities.</b>		<b>K_U22</b>	<b>M1_U12 ,</b>	
	<b>4. The student is able to effectively analyze the processes aimed at supporting the correct development of children and teenagers during the process of sports training and physical education at school. The student is able to implement pro-health tasks within the environment of children and teenagers by lectures and practical classes.</b>		<b>K_U24</b>	<b>M1_U13 ,</b>	
Social competences	<b>5. The student is aware of his/her knowledge and skills is performs adequate selfassessment of his/her competences.</b>		<b>K_K02</b>	<b>M1_K02,</b>	
	<b>6. The student takes care of the safety and the hygiene of his own work and of persons participating in physical education classes, and during practicing various types of sport. The student is able to assess potential hazards resulting from external and internal factors affecting a human being.</b>		<b>K_K13</b>	<b>M1_K07,</b>	
<b>COURSE CONTENT</b>				Number of hours	
Form of instruction: lectures					
<b>1. Selected problems of sports medicine with regard to children and youth.</b>				<b>4</b>	
<b>2. Health hazards of sportsmen.</b>				<b>4</b>	

<b>3. Tissue and organ injuries in sport.</b>		<b>4</b>
<b>4. Prophylaxis in sports injuries.</b>		<b>3</b>
Form of instruction: classes		
<b>1. General research.</b>		<b>3</b>
<b>2. Examination of motor organs in sportsmen.</b>		<b>4</b>
<b>3. Prophylaxis of sports injuries in selected sports disciplines and physical education classes at school.</b>		<b>4</b>
<b>4. Biological regeneration in professional sport.</b>		<b>2</b>
<b>5. Sports and medical check-up.</b>		<b>2</b>
Teaching methods	<ul style="list-style-type: none"> <li>- multimedia presentation</li> <li>- tutorial ( subject-related)</li> <li>- discussion</li> </ul>	
Verification methods of the learning outcomes		Learning outcome number
	* test	1,2,3,4,
	* presentations	1,2,3,6,
	* project	3,4,5,
Credit form and requirements	<p>Awarding credit shall be conditional upon attendance during lectures and classes.  Any absences must be made up for according to principles defined by the instructor.  Awarding credit for classes shall be conditional upon:</p> <ul style="list-style-type: none"> <li>- oral presentation (multimedia),</li> <li>- assessment of a group project, - final test.</li> </ul> <p>The above components must be credited with minimum satisfactory grade.  The final class grade shall be constituted by the grade average of multimedia group presentation grade and the final test grade.</p>	
<b>Primary literature</b>		
Dziak A. (1991): <i>Medycyna sportowa</i> . PTMS Warszawa		
Garlicki J. (1988): <i>Traumatologia sportowa</i> . PZWL Warszawa		
Gawroński W.,Szygula Z. (2002): <i>ABC medycyny sportowej</i> . Medycyna Sportiva Kraków		
Dobrzański T. (1989): <i>Medycyna wychowania fizycznego i sportu</i> . SiT Warszawa		
<b>Supplementary literature</b>		
Lisiecka M. (1971): <i>Odnowa biologiczna</i> . PKOL Warszawa		
Jankowiak Z. (1982): <i>Fizjologiczne podstawy odnowy biologicznej w sporcie</i> . Instytut Sportu Warszawa		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	2	
Examination and/or credit duration	2	
Preparing for the classes	11	
Studying literature	10	
Preparing a project, essay, etc.	12	
Preparing for the exam or/and credit	8	
TOTAL student's workload in hours	75	
ECTS credit points	3	

Course name: <b>Theory and methodology of football (COURSES FOR THE FIELD OF STUDY)</b>			Course code: <b>16.1WK25PIJ2598_38S</b>		
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Kinesiology and Team Sports</b>					
Field of study: <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: <b>3 / 5, 6</b>		Course/ module status: <b>Obligatory</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>Specialist classes</b>				
Number of hours:	<b>40</b>				
Course/module coordinator:	<b>dr Milosz Stępiński</b>				
Instructor:	<b>dr Milosz Stępiński - specialist classes dr Ryszard Stefanik - specialist classes</b>				
Course/ module objectives:	<b>Competences within the scope of performance and teaching basic elements of game technique and tactics necessary for conducting football classes at the early stage of school education.</b>				
Preliminary requirements:	<b>none</b>				
<b>LEARNING OUTCOMES</b>			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	<b>1. Describes the technique of performing football specialist skills and knows and describes, in a proper way, the methodology of teaching and improving basic elements of the movement technique in basketball at the early stage of school education.</b>		<b>K_W14</b>	<b>M1_W07,</b>	
	<b>2. Names side effects and consequences of improper selection of physical exercises in the process of teaching movement.</b>		<b>K_W13</b>	<b>M1_W07,</b>	
Skills	<b>3. Is able to independently plan classes related to teaching football techniques.</b>		<b>K_U08</b>	<b>M1_U05,</b>	
	<b>4. Demonstrates specialist physical movement skills within the scope of basic elements and technique of football necessary for conducting the didactic process at the primary school.</b>		<b>K_U20</b>	<b>M1_U11,</b>	
	<b>5. Is able to independently conduct classes within the scope of football education</b>		<b>K_U16</b>	<b>M1_U10,</b>	
	<b>6. Prepares the synopsis and the programme of sports and recreational event for primary school pupils.</b>		<b>K_U21</b>	<b>M1_U11,</b>	
Social competences	<b>7. Is involved in the work of the group, assuming different functions, including the team captain, co-partner, opponent, a referee. 8. Cooperates within the team, showing responsibility for own actions undertaken during the game.</b>		<b>K_K06</b>	<b>M1_K04,</b>	
	<b>9. Knows, observes safety rules and takes care of his/her own safety and the safety of pupils during football classes by checking the technical condition of the sports facilities and equipment u.</b>		<b>K_K13</b>	<b>M1_K07,</b>	
<b>COURSE CONTENT</b>				Number of hours	
<b>Form of instruction: specialist classes</b>					
<b>1. Technique of performance and methodology of teaching basic technical elements of the football game.</b>				<b>15</b>	
<b>2. Technical and tactical actions in mini games and school games.</b>				<b>5</b>	
<b>3. Conducting classes independently and refereeing fragments of the game and a school game.</b>				<b>12</b>	

4. Group project – planning football tournament.		2
5. Practical credit.		6
Teaching method	- theoretical and practical activities (imitative and creative) - group work - simulation games	
Verification method of learning outcomes		Learning outcome number
	* test	1,2,
	* thesis/essay/review	3,
	* test	4,
	* practical classes (verification through observation)	4,5,9,
	* project	6,7,8,
Credit form and requirements	<p>1. Practical test - modified DFB test- comprising 5 trials assessing the level of gaining the basic football skills in an analytical (isolated) - the grade shall constitute 20% of the final grade .</p> <p>2. Conducting a football class (graded elements: the synopsis, presentation and explanation of the taught and improved element, theoretical knowledge, safety and organization of classes, refereeing, instructor's attitude) – the grade shall constitute 20% of the final grade.</p> <p>3. Credit awarded for group project: sports and recreational event (football game) for primary school children (graded elements: presentation, discussion and justification of the plan of the game - The project grade shall constitute 10% of the final grade</p> <p>4. Written test comprises theoretical knowledge (questions requiring elaborate answer covering terminology and naming within the scope of technique and methodology of teaching basic elements of game, knowledge of teaching errors and their impact on the process of education, the knowledge of basic technical and tactical systems of solving problems related to game refereeing )-          The test grade constitutes 50% of the course final grade</p> <p>- All elements enumerated above in points 1-4 require a minimum satisfactory grade.          - The credit grade may be 10-20% higher for voluntary activity of the student, in compliance with the principles specified by the instructor.</p>	
Primary literature		
Juszczak G, Stępiński M. (2013): Piłka nożna halowa dla początkujących. MWW		
Stępiński M., Paluszek K. (2009): Piłka nożna dla najmłodszych. Cz. 1 Szkolenie piłkarskie na boiskach Orlik 2012. Akademia Futbolu Widzew Łódź		
Frick U. i wsp. (2012): Gry i zabawy w piłce nożnej. PZPN		
(2012): Piłka nożna jutra. PZPN		
Góralczyk R. (2001): Technika piłki nożnej. AWF Katowice		
Supplementary literature		
(2010): System organizacji szkolenia dzieci i młodzieży. PZPN		
Kapera R., Śledziwski D (1997): Piłka nożna - szkolenie dzieci i młodzieży. PZPN		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	40	
Participation in the instructor's office hours	6	
Examination and/or credit duration	4	
Preparation for classes	5	
Literature studying	5	
Preparation of a project/ essay/ etc.	3	
Preparation of a project/ essay/ etc.	10	
Other	2	
TOTAL student's workload in hours	75	
ECTS credit points	3	

