

PHYSICAL EDUCATION

2017/2018

First degree

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

Second degree

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

Course name: Badminton (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : F***)		Course code : 16.1X2SPII11_37	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of the Theory of Physical Education , Anthropometrics and Team Games			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 1 / 2		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	dr Beata Florkiewicz		
Instructor	dr Beata Florkiewicz - specialist classes		
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		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Knows basic technical elements of badminton and possesses a set of exercises to be applied during physical education classes. 2. Defines basic rules and regulations binding for badminton.	K_W16	M2_W10,
Skills	3. Is able to present basic technical elements of badminton: backhand and forehand serve, from the top left and right side) 4. Prepares synopsis of badminton lessons. 5. Prepares and plans the programme of sports and recreational event	K_U14	M2_U11,
Social competences	6. Assumes the responsibility for safety during physical education classes, selecting proper forms of classes and equipment.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Game description, badminton fun and movement games.			4
2. Basic technical elements of badminton.			11
Methods of education	- theoretical and practical actions (imitative and creative) - group work		
			Learning outcome number
Verification methods of the learning outcomes	* test		1,2,
	* thesis/essay/review		1,4,6,
	* project		1,2,5,6,
	* quiz		3,

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> <p>5. The final grade. The course grade constitutes an average of grades obtained for points 1-4, i.e. project, written assignment, test and practical assignment). At least a satisfactory grade must be obtained for the activities described in 1-4.</p>
Primary literature	
Nawara H. (2000): <i>Badminton</i> . AWF Wrocław	
Sieniek Cz. (2000): <i>Sport całego życia . Metodyka nauczania</i> . COS Warszawa	
Stelter M. (2001): <i>Badminton: program szkolenia dzieci i młodzieży</i> . COS Warszawa	
Supplementary literature	
Lechman R.,Szalewicz A. (1987): <i>Badminton. Sport i Turystyka</i> Warszawa	
Szalewicz A. (2001): <i>Nauka badmintona w weekend</i> . Wiedza i Życie Warszawa	
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	8
Studying literature	5
Preparing a project / essay/ etc.	6
Preparing for the exam or/and credit	4
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Basics of self-defence (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : G***)		Course code : 16.1X25PII08_39	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Individual Sport			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 2 / 3		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	mgr Radoslaw Sroka		
Instructor	mgr Radoslaw Sroka – specialist classes		
Course/module objectives:	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.		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	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.	K_W12	M2_W06,
	2. The student knows the names of basic defence techniques - the positions, passes, falls, levers, hits, blocks, kicks.	K_W16	M2_W10,
Skills	3. The student is able to demonstrates and discuss the performance technique of basic self-defence elements	K_U14	M2_U11,
	4. The student is able to individually create combinations of self-defence techniques in specific situations of health and life hazards.	K_U16	M2_U12 ,
Social competences	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.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
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.			2
2. Hits and kicks used in self-defence. Active defence against kicking, fist hit.			4
3. Ground fighting techniques – defence against the standing opponent and the opponent at the ground level.			6
4. Self-defence against holds restricting movement, defence of the third party.			2
5. Course credit.			1
Teaching methods	-demonstration -pair exercises -simulation game - group work		
Verification methods of the learning outcomes			Learning outcome number