Course name: <b>Theory and methodology of volleyball (COURSES FOR THE FIELD OF STUDY)</b>		Course code : <b>16. 1X25PI11_24</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Kinesiology and Team Sports</b>			
Field of study: <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>First cycle programme of study, full-time</b>		Profile of education: <b>practical</b>	Field of specialization: <b>Teaching,</b>
Year/ semester <b>2, 3 / 4, 5</b>		Course/ module status: <b>Obligatory</b>	Course/module language: <b>Polish/ English</b>
Form of instruction:	<b>Specialist classes</b>		
Number of hours:	<b>40</b>		
Course/module coordinator:	<b>mgr Leszek Piasecki</b>		
Instructor:	<b>mgr Leszek Piasecki – specialist classes</b>		
Course/ module objectives:	<b>Competences within the scope of performance and teaching basic elements of game technique and tactics necessary for conducting volleyball classes at the early stage of school education.</b>		
Preliminary requirements:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Describes the technique of performing volleyball specialist skills and knows and describes, in a proper way, the methodology of teaching and improving basic technical elements of volleyball at the early stage of school education.</b>	<b>K_W14</b>	<b>M1_W07,</b>
	<b>2. Defines basic game rules, enumerates and explains volleyball game rules. Distinguishes specialist terminology applied in the process of teaching volleyball.</b>	<b>K_W23</b>	<b>M1_W10,</b>
Skills	<b>3. Is able to, independently and with a group, plan and organize physical movement classes applying proper methods and means for the completion of didactic tasks during volleyball education classes. 4. Applies basic equipment necessary for the completion of the didactic process of volleyball teaching at the early stages of education.</b>	<b>K_U08</b>	<b>M1_U05,</b>
	<b>5. Develops a volleyball class synopsis, a semester plan and an annual plan, as well as the programme of sports and recreation event for primary school pupils.</b>	<b>K_U14</b>	<b>M1_U09,</b>
	<b>6. Is able to organize and conduct sports classes in a safe manner. Demonstrates specialist physical movement skills within the scope of basic elements of techniques and tactics applied in volleyball necessary for conducting the didactic process at the primary school.</b>	<b>K_U20</b>	<b>M1_U11,</b>
Social competences	<b>7. Cooperates in a team and is involved in the team work, assuming different functions, including the initiator of exercises, a referee.</b>	<b>K_K06</b>	<b>M1_K04,</b>
	<b>8. Takes care of the occupational health and safety of his/her own work and of persons participating in the volleyball classes by checking the technical condition of the sports facilities and equipment, adequate selection of the number of pupils in a group and efficient organization of classes.</b>	<b>K_K13</b>	<b>M1_K07,</b>
	<b>9. Maintains the level of physical fitness necessary for the presentation of exercises during football classes.</b>	<b>K_K16</b>	<b>M1_K09 ,</b>
<b>COURSE CONTENT</b>			Number of hours
<b>Form of instruction: specialist classes</b>			
<b>1. Technique of performance and methodology of teaching basic technical elements of volleyball.</b>			<b>20</b>
<b>2. Technical and tactical actions in minigames.</b>			<b>8</b>
<b>3. Conducting classes independently and refereeing minigames.</b>			<b>12</b>

Teaching method	<ul style="list-style-type: none"> <li>- theoretical and practical activities (imitative and creative)</li> <li>- group work</li> <li>- simulation games</li> </ul>	
Verification method of learning outcomes		Learning outcome number
	* test	1,2,
	* project	3,4,5,7,8,
	* thesis/essay/review	3,4,5,8,
Credit form and requirements	<p>I. Attendance and participation in all classes. Semester 4:</p> <p>II. Practical assignment grade: (the grade obtained in semester 4 constitutes 100% of practical credit)</p> <p>1. Return across the net rope using both hands (at the height of 243 cm).</p> <p>2. Top and low return over the net rope.</p> <p>3. Return of the ball using ball hands to the square drawn on the wall.</p> <p>Semester 5:</p> <p>III. Practical credit – a fragment of game, preserving continuity (grade x 50%)</p> <p>IV. Written credit comprising theoretical knowledge (questions requiring elaborate answer including terminology and naming within the scope of techniques and methodology of teaching basic elements of the game, and their consequences in the process of education, knowledge of volleyball game rules. (grade x 30%)</p> <p>V. Credit obtained for conducting a volleyball class ( elements assessed: synopsis, demonstration and clarification of the element taught or improved, theoretical knowledge, class safety and organization, teacher's attitude) (grade x 15%)</p> <p>VI. Credit awarded for group project: semester/annual plan of volleyball classes (grade x 5%)</p> <p>VII. Sport-related voluntary work: (event related - grade x 5%; up to 3 months - grade x 10%; above 3 months - grade x 20%).</p> <p>Final grade: constitutes 50% of the grade for the semester 4 and 50% of the grade for the semester 5 and voluntary activity.</p>	
	<b>Primary literature</b>	
	Zatyrcz Z., Piasecki L. (2001): Piłka siatkowa. ZWPiW Plewnia	
	Wróblewski P. (2005): Piłka siatkowa w szkole. WSiP	
	Szczepanik M., Klocek T. (2005): Siatkówka w szkole. AWF Kraków	
Grządziel G., Szade D. (2006): Piłka siatkowa, technika, taktyka i elementy minisiatkówki. AWF Katowice		
<b>Supplementary literature</b>		
Grządziel G., Ljach W. I. (2000): Piłka siatkowa. COS Warszawa		
Zaborniak S., Kowal A. (2006): Piłka siatkowa w szkole. Helvetica Starachowice		
Superlak E. (2006): Piłka siatkowa. Techniczno - taktyczne przygotowanie do gry. BK Wrocław		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	40	
Participation in the instructor's office hours	6	
Examination and/or credit duration	4	
Preparation for classes	6	
Literature studying	8	
Preparation of a project/ essay/ etc.	4	
Preparation for the exam or/and credit	6	
Other	1	
TOTAL student's workload in hours	75	
ECTS credit points	3	



**Second degree**

**First year**

Name of education programme: WKFiPZ-WF-P-II-N-18/19Z					
Module: Elective module F [module]					
Course name: badminton				Course code : 5.1WK25PIIJ2986_22N	
Name of the unit conducting the course/module: The Department of Kinesiology and Team Sports					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: Practical		Specialization:	
Course/ module status: elective			Course/module language: semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	2	specialist classes	8	credit with grade	2
Total			8		2
Course/ module coordinator:	dr BEATA FLORKIEWICZ				
Instructor:	dr BEATA FLORKIEWICZ				
Course/module objectives:	Planning and completion of sports and recreational badminton classes. Gaining skills of preparing sports and recreational badminton events. Gaining knowledge of basic badminton rules and principles.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	knows basic technical elements of badminton and possesses a set of exercises to be applied during physical education classes	K_W16	M2_W10
	2	EP2	defines basic rules and regulations binding for badminton	K_W16	M2_W10
skills	1	EP3	is able to present basic technical elements of badminton: backhand and forehand serve, from the top left and right side)	K_U14	M2_U11
	2	EP4	construct a lesson plan with badminton	K_U14	M2_U11
	3	EP5	prepares and plans the programme of sports and recreational event	K_U14	M2_U11
social competences	1	EP6	prepares and plans the programme of sports and recreational event	K_K10	M2_K07
COURSE CONTENT				Semester	Number of hours
Course name: badminton					
Form of instruction: specialist classes					
1. Game description, badminton fun and movement games.				2	7

2. Basic technical elements of badminton.		2	8		
Methods of education	- theoretical and practical actions (imitative and creative) - group work				
Verification methods of the learning outcomes			Learning outcome number		
	test		EP1,EP2		
	test		EP3		
	thesis/essay/review		EP1,EP4,EP6		
	project		EP1,EP2,EP5,EP6		
Credit form and requirements	<p>1. Project- awarding credit for a group project of a sports and recreational event with elements of badminton (elements assessed: project, project content, safety and organization of events).</p> <p>2. Written assignment – a synopsis of a badminton physical education class (assessment for proper choice of exercises and safety).</p> <p>3. Test –comprising basic theoretical knowledge (questions requiring elaborate answer, terminology within the scope of basic technical elements of badminton, the set of exercises and game rules).</p> <p>4. Graded practical assignment: performing 5 subsequent backhand and forehand serves from the serving fields to the reception field to the square of 1x1m. Performance of 5 successful shots 5 – very good grade, 4 shots – good grade, 3 shots – satisfactory, 1 and 2 - insufficient. The student is allowed to have two trials, the better trial is subject to a grade.</p>				
	Rules for calculating the grade for the subject				
	<p>Final evaluation</p> <p>1. Project.</p> <p>2. Written paper.</p> <p>3. Test.</p> <p>The student must earn at least the following credits for a sufficient grade.</p>				
Method of calculating the final evaluation	Semester.	subject	Type of credit	Method of calculation	Weight to average
	2	badminton		Uncalculated	
	2	badminton [spceialist classes]	credit with grade		
Primary literature	Nawara H. (2000): Badminton, AWF, Wrocław				
	Sieniek Cz. (2000): Sport całego życia. Metodyka nauczania, COS, Warszawa				
	Stelter M. (2001): Badminton: program szkolenia dzieci i młodzieży, COS, Warszawa				
Supplementary literature	Szalewicz A. (2001): Nauka badmintona w weekend, Wiedza i Zycie, Warszawa				
STUDENT'S WORKLOAD :					
		Number of hours			
Instruction		15			
Examination and/or credit duration		4			
Preparing for the classes		8			
Studying literature		5			
Participation in the instructor's office hours		8			
Preparing a project / essay/ etc.		6			
Preparing for the exam or/and credit		4			
Other		0			
TOTAL student's workload in hours		50			
ECTS credit points		2			

Name of education programme: WKFiPZ-WF-P-II-S-18/19Z					
Course name: Health education (BASIC)				Course code: 5.1WK25PIIJ2622_11S	
Name of the unit conducting the course/module: The Department of Health Education					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	classes	15	credit with grade	4
		lecture	15	exam	
Total			30		4
Course/ module coordinator:	dr hab. KATARZYNA SYGIT				
Instructor:	dr AGATA BARANOWSKA				
Course/module objectives:	The objective of the course is to familiarize students with the issues related to the individual's health, factors determining human health and health problems of children and youth.				
Prerequisites:	The student is able to define basic notions within the scope of health sciences . The student solves basic health related issues . The student presents his/her own opinions, is involved in a discussion, works independently and in a group.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student possesses knowledge within the broadly understood health education	K_W09	M2_W06
	2	EP2	The student knows basic factors determining human health, their impact on health and the possibility of their verification	K_W15	M2_W09
skills	1	EP3	The student is able to perform a subjective assessment of the pupil's health condition and possesses diagnostic skills	K_U11	M2_U09
	2	EP4	The student presents, orally, the results of his/her work	K_U18	M2_U14
social competences	1	EP5	The student is able to initiate discussion and form opinions related to health education	K_K12	M2_K08
	2	EP6	The student, by understanding the impact of physical activity on health, takes care of his/her own fitness	K_K13	M2_K09
COURSE CONTENT				Semester	Number of hours
Course name: Health education					
Form of instruction: lecture					

1. Theoretical and methodological foundations of health education: health and its determinants (definition of health and diseases, health models, public health and global health, health determinants).		1	2		
2. Taking care of people's health (health awareness and health care, passivity towards health and health resistance); objectives and concepts of modern health education (objectives and expected effects of health education, models and concepts of health education).		1	4		
3. Health education in disease prevention, therapy and health promotion (health education as a key component of health promotion, health education in prevention of diseases and behaviours risky for health).		1	2		
4. Theories and models used in health education (models of planning health promotion programmes and health education); methodology of health education (planning health education programme, methods of training in health education).		1	4		
5. Health education in different habitats (health education in family, kindergarten and school). Final test.		1	3		
Form of instruction: classes					
1. The period of childhood and adolescence in the context of needs of health education.		1	2		
2. Health education of children with chronic diseases (occurrence of chronic diseases in children and adolescents in Poland; health education of children and adolescents with chronic diseases in family and school).		1	2		
3. Health education of children with intellectual disabilities.		1	2		
4. Education for caring for the body; nutritional education (nutritional education of children and youth in the family, kindergarten and school); education for increasing physical activity). Presentation of an outline of the developed activities.		1	4		
5. Education for safety (incidence of injuries in the population of children and adolescents in Poland, causes of accidents).		1	2		
6. Education in prevention of risky behaviours (structure of problematic and risky behaviours of children and adolescents, education of parents, teachers and guardians of children).		1	3		
Methods of education	lectures with the use of audio-visual equipment, discussion, drawing up an outline, teamwork				
Verification methods of the learning outcomes			Learning outcome number		
	WRITTEN EXAMINATION		EP1,EP2,EP3		
	TEST		EP1,EP2		
	PAPER/ESSAY/REVIEW		EP4,EP5,EP6		
Credit form and requirements	Credit for lectures is awarded on the basis of a written test. The course credit is awarded on the basis of attendance during classes and lectures. Credit for classes is awarded on the basis of: performance of a synopsis and a positive test grade. Final credit – is constituted by and arithmetic average of grades obtained during lectures and classes.				
	Rules for calculating the grade for the subject				
	The final grade shall be constituted by an exam grade.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method evaluation calculations	Weight to average
	1	health education		Uncalculated	
	1	health education [lecture]	exam		
	1	health education [classes]	credit with grade		
Primary literature	Gromadzka-Ostrowska J. i wsp. (2003): Edukacja prozdrowotna, SGGW, Warszawa				
	Kulik T.B., Pacian A. (2014): Zdrowie publiczne, PZWL, Warszawa				
	Sygit K. (2008): Materiały dydaktyczne do zajęć z wychowania zdrowotnego i promocji zdrowia, Uniwersytet Szczeciński, Szczecin				

	Sygit M. (2017): Zdrowie publiczne, Oficyna a Wolters Kluwer, Warszawa
	Sygit M., Sygit K. (2008): Wychowanie zdrowotne, Uniwersytet Szczeciński, Szczecin
	Woynarowska B. (2017): Edukacja zdrowotna, PWN, Warszawa
Supplementary literature	Sygit K. (2015): Nieprawidłowości żywieniowe populacji w wieku 12-17 lat i ich skutki, Medical Review, Rzeszów
	Sygit K. (2013): The study of health behaviors of children as the basic for the development of health education programs in rural areas, CEJSSM, Szczecin
	Sygit K. (2012): Uwarunkowania wybranych zachowań zdrowotnych młodzieży wiejskiej, Polski Przegląd Nauk o Zdrowiu, Poznań
STUDENT'S WORKLOAD	
	Number of hours
Instruction	30
Examination and/or credit duration	6
Preparing for the classes	13
Studying literature	20
Participation in the instructor's office hours	8
Preparing a project / essay/ etc.	15
Preparing for the exam or/and credit	8
Other	0
TOTAL student's workload in hours	100
ECTS credit points	4

Name of education programme: WKFiPZ-WF-P-II-S-18/19Z					
Module Elective course H [module]					
Course name: bodybuilding (OTHER OBJECTS / MODULES)				Course code: 5.1WK25PIIJ2985_45S	
Name of the unit conducting the course/module: The Department of Individual Sports, Tourism and Recreation					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr MAREK KOLBOWICZ				
Instructor:	dr MAREK KOLBOWICZ				
Course/module objectives:	The idea of bodybuilding training. Gaining general knowledge within the scope of strength and weight building training, and the impact of physical exercises on fitness.				
Prerequisites:	None.				
<b>LEARNING OUTCOMES</b>					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student knows which devices and equipment may be used in bodybuilding.	K_W08	M2_W05
	2	EP2	The student possesses knowledge of the allowed and disallowed supplementation applied in sport.	K_W09	M2_W06
skills	1	EP3	The student is able to select training methods improving strength endurance with the use of devices and equipment available at the gymnasium.	K_U12	M2_U10
		EP8	The student is aware of the impact of physical training and applied intensity on proper functioning of the body	K_U12	M2_U10
social competences	1	EP4	The student is able to define his/her strength capabilities	K_K13	M2_K09
	2	EP5	The student knows training methods applied in bodybuilding and is able to skilfully use the abilities, depending on sex and age	K_K09	M2_K06
	3	EP6	The student is aware of the impact of physical training and applied intensity on proper functioning of the body	K_K03	M2_K03
	4	EP7	The student is able to take care of his/her own safety and the safety of others during performed exercises	K_K10	M2_K07

COURSE CONTENT		Semester	Number of hours		
Course name: bodybuilding					
Form of instruction: specialist classes					
1. History of bodybuilding in Poland and in the world.		1	2		
2. Nutrition and dietary supplements used in sport.		1	2		
3. Supplements in sport.		1	2		
4. Doping – steroids in sport.		1	2		
5. Warm-up – its role and impact.		1	2		
6. Strength endurance.		1	2		
7. Training methods in bodybuilding.		1	3		
Methods of education	practical exercises (verification by observation),multimedia presentation.				
Verification methods of the learning outcomes			Learning outcome number		
	TEST		EP1,EP4		
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)		EP2,EP3,EP4,EP5,EP6,EP7,EP8		
Credit form and requirements	Presentation - 30% of the final grade conducting classes on a selected topic 40% of the final grade of the written test - 30% of the final grade				
	Rules for calculating the grade for the subject				
	Presentation - 30% of the final grade conducting classes on a selected topic 40% of the final grade of the written test - 30% of the final grade				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	bodybuilding		Uncalculated	
	1	bodybuilding [specialist classes ]	credit with grade		
Primary literature	Ambroży T., KaganeK K. (2006): Fitness - classes siłowe, TKKF ZG				
	Delavier F. (2007): Atlas treningu siłowego. , PZWL				
	Trzaskoma Z. (2001): Kompleksowe zwiększanie siły mięśniowej sportowców. Biblioteka trenera				
Supplementary literature	Juan Carlos Santana (2017): Trening funkcjonalny, DB Publishing , SBN: 978-83-62526-08-6				
STUDENT'S WORKLOAD					
		Number of hours			
Instruction		15			
Examination and/or credit duration		4			
Preparing for the classes		10			
Studying literature		9			
Participation in the instructor's office hours		4			
Preparing a project / essay/ etc.		3			
Preparing for the exam or/and credit		5			
Other		0			
TOTAL student's workload in hours		50			
ECTS credit points		2			



Name of education programme: WKFIPZ-WF-P-II-S-18/19Z					
Module: Elective course H [module]					
Course name: nordic walking (OTHER OBJECTS / MODULES)				Course code: 5.1WK25PIIJ2987_44S	
Name of the unit conducting the course/module: The Department of Sport Theory and Practice					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr ALICJA DROHOMIRECKA				
Instructor:	mgr ALEKSANDER WIAŻEWICZ				
Course/module objectives:	To familiarize students with the basic technique of Nordic walking.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Possesses knowledge of the significance of Nordic walking in recreation and rehabilitation and knows the Nordic walking-related terminology	K_W11	M2_W06
skills	1	EP2	Possesses Nordic walking related skills, is able to demonstrate a selected march technique and conduct various types of classes and playing with sticks	K_U12	M2_U10
social competences	1	EP3	Is able to ensure safety during Nordic walking classes	K_K10	M2_K07
COURSE CONTENT				Semester	Number of hours
Course name: nordic walking					
Form of instruction: specialist classes					
1. Historical perspective of Nordic walking, the structure and principles of selecting sticks, the description of the correct technique.				1	3
2. Field exercises – integration games, strengthening, stretching and breathing exercises.				1	3
3. Methods of teaching and field practice - exercises improving the technique of Nordic walking , playing with sticks				1	4
4. Conducting individually and correctly a chosen part of Nordic walking classes.				1	5
Methods of education	group work -imitative and creative methods				