	* practical classes (verification through observation)	1,2,3,5,
	* project	4,5,
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).</p> <p>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>	
Primary literature		
Dougherty M. (2010): <i>Sztuka samoobrony</i> . MAK Verlag Bremen		
Dougherty M. (2012): <i>Walka wręcz</i> . MAK Verlag Bremen		
Rokita M. (2011): <i>Samoobrona na lekcjach wychowania fizycznego</i> . Josef Raabe Spółka Wydawnicza Warszawa		
Supplementary literature		
Kirby G. (1994): <i>Podstawowe techniki łagodnej walki</i> . Budo-Sport Warszawa		
Soo-Warr L. (2000): <i>Samoobrona dla kobiet</i> . Oficyna Wydawnicza Delta W-Z Warszawa		
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	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: Beach sports forms (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : J***)		Course code: 16.1X2SPIII1_45	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of the Theory of Physical Education, Anthropomotrics and Team Games.			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 1 / 2		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	dr Beata Florkiewicz		
Instructor	mgr Robert Terczyński – specialist classes		
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		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Names the basic elements in beach games: Beach Soccer, Beach Volleyball and Beach Handball. 2. Enumerates basic rules of games within scope that is necessary for using the discipline as a form of recreation.	K_W16	M2_W10,
Skills	3. Demonstrates basic technical elements of selected beach games.	K_U14	M2_U11,
	4. Properly selects exercises for the completion of recreational beach game classes using proper didactic methods and means. 5. Prepares, and plans the tournament of a selected beach game.	K_U12	M2_U10,
Social competences	6. Knows, observes and takes care of safety regulations during championships organized by the student.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Rules and basic technical elements of Beach Soccer.			4
2. Rules and basic technical elements of Beach Volleyball.			4
3. Rules and basic technical elements of Beach Handball.			4
4. Organization of championships.			3
Teaching methods	- theoretical and practical (imitative and creative) - group work		
			Learning outcome number

Verification methods of the learning outcomes	* project	1,2,4,5,6,
	* test	1,2,
	* quiz	3,

Credit form and requirements	<ol style="list-style-type: none"> 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. 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.
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Primary literature

Grządziel G., Kowalski L. (2000): Siatkówka plażowa w szkole. COS Warszawa

Diaczuk J., Góralczyk M. (2004): Plażowa piłka ręczna. Poznaj przepisy gry. AWF Katowice

Wolyniec J. (2006): Przepisy gier sportowych w zakresie podstawym. BK Wrocław

Supplementary literature

Bodys J., Grządziel G. (1999): Piłka plażowa. AWF Katowice

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	5
Preparing a project, essay, etc.	8
Preparing for the exam or/and credit	4
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Bodybuilding (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : H***)		Course code: 16.1X25PII08_40	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Individual Sport			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	
Year/semester: 1 / 1		Course/ module status: elective	
Form of instruction:		Field of specialization: teaching,	
Number of hours:		Course/module language: Polish/ English	
Form of instruction:		Specialist classes	
Number of hours:		15	
Course/ module coordinator:		dr Marek Kolbowicz	
Instructor		dr Marek Kolbowicz – specialist classes	
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	
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. The student knows which devices and equipment may be used in bodybuilding.	K_W08	M2_W05,
	2. The student possesses knowledge of the allowed and disallowed supplementation applied in sport.	K_W09	M2_W06,
Skills	3. 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,
Social competences	4. The student is able to define his/her strength capabilities. 5. The student knows training methods applied in bodybuilding and is able to skilfully use the abilities, depending on sex and age. 6. The student is aware of the impact of physical training and applied intensity on proper functioning of the body. 7. The student is able to take care of his/her own safety and the safety of others during performed exercises.	K_K13	M2_K09 ,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. History of bodybuilding in Poland and in the world.			1
2. Nutrition and dietary supplements used in sport.			1
3. Supplements in sport.			2
4. Doping – steroids in sport.			1
5. Warm-up – its role and impact.			1
6. Strength endurance.			3
7. Training methods in bodybuilding.			6
Teaching methods	Practical classes (verification through observation) Multimedia presentation		
Verification methods of the learning outcomes			Learning outcome number
	* test		1,4,

	* Practical classes (verification through observation)	3,1,
Credit form and requirements	presentation 30% of the final grade conducting classes (any subject) - 40% of the final grade final test - 30% of the final grade	
Primary literature		
Delavier F. (2007): Atlas treningu siłowego. PZWL		
Ambroży T., Kaganek K. (2006): Fitness - ćwiczenia siłowe.. TKKF ZG		
Supplementary literature		
Trzaskoma Z. (2001): Kompleksowe zwiększanie siły mięśniowej sportowców. Biblioteka trenera		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	15	
Participation in the instructor's office hours	4	
Examination and/or credit duration	4	
Preparing for the classes	10	
Studying literature	9	
Preparing a project, essay, etc.	3	
Traineeship	3	
Preparing for the exam or/and credit	2	
TOTAL student's workload in hours	50	
ECTS credit points	2	