Verification methods of the learning outcomes					Learning outcome number
	TEST				EP1
	PRACTICAL TEST				EP2,EP3
Credit form and requirements	Attendance and active participation in all classes. Practical assignment – demonstrating the basic marching technique, conducting a selected part of classes. Test - written assignment covering theoretical knowledge. All elements listed above must be credited with minimum satisfactory grade.				
	Rules for calculating the grade for the subject				
	Practical assignment - the grade constitutes 60% of the final grade. Test - written assignment covering theoretical knowledge - the grade constitutes 40% of the final grade.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	nordic walking		Uncalculated	
	1	nordic walking [specialist classes ]	credit with grade		
Primary literature	Kocur P., Wilk M., Dylewicz P. (2011): Nordic walking, rekreacja, rehabilitacja i zdrowie., AWF Poznań, Cornetis, Poznań				
	Wróblewski P. (2010): Nordic walking, Pascal, Bielsko-Biała				
Supplementary literature	Chojnowska-Siemieńczuk E. (2011): Nordic Walking. Ćwiczenia, Literat, Toruń				
STUDENT'S WORKLOAD					
			Number of hours		
Instruction			15		
Examination and/or credit duration			4		
Preparing for the classes			5		
Studying literature			5		
Participation in the instructor's office hours			8		
Preparing a project / essay/ etc.			5		
Preparing for the exam or/and credit			8		
Other			0		
TOTAL student's workload in hours			50		
ECTS credit points			2		

Name of education programme: WKFiPZ-WF-P-II-S-18/19Z					
Module: Elective course J [module]					
Course name: beach sports forms (OTHER OBJECTS / MODULES)				Course code: 5.1WK25PIIJ2986_52S	
Name of the unit conducting the course/module: The Department of Kinesiology and Team Sports					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	2	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr BEATA FLORKIEWICZ				
Instructor:	dr BEATA FLORKIEWICZ, mgr LESZEK PIASECKI, mgr JUSTYNA WIAŻEWICZ				
Course/module objectives:	Presentation of beach games as an attractive form of physical activity, exerting comprehensive impact on the body, familiarizing students with movement activities characteristic for beach soccer, beach volleyball, and beach handball. Knowledge of beach game rules.				
Prerequisites:	None.				
<b>LEARNING OUTCOMES</b>					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Names the basic elements in beach games: Beach Soccer, Beach Volleyball and Beach Handball	K_W16	M2_W10
	2	EP2	Enumerates basic rules of games within scope that is necessary for using the discipline as a form of recreation	K_W16	M2_W10
skills	1	EP3	Properly selects exercises for the completion of recreational beach game classes using proper didactic methods and means	K_U14	M2_U11
	2	EP4	Prepares, and plans the tournament of a selected beach game	K_U12	M2_U10
	3	EP5	Knows, observes and takes care of safety regulations during championships organized by the student	K_U12	M2_U10
social competences	1	EP6	Knows, observes and takes care of safety regulations during championships organized by the student	K_K10	M2_K07

COURSE CONTENT		Semester	Number of hours		
Course name: beach sports forms					
Form of instruction: specialist classes					
1. Rules and basic technical elements of Beach Soccer.		2	4		
2. Rules and basic technical elements of Beach Volleyball.		2	4		
3. Rules and basic technical elements of Beach Handball.		2	4		
4. Organization of championships.		2	3		
Methods of education	- theoretical and practical ( imitative and creative) - group work				
Verification methods of the learning outcomes			Learning outcome number		
	TEST		EP1,EP2		
	PRACTICAL TEST		EP3		
	PROJECT		EP1,EP2,EP4,EP5,EP6		
Credit form and requirements	1. Project- assessment of the project of championship documentation of a selected beach game (a portfolio with complete documentation and championship rules, prepared by the group organizing championships). 2. Written test (general rules of the game, specialist terminology). 3. Practical test- of technical skills: the student performs one of selected technical elements of selected beach games.				
	Rules for calculating the grade for the subject				
	4. Final grade. Course credit: constitutes the average of grades for activities described in points 1-3, i. e. the project, written test and practical test. The above activities must be credited with minimum satisfactory grade.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	2	beach sports forms		Uncalculated	
	2	beach sports forms [specialist classes ]	credit with grade		
Primary literature	Diaczuk J., Góralczyk M. (2004): Piłkowa ręczna. Poznaj przepisy gry., AWF Katowice, Katowice				
	Grządziel G., Kowalski L. (2000): Siatkówka plażowa w szkole., COS Warszawa, Warszawa				
	Wołyniec J. (2006): Przepisy gier sportowych w zakresie podstawym., BK Wrocław, Wrocław				
Supplementary literature	Bodys J., Grządziel G. (1999): Piłka plażowa. , AWF , Katowice				
<b>STUDENT'S WORKLOAD</b>					
		Number of hours			
Instruction		15			
Examination and/or credit duration		4			
Preparing for the classes		6			
Studying literature		5			
Participation in the instructor's office hours		8			
Preparing a project / essay/ etc.		8			
Preparing for the exam or/and credit		4			
Other		0			
TOTAL student's workload in hours		50			
ECTS credit points		2			

Name of education programme: WKFIPZ-WF-P-II-S-18/19Z					
Module: Elective course J [module]					
Course name: extra-curricular physical activities (OTHER OBJECTS / MODULES)				Course code: 5.1WK25PIIJ2995_53S	
Name of the unit conducting the course/module: Workshop of Modern Movement Forms					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	2	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr ALICJA DROHOMIRECKA				
Instructor:	dr ALICJA DROHOMIRECKA, mgr LESZEK PIASECKI, mgr ALEKSANDER WIAŻEWICZ, mgr JUSTYNA WIAŻEWICZ				
Course/module objectives:	To familiarize students with various forms of extra-curricular physical activities. To teach student show to plan, organize and conduct classes, considering various abilities of the persons performing exercises, the age, needs, interests and conditions.				
Prerequisites:	General knowledge of physical movement recreation and knowledge of conducting classes based on recreation and fun games and variuos sports disciplines.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student knows the benefits of taking up physical movement activity	K_W11	M2_W06
	2	EP2	The student knows basic principles of planning and conducting extra-curricular forms of physical activity considering various conditions and needs as well as interests of the persons performing exercises	K_W11	M2_W06
skills	1	EP3	The student performs activities related to physical activity, using various forms of recreational, tourism-related and sports classes	K_U12	M2_U10
	2	EP4	Selects optimal content, means and forms of movement activity, verifies them and modifies them depending on the conditions and needs. Takes care of their proper course	K_U16	M2_U12
social competences	1	EP5	The student completes tasks in a manner ensuring safety, health and well-being of participants	K_K10	M2_K07
COURSE CONTENT				Semester	Number of hours
Course name: extra-curricular physical activities					
Form of instruction: specialist classes					

1. Physical activity: meaning and types of physical activity.		2	3		
2. Selected forms of extra-curricular physical activity.		2	3		
3. Forms of physical activity targeted at the individual and a small circle of persons performing exercises and a broader circle of recipients.		2	4		
4. Extra-curricular forms of physical activity: recreational, tourism-related and sport.		2	5		
Methods of education	- demonstration of example classes or their fragments by the instructor - preparation and conducting classes or their fragments – individual and group work				
Verification methods of the learning outcomes			Learning outcome number		
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)		EP1,EP2,EP3,EP4,EP5		
Credit form and requirements	Obtaining credit shall be conditional upon attendance during classes. The grade is awarded on the basis of: - theoretical knowledge of the material covered during classes by active participation in classes and discussion (the grade constitutes 20% of the course grade), - practical performance of assignment: organizing and conducting classes or their fragment (the grade constitutes 80% of the course grade), Both elements must be credited with at least satisfactory grade.				
	Rules for calculating the grade for the subject				
	Mastering the theoretical issues discussed during classes, manifested through active participation in classes and participation in discussion (grade is 20% of the grade on the subject). Performing a credit paper (grade is 80% of the grade in the subject). The grade may be increased by 10-20% for the student's voluntary activity according to the rules defined by the teacher.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	2	extra-curricular physical activities		Uncalculated	
	2	extra-curricular physical activities [specialist classes ]	credit with grade		
Primary literature	Bielski J. (2010): Aktywność fizyczna ucznia w czasie wolnym, Lider nr 1, 7-10, Henryków Urocz				
	Jurczak A. (2004): Udział dzieci i młodzieży w pozalekcyjnych i pozaszkolnych formach aktywności ruchowej., Wychowanie Fizyczne i Sport nr 4, 367-368, Warszawa				
	Korska A. (2010): Zajęcia pozalekcyjne - sport, turystyka, rekreacja, Wychowanie Fizyczne i Zdrowotne nr 11, 25-28, Poznań				
Supplementary literature	Rochowicz F. (2008): Czas wolny uczniów - w świetle aktywności ruchowej i zajęć sedenteryjnych, Wychowanie Fizyczne i Zdrowotne nr 3, 16-20, Poznań				
	Sikorska J. (2004): Sportowy piknik rodzinny, Wychowanie Fizyczne i Zdrowotne nr 5, dod. Biblioteczka Monograficzna 8-9, Poznań				
<b>STUDENT'S WORKLOAD</b>					
		Number of hours			
Instruction		15			
Examination and/or credit duration		4			
Preparing for the classes		4			
Studying literature		5			
Participation in the instructor's office hours		8			
Preparing a project / essay/ etc.		10			
Preparing for the exam or/and credit		4			
Other		0			
TOTAL student's workload in hours		50			
ECTS credit points		2			

Name of education programme: WKFiPZ-WF-P-II-S-18/19Z					
Course name: statistics (BASIC)				Course code: 5.1WK25PIIJ2620_10S	
Name of the unit conducting the course/module: The Department of Individual Sports, Tourism and Recreation					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	1	classes	15	credit with grade	4
		lecture	15	credit with grade	
Total			30		4
Course/ module coordinator:	mgr ROBERT TERCZYŃSKI				
Instructor:	mgr ROBERT TERCZYŃSKI				
Course/module objectives:	To familiarize students with basic statistical techniques in biological sciences				
Prerequisites:	None				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student is able to select and effectively use individual statistical tools in solving specific problems that a student may encounter during academic and office work	K_W13	M2_W07
skills	1	EP2	The student is able to use information techniques for the purpose of gathering storing data.	K_U07	M2_U06
	2	EP3	The student is able to interpret numerical data and draw conclusions on the basis of performer calculations	K_U07	M2_U06
	3	EP4	The student is able to plan and solve specific statistical tasks, typical for biological sciences	K_U07	M2_U06
social competences	1	EP5	The student is aware of his/her own limitations and knows when to address experts	K_K02	M2_K02
	2	EP6	The student is able to adequately define priorities aimed at the completion of a self-assigned task or a task assigned by others	K_K02	M2_K02
COURSE CONTENT				Semester	Number of hours
Course name: statistics					
Form of instruction: lecture					
1. Basic notions related to statistics				1	4

2. Statistical estimation.		1	5		
3. Analysis of questionnaire data		1	2		
4. Correlation and regression.		1	2		
5. Basis of the analysis of dynamics of occurring phenomena.		1	2		
Form of instruction: classes					
1. Basic notions connected with statistics. Drawing in statistics. Organization of statistical research.		1	3		
2. Measures of central tendency. Measurement units of dispersion. Estimation of parameters of one variable.		1	3		
3. Verification of statistical hypotheses – parametrical and non-parametrical test.		1	3		
4. Correlation and regression.		1	3		
5. Basis of the analysis of the dynamics of phenomena.		1	2		
6. Course credit.		1	1		
Methods of education	- multimedia presentation - presentation of examples of statistical analyses practical classes				
Verification methods of the learning outcomes			Learning outcome number		
	TEST		EP1,EP5,EP6		
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)		EP2,EP3,EP4		
Credit form and requirements	Course grade based on attendance at classes and positive grade.				
	Rules for calculating the grade for the subject				
	Graded course credit. The grade is awarded on the basis of: - oral examination – the grade constitutes 25% of the final grade - practical test grade - the grade constitutes 75% of the final grade .				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1	statistics		weighted average	
	1	statistics [classes]	credit with grade		0,25
	1	statistics [lecture]	credit with grade		0,75
Primary literature	Ciężczyk P., Boichanka S. (2008): Statystyka stosowana dla studiujących na uczelniach sportowych, International Association of Ontokinesiology, Szczecin				
	Ciężczyk P., Boichanka S. (2008): Statystyka stosowana dla studiujących na uczelniach sportowych, International Association of Ontokinesiology, Szczecin				
Supplementary literature	Stanisz A. (2007): Przystępny kurs statystyki., StatSoft, Kraków				
<b>STUDENT'S WORKLOAD</b>					
		Number of hours			
Instruction		30			
Examination and/or credit duration		4			
Preparing for the classes		0			
Studying literature		25			
Participation in the instructor's office hours		6			
Preparing a project / essay/ etc.		0			



Preparing for the exam or/and credit	30
Other	5
TOTAL student's workload in hours	100
ECTS credit points	4

Name of education programme: WKFiPZ-WF-P-II-S-18/19Z					
Module: Elective course F [module]					
Course name: Unihokej/ Floorball (OTHER OBJECTS / MODULES)				Course code: 5.1WK25PIIJ2986_51S	
Name of the unit conducting the course/module: The Department of Kinesiology and Team Sports					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: elective course			Course/module language: semester: 2 - Polish		
Year	Semester	Form of instruction	Number of hours	Form of crediting the course	ECTS
1	2	specialist classes	15	credit with grade	2
Total			15		2
Course/ module coordinator:	dr BEATA FLORKIEWICZ				
Instructor:	dr BEATA FLORKIEWICZ				
Course/module objectives:	Planning and completion of sports and recreational floorball classes. Gaining skills of preparing sports and recreational floorball events. Gaining knowledge of basic floorball rules and principles.				
Prerequisites:	None.				
LEARNING OUTCOMES					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	Knows basic technical elements of the floorball and possesses a set of exercises to be applied during physical education classes	K_W16	M2_W10
	2	EP2	Defines basic rules and regulations binding for floorball	K_W16	M2_W10
skills	1	EP3	Is able to present basic technical elements of floorball: forehand and backhand pass, ball slalom, forehand and backhand shots	K_U14	M2_U11
	2	EP4	Prepares synopsis of floorball lessons	K_U14	M2_U11
	3	EP5	Prepares and plans the programme of sports and recreational event	K_U14	M2_U11
social competences	1	EP6	Assumes the responsibility for safety, selecting proper forms of classes and equipment	K_K10	M2_K07
COURSE CONTENT				Semester	Number of hours
Course Unihokej/ Floorball					
Form of instruction: specialist classes					
1. Game description, floorball fun and movement games.				2	7
2. Basic technical elements of floorball.				2	8
Methods of education	- theoretical and practical actions (imitative and creative), group work				

Verification methods of the learning outcomes					Learning outcome number
	TEST				EP1,EP2
	PRACTICAL TEST				EP3
	PAPER/ESSAY/REVIEW				EP1,EP4,EP6
PROJECT				EP1,EP2,EP5,EP6	
Credit form and requirements	<p>1. Project- awarding credit for a group project of a sports and recreational event with elements of floorball (elements assessed: project, project content, safety and organization of events).</p> <p>2. Written assignment – a synopsis of a floorball physical education class (assessment for proper choice of exercises and safety).</p> <p>3. Test –comprising basic theoretical knowledge (questions requiring elaborate answer, terminology within the scope of basic technical elements of floorball, the set of exercises and game rules).</p> <p>4. Graded practical assignment: leading 10 subsequent balls in slalom, completed with a shot on goal. The number of goals counts. The student is allowed to have two trials, the better trial is subject to a grade. Performance of 10 successful shots – very good grade, 9 –good plus, 8 shots – good grade, 7 – satisfactory plus, 6 – satisfactory grade, 5 and lower - insufficient.</p>				
	Rules for calculating the grade for the subject				
	<p>The final grade: project, written assignment, test and practical assignment).</p> <p>The student must pass the following points at least for a sufficient assessment</p>				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	2	Unihokej/ Floorball		Uncalculated	
	2	Unihokej/ Floorball [specialist classes ]	credit with grade		
Primary literature	Starzyńska S. (2001): Unihokej dla małych i dużych., Gdańsk				
	Starzyńska S., Tywoniuk- Małysz A. (1998): Unihokej. Podstawy technik i taktyki w classesch , grach i zabawach., Gdańsk				
Supplementary literature	Międzynarodowa Federacja Unihokeja : Floorball. Podręcznik do nauki gry., Polski Związek Unihokeja, <a href="http://www.pzunihokeja.pl/do-pobrania/publikacje">www.pzunihokeja.pl/do-pobrania/publikacje</a>				
	Paavilainen A. : Technika indywidualna i taktyka. Nauka techniki indywidualnej i taktyki, instrukcje i classes., Polski Związek Unihokeja, <a href="http://www.pzunihokeja.pl/do-pobrania/publikacje">www.pzunihokeja.pl/do-pobrania/publikacje</a>				
	Tywoniuk- Małysz A. (2001): Forma zabawowa w nauczaniu elementów gry w unihoca. , Lider 3, 26-28				
STUDENT'S WORKLOAD					
			Number of hours		
Instruction			15		
Examination and/or credit duration			4		
Preparing for the classes			8		
Studying literature			5		
Participation in the instructor's office hours			8		
Preparing a project / essay/ etc.			6		
Preparing for the exam or/and credit			4		
Other			0		
TOTAL student's workload in hours			50		
ECTS credit points			2		

Field of study: WKFIPZ-WF-P-II-S-18/19Z					
Course name: school tourism (MAJOR)				Course code: 5.1WK25PIIJ2590_43S	
Name of the unit conducting the course/module: Tourism and Recreation Workshop					
Field of study: physical education					
Form of study: Second cycle programme of study, full-time		Profile of education: practical		Specialization:	
Course/ module status: obligatory			Course/module language: semester: 1 - Polish		
Year	Semester	Form of instruction	Number of hours	Form credit	ECTS
1	1	classes	15	credit with grade	3
		lecture	10	credit with grade	
Total			25		3
Course/ module coordinator:	dr MICHAŁ TARNOWSKI				
Instructor:	dr EWA KRUSZYŃSKA, dr MAŁGORZATA PACZYŃSKA-JĘDRYCKA, dr MICHAŁ TARNOWSKI				
Course/module objectives:	Gaining basic skills and competences within the scope of programme preparation, organization and conducting tourism-related events for school children and youth.				
Prerequisites:	None				
<b>LEARNING OUTCOMES</b>					
Category	No.	CODE	Description of the effect	Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
knowledge	1	EP1	The student obtains information on methodological and organizational aspects and conducting selected forms of tourism and organization of events	K_W11	M2_W06
	2	EP2	Identifies and classifies tourist virtues (especially cultural and nature-related) of Poland and the Szczecin region	K_W11	M2_W06
skills	1	EP3	The student is able to assess the usefulness of given country sightseeing virtues for planning selected forms of school tourism	K_U16	M2_U12
	2	EP4	Is able to prepare, within the basic scope, selected events of various nature	K_U12	M2_U10
	3	EP5	The student is able to use tourist equipment for selected forms of tourism in the basic scope	K_U12	M2_U10
social competences	1	EP6	The student shapes his/her regional identity by sightseeing the place of birth, strengthens emotional relationships with his/her 'small homeland'"	K_K08	M2_K06
	2	EP7	Takes care of proper organization of tourist forms and events of various nature.	K_K10	M2_K07
	3	EP8	Is able to organize task forces and work together within them to solve problems	K_K06	M2_K05