Course name : Compensating and correction exercise (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI03_13	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Faculty of Corrective Gymnastics			
Field of study: Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profile of education: practical	Field of specialization: Teaching,
Year/ semester : 1 / 1		Course/ module status: Obligatory	Course/module language: Polish/ English
Form of instruction:	classes		
Number of hours:	15		
Course/module coordinator:	dr Maciej Zawadzki		
Instructor:	dr Maciej Zawadzki - classes		
Course/ module objectives:	The objective of the course is to apply adequate methods of corrective procedure in posture defects in children of school age.		
Preliminary requirements:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<ol style="list-style-type: none"> 1. The student is able to enumerate and explain actions that positively and adversely affect the human body posture. 2. 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	<ol style="list-style-type: none"> 3. 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. 4. 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	<ol style="list-style-type: none"> 5. The student is aware of his/her own limitations and knows when to address experts. 6. The student shows respect towards other persons and their health problems. 	K_K02	M1_K02,
COURSE CONTENT			Number of hours
Form of instruction: classes			
1. The characteristics of body postural defects within the sagittal plane.			5
2. The description of body postural defects within the area of lower limbs.			4
3. Healing exercises, their regular performance, selection and application in selected cases.			4
4. Description and the manner of treatment of selected physical movement dysfunctions occurring in children.			2
Teaching method	Multimedia presentation, team work, development of programmes, case study		
Verification methods of			Learning outcome number
Learning outcomes	* project		1,2,3,4,
	* test		1,2,3,4,

Credit form and requirement	Credit awarded for active participation in classes (20% of the final grade), Project completion (20% of the final grade), written test (60% of the final grade).
Primary literature	
Kasperczyk T. (2002): Wady postawy ciała,diagnostyka,leczenie.. Kraków Kasper	
Romanowska A. (2002): Gimnastyka korekcyjno-kompensacyjna.Konspekty zajęć.. Plock	
Niewiadomska M. (2008): Korekcja wad postawy z elementami rehabilitacji.. Szczecin	
Zeyland-Malawka E. (2003): Ćwiczenia korekcyjne.. Gdańsk	
Supplementary literature	
STUDENT'S WORKLOAD:	
	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	5
Preparation of a project /essay/ etc.	10
Preparation for the exam or/and credit	5
Other	1
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Extra-curricular physical activities (EECTIVE COURSES The number of elective courses:1) / Elective module (Group) : J***)		Course code: 16.1X25PII05_44	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Modern Movement Forms			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 1 / 2		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	mgr Aleksander Wiażewicz		
Instructor	mgr Aleksander Wiażewicz – specialist classes		
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 various sports disciplines.		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	<ol style="list-style-type: none"> The student knows the benefits of taking up physical movement activity. 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	<ol style="list-style-type: none"> The student performs activities related to physical activity, using various forms of recreational, tourism-related and sports classes. 	K_U12	M2_U10,
	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> The student completes tasks in a manner ensuring safety, health and well-being of participants. 	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
<ol style="list-style-type: none"> The significance of physical activity and its development. The benefits resulting from undertaking physical activity. The effects of hypokinesy and hyperkinesis. 			2
<ol style="list-style-type: none"> Selected forms of extra-curricular physical activity – principles of planning, organization and conducting classes. 			2
<ol style="list-style-type: none"> Forms of physical activity targeted at the individual and a small circle of persons performing exercises and a broader circle of recipients – practical aspect. 			2
<ol style="list-style-type: none"> Extra-curricular forms of physical activity: recreational, tourism-related and sport-related – conducting classes or their fragments by students. 			9
Teaching methods	<ul style="list-style-type: none"> - 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 through observation)	1,2,3,4,5,

Credit form and requirements	<p>Obtaining credit shall be conditional upon attendance during classes. The grade is awarded on the basis of:</p> <ul style="list-style-type: none"> - 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) <p>Both elements must be credited with at least satisfactory grade. The grade may be higher by 10-20% for student's voluntary activity under principles stipulated by the instructor.</p>
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Primary literature

Bielski J. (2010): Aktywność fizyczna ucznia w czasie wolnym.. Lider nr 1 7-10

Jurczak A. (2004): Udział dzieci i młodzieży w pozalekcyjnych i pozaszkolnych formach aktywności ruchowej.. Wychowanie Fizyczne i Sport nr 4 367-368

Korska A. (2010): Zajęcia pozalekcyjne - sport, turystyka, rekreacja.. Wychowanie Fizyczne i Zdrowotne nr 11 25-28

Supplementary literature

Rochowicz F. (2008): Czas wolny uczniów - w świetle aktywności ruchowej i zajęć sedenteryjnych.. Wychowanie Fizyczne i Zdrowotne nr 3 16-20

Sikorska J. (2004): Sportowy piknik rodzinny.. Wychowanie Fizyczne i Zdrowotne nr 5, dod. Biblioteczka Monograficzna 8-9

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	4
Studying literature	5
Preparing a project, essay, etc.	10
Preparing for the exam or/and credit	4
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Foreign language (UNIVERSITY-WIDE LECTURE)		Course code: 16.12SPII_01	
Name of the unit conducting the course/module: Academic Language Centre			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	
Year/semester: 1 / 2		Course/ module status: obligatory	
Form of instruction:		Field of specialization: teaching,	
Number of hours:		Course/module language: Depend on the choice of the foreign language: English, German or Russian	
Form of instruction:		Foreign language classes	
Number of hours:		30	
Course/ module coordinator:		mgr Magdalena Cypryjańska	
Instructor		According to the schedule – foreign language classes	
Course/module objectives:		Improving linguistic skills and attainment of B2+ level by students by introducing specialist vocabulary and issues within the field of finances and accounting	
Prerequisites:		Knowledge of grammar, vocabulary and phonetics at the B2 level in compliance with the guidelines of the Common European Framework	
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Skills	1. Is able to communicate in a foreign language within the specialist terminology in the area of physical education at the B2+ level	K_U19	M2_U15 ,
COURSE CONTENT			Number of hours
Form of instruction: foreign language classes			
1. Vocabulary and expressions related to individual sports and team games.			22
2. Classes devoted to the revision of the material covered and tests			8
Teaching methods	<ul style="list-style-type: none"> - tests - listening to dialogues, texts and news - text reading, analysis and translation - grammatical exercises (written and interactive) - writing short texts, presentation of prepared speeches 		
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"> - attendance during classes, written credit in the form of a test - Satisfactory - 60 - 70 % of points test grade; - Good - 70 - 90 % of points test grade ; - Bardzo dobra - 90 - 100 % of points test grade . 		
Primary literature			
Decided upon by the instructor.			
Supplementary literature			
Decided upon by the instructor.			
STUDENT'S WORKLOAD:			
		Number of hours	
Instruction		30	

Participation in the instructor's office hours	6
Examination and/or credit duration	4
Studying literature	4
Preparing a project, essay, etc.	6
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Genetic in sport (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : E***)		Course code : 16.1X25PII02_35	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Biological Bases of Physical Culture			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: practical	Field of specialization: Teaching,
Year/semester: 2 / 4	Course/ module status elective		Course/module language: English
Form of instructions:	lectures	classes	
Number of hours:	15	15	
Course/module coordinator:	dr hab. Agnieszka Maciejewska-Karlowska		
Instructor:	dr hab. Agnieszka Maciejewska-Karlowska lectures dr hab. Agnieszka Maciejewska-Karlowska classes		
Course/ module objectives:	Introduction to basic terms, regularities and problems in relation to human genetics and genetic research in sport		
Preliminary requirements:	None		
LEARNING OUTCOMES		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 ,
COURSE CONTENT			Number of hours
Form of instruction: lectures			
1. Introduction to human genetics (DNA and RNA structure and functions, expression of genetic information)			4
2. Genetic diversity			2
3. Genetic inheritance			2
4. History of genetic research in sport			2
5. The importance and utilization of genetics in sport			2
6. Genetic doping			2
7. Ethical aspects of genetic research in sport			1
Form of instruction: classes			

1. Principles of operation of a molecular laboratory		2
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"> - audiovisual equipment-based lectures - discourse or multimedia-based presentation - individual and team work - discussion 	
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. 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>	
Primary literature		
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		
Supplementary literature		
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		
STUDENT'S WORKLOAD:		
	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	