COURSE CONTENT		Semester	Number of hours		
Course name: school tourism					
Form of instruction: lecture					
1. Tourism, recreation, sightseeing, geography of tourism – selected aspects		1	5		
2. Szczecin – historical outline (implemented depending on the conditions and possibilities in a given academic year)		1	3		
3. Conducting tourist events with special emphasis placed on a trip as the basic form of sightseeing activity (basic methodological and legal issues)		1	2		
Form of instruction: classes					
1. Selection of virtues to specific types of trips. Organization of a school bus trip (implemented depending on the conditions and possibilities in a given academic year)		1	4		
2. Organization of school events of selected nature – basic methodological and legal issues		1	2		
3. Selected sightseeing virtues of the region. Organization and participation.		1	9		
Methods of education	- film, presentation, multi-media programme - field practice - team work.				
Verification methods of the learning outcomes			Learning outcome number		
	PRESENTATION		EP6		
	PROJECT		EP1,EP2,EP3,EP4,E P8		
	PRACTICAL CLASSES (VERIFICATION BY OBSERVATION)		EP3,EP4,EP5,EP6,E P7,EP8		
Credit form and requirements	Graded credit Obtaining credit for classes: 1. Recorded attendance during classes. One unexcused absence allowed. Should the number of absences exceed the allowed number, the student must make up for the absence during classes according to the principles stipulated by the person conducting classes. 2. Obtaining credit for all classes. 3. Continuous assessment (preparation for classes and activity on a regular basis) – refers mainly to field practice. 4. Test grades (also including material covered during lectures).				
	Rules for calculating the grade for the subject				
	The final credit grade shall be the sum of all constituent grades obtained for the separate elements enumerated above. All components enumerated in points 2-4 must be awarded with at least satisfactory grade. The final grade may be one grade higher for student's voluntary work under the principles specified by the instructor. The final grade may be one grade higher for attending lectures.				
Method of calculating the final evaluation	Semester	Subject	Type of credit	Method of calculation	Weight to average
	1			Uncalculated	
	1	school tourism	credit with grade		
	1	school tourism [lecture]	credit with grade		
Primary literature	Domerecka B. (2008): Jak organizować szkolną turystykę., Municipium SA, Warszawa				
	Głębiński Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania tożsamości regionalnej, Forum Turystyki Regionów, Szczecin				
	Klawender J. (2007): Wybrane zagadnienia z zakresu prowadzenia wycieczek., AWF J. Piłsudskiego, Warszawa				
	Kruczek Z. (2003): Krajoznawstwo. Zarys teorii i metodyki., Proksenia, Kraków				

Supplementary literature	Lijewski T., Mikułowski B., Wyrzykowski J. (2008): Geografia turystyki Polski, Polskie Wydawnictwo Ekonomiczne, Warszawa
	Tarnowski M. (2009): Uwarunkowania aktywności turystycznej młodzieży szczecińskich szkół średnich., Wydawnictwo Naukowe Uniwersytetu Szczecińskiego, Szczecin
	Mapa Szczecina i okolic.
STUDENT'S WORKLOAD	
	Number of hours
Instruction	25
Examination and/or credit duration	4
Preparing for the classes	2
Studying literature	12
Participation in the instructor's office hours	5
Preparing a project / essay/ etc.	12
Preparing for the exam or/and credit	15
Other	0
TOTAL student's workload in hours	75
ECTS credit points	3

Course name: <b>Foreign language (UNIVERSITY-WIDE LECTURE)</b>		Course code: <b>5.1WK25PIIJ2399_18S (English) 5.1WK25PIIJ2399_17S (German) 5.1WK25PIIJ2399_16S (Russian)</b>	
Name of the unit conducting the course/module: <b>Academic Language Centre</b>			
Field of study <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>	Field of specialization: <b>teaching,</b>
Year/semester: 1 / 2		Course/ module status: <b>obligatory</b>	Course/module language: <b>Depend on the choice of the foreign language: English, German or Russian</b>
Form of instruction:	<b>Foreign language classes</b>		Form of crediting the course
Number of hours:	<b>30</b>		credit with grade
Course/ module coordinator:	<b>mgr Magdalena Cypryjańska</b>		
Instructor	<b>According to the schedule – foreign language classes</b>		
Course/module objectives:	<b>Improving linguistic skills and attainment of B2+ level by students by introducing specialist vocabulary and issues within the field of finances and accounting</b>		
Prerequisites:	<b>Knowledge of grammar, vocabulary and phonetics at the B2 level in compliance with the guidelines of the Common European Framework</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Skills	<b>1. Is able to communicate in a foreign language within the specialist terminology in the area of physical education at the B2+ level</b>	<b>K_U19</b>	<b>M2_U15 ,</b>
<b>COURSE CONTENT</b>			Number of hours
Form of instruction: foreign language classes			
<b>1. Vocabulary and expressions related to individual sports and team games.</b>			<b>22</b>
<b>2. Classes devoted to the revision of the material covered and tests</b>			<b>8</b>
Teaching methods	<ul style="list-style-type: none"> <li>- tests</li> <li>- listening to dialogues, texts and news</li> <li>- text reading, analysis and translation</li> <li>- grammatical exercises (written and interactive)</li> <li>- writing short texts, presentation of prepared speeches</li> </ul>		
Verification methods of the learning outcomes			Learning outcome number
	* test		1,
	* practical classes (verification through observation)		1,
Credit form and requirements	<ul style="list-style-type: none"> <li>- attendance during classes, written credit in the form of a test</li> <li>- satisfactory - 60 - 70 % of points test grade;</li> <li>- good - 70 - 90 % of points test grade ;</li> <li>- very good - 90 - 100 % of points test grade.</li> </ul>		
<b>Primary literature</b>			
<b>Decided upon by the instructor.</b>			
<b>Supplementary literature</b>			
<b>Decided upon by the instructor.</b>			

<b>STUDENT'S WORKLOAD:</b>	
	Number of hours
Instruction	<b>30</b>
Participation in the instructor's office hours	<b>6</b>
Examination and/or credit duration	<b>4</b>
Studying literature	<b>4</b>
Preparing a project, essay, etc.	<b>6</b>
TOTAL student's workload in hours	<b>50</b>
ECTS credit points	<b>2</b>



**Second degree**

**Second year**

Course name: <b>Basics of self-defence</b> (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : G***)		Course code : <b>5.1WK25PIIJ2985_54S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Prevention and Occupational Therapy</b>			
Field of study <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>	Field of specialization: <b>teaching,</b>
Year/semester: 2 / 3		Course/ module status: <b>elective</b>	Course/module language: <b>Polish/ English</b>
Form of instruction:	<b>Specialist classes</b>		
Number of hours:	<b>15</b>		
Course/ module coordinator:	<b>mgr Radoslaw Sroka</b>		
Instructor	<b>mgr Radoslaw Sroka – specialist classes</b>		
Course/module objectives:	<b>The objective of the course is to equip students with skills within the scope of self-defence and to prepare students for conducting classes with the use of defence holds during physical education classes.</b>		
Prerequisites:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. The student knows the specificity and methodology of conducting recreational and sports classes within the scope self-defence for persons in various age and of various psycho-physical capabilities.</b>	<b>K_W12</b>	<b>M2_W06,</b>
	<b>2. The student knows the names of basic defence techniques - the positions, passes, falls, levers, hits, blocks, kicks.</b>	<b>K_W16</b>	<b>M2_W10,</b>
Skills	<b>3. The student is able to demonstrates and discuss the performance technique of basic self-defence elements</b>	<b>K_U14</b>	<b>M2_U11,</b>
	<b>4. The student is able to individually create combinations of self-defence techniques in specific situations of health and life hazards.</b>	<b>K_U16</b>	<b>M2_U12 ,</b>
Social competences	<b>5. The student takes care of his/her own and the partner's safety during education and improving defence holds, as well as during the school fight.</b>	<b>K_K10</b>	<b>M2_K07,</b>
<b>COURSE CONTENT</b>			Number of hours
<b>Form of instruction: specialist classes</b>			
<b>1. Introduction to the subject. The classification of techniques and methods of conducting recreational and sports classes in self-defence. Teaching fight position and proper fighting.</b>			<b>2</b>
<b>2. Hits and kicks used in self-defence. Active defence against kicking, fist hit.</b>			<b>4</b>
<b>3. Ground fighting techniques – defence against the standing opponent and the opponent at the ground level.</b>			<b>6</b>
<b>4. Self-defence against holds restricting movement, defence of the third party.</b>			<b>2</b>
<b>5. Course credit.</b>			<b>1</b>
Teaching methods	<b>-demonstration -pair exercises -simulation game - group work</b>		
Verification methods of the learning outcomes	<b>* practical classes (verification through observation)</b>		<b>Learning outcome number 1,2,3,5,</b>
	<b>* project</b>		<b>4,5,</b>

Credit form and requirements	<p>Obtaining credit is conditional upon the attendance during classes. The grade is conditional upon:</p> <p>1. Grade for practical assignment covering the knowledge of self-defence techniques practiced during classes – proper performance with the participation of a partner, discussing the performance technique, indicating the use in hazards, discussing the most frequent errors, teaching methodology, and safety principles during the performance of individual exercises (the grade constitutes 80% of the final grade). 2. Grade for the group project (preparation of the self-defence demonstration) – the elements assessed: the selection of technique and music, the dynamics of the demonstration, variety of used arrangements (the grade constitutes 20% of the final grade).</p> <p>All elements enumerated in points 1-2 must be credited with minimum satisfactory grade.</p>
<b>Primary literature</b>	
Dougherty M. (2010): Sztuka samoobrony. MAK Verlag Bremen	
Dougherty M. (2012): Walka wręcz. MAK Verlag Bremen	
Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego. Josef Raabe Spółka Wydawnicza Warszawa	
<b>Supplementary literature</b>	
Kirby G. (1994): Podstawowe techniki łagodnej walki. Budo-Sport Warszawa	
Soo-Warr L. (2000): Samoobrona dla kobiet. Oficyna Wydawnicza Delta W-Z Warszawa	
<b>STUDENT'S WORKLOAD:</b>	
	Number of hours
Instruction	15
Participation in the instructor's office hours	8
Examination and/or credit duration	4
Preparing for the classes	6
Studying literature	4
Preparing for the exam or/and credit	6
Preparing for the exam or/and credit	7
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: <b>Modern dance</b> (ECTIVE COURSES The number of elective courses:1) / Elective module (Group) : I***)				Course code: <b>16. 1X25PII05_42</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Sport Theory and Practice</b>					
Field of study <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>		Field of specialization: <b>teaching,</b>	
Year/semester: 2 / 4		Course/ module status: <b>elective</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>Specialist classes</b>				
Number of hours:	<b>30</b>				
Course/ module coordinator:	<b>mgr Adrianna Banio</b>				
Instructor	<b>mgr Adrianna Banio – specialist classes</b>				
Course/module objectives:	<b>Teaching modern dance, work on group dance arrangements, training body expression and shaping stage expression.</b>				
Prerequisites:	<b>None</b>				
<b>LEARNING OUTCOMES</b>				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Describes the history of modern dance and lists its main representatives. Defines various dance styles and is able to characterize them.</b>			<b>K_W07</b>	<b>M2_W05,</b>
	<b>2. Explains the basics of kinetography and the principles of developing choreography of modern dance.</b>			<b>K_W16</b>	<b>M2_W10,</b>
Skills	<b>3. Knows basic steps of various styles of modern dance 4. Develops choreography tailored to the skills and possibilities of the group he/she works with 5. Analyses the body expression and independently prepares short dance forms.</b>			<b>K_U15</b>	<b>M2_U11,</b>
Social competences	<b>6. Is sensitive to dance and music, which enables him/her to express emotions with movement. Shows creativity while planning choreography. The student is engaged in the group work and takes care of the cohesion and effectiveness of the arrangement.</b>			<b>K_K06</b>	<b>M2_K05,</b>
<b>COURSE CONTENT</b>					Number of hours
<b>Form of instruction: specialist classes</b>					
<b>1. The history of modern dance and its main representatives.</b>					<b>2</b>
<b>2. Teaching and improving basic steps of various dance styles.</b>					<b>16</b>
<b>3. Basics of kinetography and the principles of developing choreography.</b>					<b>2</b>
<b>4. Creativity training and improvement of body expression – independent short dance forms.</b>					<b>10</b>
Teaching methods	<ul style="list-style-type: none"> <li>- group work</li> <li>- projects</li> <li>- demonstrations</li> <li>- audio-visual form</li> <li>- short forms</li> </ul>				
Verification methods of the learning outcomes	<b>* project</b>				Learning outcome number
	<b>* practical classes (verification through observation)</b>				
	<b>* oral examination</b>				

Credit form and requirements	The final credit may be awarded to students who have justified their absences. The oral credit grade constitutes 30% of the final grade, group project - 60%, involvement, and progress - Verified on the basis of observation during classes 10%.	
<b>Primary literature</b>		
I. Turska (1962): Krótki zarys historii tańca i baletu.		
D. Kubinowski (2000): Taniec-Choreologia-Humanistyka.		
R. Lange (1995): Podręcznik kinetografii.		
<b>Supplementary literature</b>		
J. Rey (1958): Taniec, jego rozwój i formy.		
O. Kuźmińska (1996): Piękno ruchu taneczno-gimnastycznego.		
I. Turska (1965): W kręgu tańca.		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	8	
Examination and/or credit duration	4	
Preparing for the classes	11	
Studying literature	3	
Preparing a project, essay, etc.	14	
Preparing for the exam or/and credit	5	
TOTAL student's workload in hours	75	
ECTS credit points	3	

Course name: <b>School fitness</b> (ECTIVE COURSES The number of elective courses:1) / Elective module (Group) : I***)		Course code: <b>16. 1X25PII05_43</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Individual Sports, Tourism and Recreation</b>			
Field of study <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>	Field of specialization: <b>Teaching,</b>
Year/semester: 2 / 4		Course/ module status: <b>elective</b>	Course/module language: <b>Polish/ English</b>
Form of instruction:	<b>Specialist classes</b>		
Number of hours:	<b>30</b>		
Course/ module coordinator:	<b>dr hab. Katarzyna Kotarska, prof. US</b>		
Instructor	<b>dr Pawel Eider – specialist classes</b>		
Course/module objectives:	<b>Gaining competences within the scope of performing, teaching and conducting basic fitness forms at every stage of school education</b>		
Prerequisites:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Possesses organized and advance knowledge of terminology applied in fitness and possesses detailed knowledge within the scope of theory, course related methodology of the physical education teacher and possesses knowledge within the scope of conducting fitness classes.</b>	<b>K_W05</b>	<b>M2_W04,</b>
Skills	<b>2. Selects methods, forms and means for the completion of didactic tasks during fitness classes. The student uses devices necessary for the completion of the didactic process.</b>	<b>K_U12</b>	<b>M2_U10,</b>
	<b>3. Possesses specialist movement abilities within the scope of modern movement forms necessary for professional work within physical education.</b>	<b>K_U15</b>	<b>M2_U11,</b>
Social competences	<b>4. Is able to take care of his/her own safety and the safety of other people during classes, knows safety and protection rules binding in fitness.</b>	<b>K_K10</b>	<b>M2_K07,</b>
<b>COURSE CONTENT</b>			Number of hours
<b>Form of instruction: specialist classes</b>			
<b>1. Techniques of performing, naming and variations and combinations of basic steps.</b>			<b>4</b>
<b>2. The technique of basic strengthening exercises for a specific group of muscles.</b>			<b>4</b>
<b>3. Contemporary forms fitness – methodology and conducting fitness.</b>			<b>4</b>
<b>4. Preparing synopsis, conducting a given form of fitness and its description.</b>			<b>18</b>
Teaching methods	<b>-imitative and creative methods -group work</b>		
Verification methods of the learning outcomes			Learning outcome number
	<b>* test</b>		<b>1,</b>
	<b>* quiz</b>		<b>2,4,</b>

Credit form and requirements	<p>Attendance and active participation during all classes.</p> <p>Practical test- credit for conducting a selected form of fitness (assessed elements: demonstration and explanation of the taught and improved module, theoretical knowledge – tailoring fitness classes to every stage of school education, safety and organization of classes, teacher’s attitude – the grade constitutes 60% of the final grade(including 50 % for conducting classes and 10 % for the synopsis).</p> <p>Test – written credit comprising theoretical knowledge comprising theoretical knowledge related to terminology, naming the basic steps, developing fitness choreography, as well as within the scope of methodology – teaching basic modules, principles of planning and description of the synopsis – the grade constitutes 40% of the final grade.</p> <p>All points enumerated above must be credited with at least satisfactory grade.</p>
<b>Primary literature</b>	
Olex -Mierzejewska D. (2002): Fitness teoretyczne i metodyczne podstawy prowadzenia zajęć. Podręcznik dla. AWF Kataowice	
Olex D. (2001): Fitness. AWF Kataowice	
<b>Supplementary literature</b>	
Grodzka-Kubiak E. (2002 ): Aerobik czy fitness. Podręcznik szkoleniowy. Poznań	
<b>STUDENT’S WORKLOAD:</b>	
	Number of hours
Instruction	30
Participation in the instructor’s office hours	8
Examination and/or credit duration	4
Preparing for the classes	14
Studying literature	6
Preparing for the exam or/and credit	13
TOTAL student’s workload in hours	75
ECTS credit points	3

Course name: <b>Table tennis</b> (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : G***)				Course code: <b>5.1WK25PIIJ2985_55S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Individual Sports, Tourism and Recreation</b>					
Field of study <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: 2 / 3		Course/ module status: <b>elective</b>		Course/module language: <b>Polish/ English</b>	
Form of instruction:	<b>Specialist classes</b>				
Number of hours:	<b>15</b>				
Course/ module coordinator:	mgr ALEKSANDER WIAŻEWICZ				
Instructor	mgr ALEKSANDER WIAŻEWICZ				
Course/module objectives:	<b>Teaching the technique of performing individual serves in the table tennis and their use during physical education classes.</b>				
Prerequisites:	<b>None</b>				
<b>LEARNING OUTCOMES</b>				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. The student knows the basic notions applied in the table tennis. The student knows the rules of organization of sports competitions and recreational events.</b>			<b>K_W12</b>	<b>M2_W06,</b>
	<b>2. Defines systems and rules of the game, explains the rules of the game and refereeing in the table tennis.</b>			<b>K_W16</b>	<b>M2_W10,</b>
Skills	<b>3. Selects, in a proper way, methods and means of organizing sports and recreational events of table tennis.</b>			<b>K_U12</b>	<b>M2_U10,</b>
	<b>4. Presents movement related skills within the scope of the elements of techniques table tennis technique necessary for the didactic process at the III and IV stage of physical education.</b>			<b>K_U14</b>	<b>M2_U11,</b>
Social competences	<b>5. Is involved in the group work, completing assigned tasks resulting from the organization and conducting sports events.</b>			<b>K_K05</b>	<b>M2_K04,</b>
	<b>6. Knows, observes and takes care of the safety of participants of sports competitions organized by the student.</b>			<b>K_K10</b>	<b>M2_K07,</b>
	<b>7. The student is aware of the impact of practicing table tennis on the physical fitness and health.</b>			<b>K_K13</b>	<b>M2_K09 ,</b>
<b>COURSE CONTENT</b>					Number of hours
<b>Form of instruction: specialist classes</b>					
<b>1. Familiarizing students with the course content and requirements, and equipment: tables, nets, rackets, balls.</b>					<b>1</b>
<b>2. The role and place of the familiarizing and preparatory exercises in the elementary stage of teaching table tennis.</b>					<b>3</b>
<b>3. The types of a racket bat, proper starting position, ways of movement in table tennis, table tennis plays fun and recreational game.</b>					<b>4</b>
<b>4. Teaching an improving basic attacking and defensive strokes.</b>					<b>3</b>
<b>5. Improving learned elements of techniques during a game.</b>					<b>3</b>
<b>6. Practical credit</b>					<b>1</b>