Course name: Health education (CORE COURSES)		Course code: 12.7X25PII07_05			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Faculty of Health Promotion					
Field of study: Physical education – field of specialization: teaching					
Mode of study: Second cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/ semester: 1 / 1		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instructions:	lectures	classes			
Number of hours:	15	15			
Course/module coordinator:	dr hab. Katarzyna Sygit				
Instructor:	dr hab. Katarzyna Sygit - lecture dr hab. Katarzyna Sygit - classes				
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.				
Preliminary requirements:	(W) The student is able to define basic notions within the scope of health sciences (U) The student solves basic health related issues (K) The student presents his/her own opinions, is involved in a discussion, works independently and in a group				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	1. The student possesses knowledge within the broadly understood health education.		K_W09	M2_W06,	
	2. The student knows basic factors determining human health, their impact on health and the possibility of their verification.		K_W15	M2_W09,	
Skills	3. The student is able to perform a subjective assessment of the pupil's health condition and possesses diagnostic skills.		K_U11	M2_U09,	
	4. The student presents, orally, the results of his/her work.		K_U18	M2_U14 ,	
Social competences	5. The student is able to initiate discussion and form opinions related to health education.		K_K12	M2_K08 ,	
	6. The student, by understanding the impact of physical activity on health, takes care of his/her own fitness.		K_K13	M2_K09 ,	
COURSE CONTENT				Number of hours	
Form of instruction: lectures					
1. Introduction to health education. Factors determining human health. The history of health education in Poland. Concepts and theoretical basics of health education.				3	
2. Selected aspects of health education of children and youth at school age (taking care of the body, nutrition, physical activity, safety and sexuality).				4	
3. Prevention of use of psychoactive substances.				4	
4. Psycho-social health – selected issues.				4	
Form of instruction: classes					
1. Theoretical basics and concepts of health education.				3	
2. Methodology of health education. Preparation of summaries related to the prophylaxis of addiction.				5	

3. Cooperation with mass media in health education.		3
4. Health and selected health problems of children and youth (including, among others, the level of physical activity and its impact on health).		4
Teaching methods	-lecture with the use of audio-visual equipment -discussion -compilation of a summary -team work	
		Learning outcome number
Verification method of learning outcomes	* test	1,2,
	* written examination	1,2,3,
	* paper/essay/review	4,5,6,
Credit form and requirements	The course credit is awarded on the basis of attendance during classes and lectures. Any absences must be made up for according to principles defined by the instructor. Credit for classes is awarded on the basis of: performance of a synopsis and a positive test grade. Credit for lectures is awarded on the basis of a written test. Final credit – is constituted by an arithmetic average of grades obtained during lectures and classes. Written examination is a longer form of expression, taken by the student after obtaining credit for lectures and classes. The final grade shall be constituted by an exam grade. All forms of credit require at a minimum satisfactory grade.	
Primary literature		
Sygit M. (2010): <i>Zdrowie Publiczne</i> . Oficyna a Wolters Kluwer		
Gromadzka-Ostrowska J. i wsp. (2003): <i>Edukacja prozdrowotna</i> . SGGW		
Woynarowska B. (2008): <i>Edukacja zdrowotna</i> . PWN		
Sygit M., Sygit K. (2008): <i>Wychowanie zdrowotne</i> . US		
Supplementary literature		
Sygit K. (2008): <i>Materiały dydaktyczne do zajęć z wychowania zdrowotnego i promocji zdrowia</i> . US		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	8	
Examination and/or credit duration	6	
Preparation for classes	13	
Literature studying	20	
Preparation of a project/ essay/ etc.	13	
Preparation for the exam or/and credit	8	
TOTAL student's workload in hours	100	
ECTS credit points	4	