Teaching methods	-group work -simulation game	
Verification methods of the learning outcomes		Learning outcome number
	* test	1,2,3,5,6,
	* practical classes (verification through observation)	4,7,
Credit form and requirements	<p>1. Attendance and active participation in all classes.</p> <p>2. Assessment of practical skills (school game) – the grade constitutes 70% of the final grade.</p> <p>3. Obtaining a positive test grade - the grade constitutes 30% of the final grade.</p> <p>Elements enumerated in point 2-3 must be credited with minimum a positive grade.</p>	
<b>Primary literature</b>		
Grycan. J (2007): Inteligentny tenis stołowy. Kraków		
Grosicka R. (2006): Ćwiczenia do nauczania tenisa stołowego i badmintona. Wychowanie Fizyczne i Zdrowie nr 5, s. 12-16		
Chrabąszcz M. (2002): Inicjacja tenisa stołowego na lekcjach wychowania fizycznego. Wychowanie Fizyczne i Zdrowie nr 12, s. 11-16		
Jadach A., Dziedzina K. (2005): Tenis stołowy na lekcjach wychowania fizycznego. Wychowanie Fizyczne i Zdrowie nr 6-7, s. 13- 15		
<b>Supplementary literature</b>		
Nowak S. (1994): Analiza i ocena gry w tenisie stołowym. Trening nr2, s 72-77		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	15	
Participation in the instructor's office hours	8	
Examination and/or credit duration	4	
Preparing for the classes	7	
Studying literature	6	
Preparing for the exam or/and credit	10	
TOTAL student's workload in hours	50	
ECTS credit points	2	

Course name: <b>The molecular basis of physical activity</b> (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : A***)		Course code : <b>5.1WK25PIIJ3014_57S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Biological Basics of Physical Culture</b>			
Field of study <b>Physical education – field of specialization: teaching</b>			
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>Practical</b>	Field of specialization: <b>Teaching,</b>
Year/semester: 2 / 4		Course/ module status: <b>elective</b>	Course/module language: <b>English</b>
Form of instruction:	lectures		
Number of hours:	<b>16</b>		
Course/ module coordinator:	<b>dr Anna Nowakowska</b>		
Instructor:	<b>dr Anna Nowakowska - lectures</b>		
Course/module objectives:	<b>Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity</b>		
Prerequisites:	<b>None</b>		
<b>LEARNING OUTCOMES</b>		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<b>1. Student knows and understands basic terms of human genetics</b>	<b>K_W01</b>	<b>M2_W01,</b>
Skills	<b>2. Student can choose and plan to utilize adequate molecular methods 3. Student can search for, select and analyze data and information within genetics research in sport and interpret the results of some of the studies 4. Student can use research equipment typical for molecular research</b>	<b>K_U02</b>	<b>M2_U02,</b>
Social competences	<b>5. Student is aware of dangers the use of genetics in sport can bring</b>	<b>K_K01</b>	<b>M2_K01,</b>
<b>COURSE CONTENT</b>			Number of hours
<b>Form of instruction:</b> : lectures			
<b>1. Introduction to genetics and molecular biology</b>			<b>4</b>
<b>2. The review of various marker genes having influence on physiological reactions of the body effort</b>			<b>4</b>
<b>3. Changes in some gene expressions as response to given effort</b>			<b>4</b>
<b>4. The methodology of genetic research in sport</b>			<b>3</b>
Methods of education	<b>-audiovisual equipment-based lectures</b>		
Verification methods of the learning outcomes			Learning outcome number
	*written exam		<b>1,2,3,4,5,</b>
Credit form and requirements	<b>Written exam covers lectures material, students Take single choice test. Final grade can be increased by 10% for being active during lectures.</b>		
<b>Primary literature</b>			
<b>Cięszczyk P., Maciejewska A., Sawczuk M. (2008): Badania genetyczne w sporcie. International Association of Ontokinesiologists</b>			
<b>Węgleński P. (1996): Genetyka molekularna. PWN</b>			
<b>Supplementary literature</b>			
<b>Bal J. (red. ) (2001): Biologia molekularna w medycynie. PWN Warszawa</b>			

**STUDENT'S WORKLOAD:**

	Number of hours
Instruction	15
Participation in the instructor's office hours	8
Examination and/or credit duration	4
Preparing for the classes	6
Studying literature	6
Preparing a project / essay/ etc.	4
Preparing for the exam or/and credit	7
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: <b>Genetic in sport</b> (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : E***)				Course code : <b>5.1WK25PIIJ2991_61S</b>	
Name of the unit conducting the course/module: <b>The Faculty of Physical Culture and Health Promotion / The Department of Biological Basics of Physical Culture</b>					
Field of study <b>Physical education – field of specialization: teaching</b>					
Mode of study: <b>Second cycle programme of study, full-time</b>		Profile of education: <b>practical</b>		Field of specialization: <b>Teaching,</b>	
Year/semester: 2 / 4		Course/ module status <b>elective</b>		Course/module language: <b>English</b>	
Form of instructions:	lectures	classes			
Number of hours:	<b>15</b>	<b>15</b>			
Course/module coordinator:	<b>dr Anna Nowakowska</b>				
Instructor:	<b>dr Anna Nowakowska - lectures dr Anna Nowakowska - classes</b>				
Course/ module objectives:	<b>Introduction to basic terms, regularities and problems in relation to human genetics and genetic research in sport</b>				
Preliminary requirements:	<b>None</b>				
<b>LEARNING OUTCOMES</b>				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Student knows and understands basic terms of human genetics 2. Student is able to describe the use of genetics in sport			K_W01	M2_W01,
Skills	3. Student can choose and plan to utilize adequate molecular methods 4. Student can search for, select and analyze data and information within genetics research in sport and interpret the results of some of the studies. 5. Student can use research equipment typical for molecular research.			K_U02	M2_U02,
Social competences	6. Student is aware of dangers the use of genetics in sport can bring.			K_K11	M2_K08 ,
<b>COURSE CONTENT</b>					Number of hours
Form of instruction: lectures					
<b>1. Introduction to human genetics (DNA and RNA structure and functions, expression of genetic information)</b>					<b>4</b>
<b>2. Genetic diversity</b>					<b>2</b>
<b>3. Genetic inheritance</b>					<b>2</b>
<b>4. History of genetic research in sport</b>					<b>2</b>
<b>5. The importance and utilization of genetics in sport</b>					<b>2</b>
<b>6. Genetic doping</b>					<b>2</b>
<b>7. Ethical aspects of genetic research in sport</b>					<b>1</b>
Form of instruction: classes					
<b>1. Principles of operation of a molecular laboratory</b>					<b>2</b>

2. The methodology of genetic research in sport		5
3. The review of various marker genes groups		6
4. Sex-related genetic research in athletes		2
Teaching methods	<ul style="list-style-type: none"> <li>- audiovisual equipment-based lectures</li> <li>- discourse or multimedia-based presentation</li> <li>- individual and team work</li> <li>- discussion</li> </ul>	
Verification method of learning outcomes		Learning outcome number
	* written examination	1,2,6,
	* written colloquium	3,4,
	* practical classes (verification through observation)	5,
Credit form and requirements	<p>1. Written colloquium covers practical classes material. Test results constitute 50% of final grade.  2. Written exam covers lectures material, students take single choice tests.</p> <p>Test results constitute 50% of final grade.  Student have to meet the requirements enlisted in points 1-2 to earn at least satisfactory grade in the exam. Final grade can be increased by 10% for being active in practical classes.</p>	
<b>Primary literature</b>		
Ciężczyk P., Maciejewska A., Sawczuk M. (2008): Badania genetyczne w sporcie. International Association of Ontokinesiology		
Winter P., Hickey G., Fletcher H. (2004): Krótkie wykłady. Genetyka. PWN Warszawa		
<b>Supplementary literature</b>		
Jorde L. B., Carey J. C., Bamshad M. J., White R. L. (2000): Genetyka Medyczna. Wydawnictwo Czelej		
Bal J. (red. ) (2001): Biologia molekularna w medycynie. PWN Warszawa		
<b>STUDENT'S WORKLOAD:</b>		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	10	
Examination and/or credit duration	6	
Preparation for classes	18	
Literature studying	15	
Preparation of a project/ essay/ etc.	10	
Preparation for the exam or/and credit	11	
TOTAL student's workload in hours	100	
ECTS credit points	4	