Course name: History of Physical Culture (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : A***)		Course code : 16.1X25PI09_39a	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of Theoretical Bases of Physical Culture			
Nazwa kierunku: Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profile of education: practical	Field of specialization: Teaching,
Year/semester: 1/1		Course/ module status: elective	Język przedmiotu / modułu: English
Form of instructions:	wykłady	ćwiczenia	
Number of hours:	15	30	
Course/module coordinator	dr Miłosz Stępiński		
Instructor:	dr Miłosz Stępiński - ćwiczenia dr Miłosz Stępiński - wykłady		
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.		
Preliminary requirements:	K- basic high school historical knowledge S- basic high school historical skills SE- ability to form opinions and conclusions		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Student explains the evolution of the physical culture ideology. He is able to characterize PC concepts in different ages and development of teacher education.	K_W22	M1_W09,
	2. Student has basic knowledge of physical education.	K_W20	M1_W09,
Skills	3. Student knows how to analyze and estimate historical facts.	K_U24	M1U13 ,
	4. Student organizes work in teams.	KU23	M1U13 ,
Social competences	5. Student is able to form critical thesis.	KK07	M1K04,
	6. Student can lead the work in team.	KK06	M1K04,
COURSE CONTENT			Number of hours
Form of instruction: lectures			
1. PE and sports in ancient times (Far and Middle East, ancient Greece, Rome).			3
2. PE an "sports" in Middle Ages			2
3. PE and physical activities in renaissance.			2
4. PE in Enlightenment.			2
5. Olympic games			2
6. PE after Second World War. Political aspects of Sports organization in Poland between 1944-1989. PE after 1989.			2
7. Ethical and social aspects of the modern ages Sports.			2
Form of instruction: classes			
1. Introduction classes. Aims of the classes, literature, organization and terms of exam.			2
2. PE in ancient times.			4
3. PE in renaissance and enlightenment in Poland.			4
4. PE on polish territories in XIX century. Gymnastic movement and beginnings of polish sport before first World War.			4

5. Olympic Games		4
6. PE and sports in Poland (1918-1939) and during the second World War (1939-1945)		4
7. PE in Poland between 1944-1989		4
Teaching methods	<ul style="list-style-type: none"> • Lecture • Multimedia presentation • Individual work with historical publications 	
Verification method of learning outcomes		Learning outcome number
	* written exam	1,3,5,
	* practical classes (verification through observation)	1,2,5,
	* paper/ essay/review	2,3,
	* presentations	4,6,
Credit form and requirements	Final grade based on partial grades obtained on the classes	
Primary literature		
Wroczyński R. (2002): Powszechne dzieje wychowania fizycznego i sportu. Warszawa		
Gaj J., Hądzelek K. (1997): Dzieje kultury fizycznej w Polsce. Poznań		
Szymański L. (2004): Kultura fizyczna i turystyka w polityce Polski Ludowej 1944-1989. Wrocław		
Supplementary literature		
Gostowski R. (1959): Sport w starożytności. Warszawa		
Łanowski J. (2000): Święte igrzyska olimpijskie. Poznań		
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		
Godlewski P. (2006): Sport w Polsce na tle politycznej rzeczywistości lat 1944-1956.. Poznań		
Laskiewicz H. (1993): Powstanie i rozwój organizacyjny ruchu sportowego na Pomorzu Zachodnim (1945-1957). Szczecin		
Laskiewicz H. (2001): Instytut Kultury Fizycznej w Szczecinie (1950-2000). Szczecin		
Ordylowski M. (1997): Historia kultury fizycznej Starożytność - Oświecenie. Wrocław		
Szymański L. (1999): Kultura fizyczna w polityce II Rzeczypospolitej. Wrocław		
Maksimowska B. (red.) (1999): Z najnowszych dziejów kultury fizycznej w Polsce (1918 - 1989). Częstochowa		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	45	
TOTAL student's workload in hours	125	

ECTS credit points	5
8. History of PE teachers' education process in Poland	4

Course name: Metrology in sport (ELECTIVE MODULE/ Group: Sports)		Course code: 16.1X25PI_52			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion					
Field of study Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: Practical		Field of specialization: teaching,	
Year/semester: 2 / 3		Course/ module status: elective		Course/module language: Polish/ English	
Form of instruction:	lectures				
Number of hours:	15				
Course/ module coordinator:	dr Anna Iwińska				
Instructor	dr Anna Iwińska - lectures mgr Robert Terczyński - classes				
Course/module objectives:	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.				
Prerequisites:	The students must possess general theoretical knowledge within the scope of: mathematics and physics – in the general covered at lower and upper secondary schools				
LEARNING OUTCOMES				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	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.		K_W04	M1_W03,	
	2. The student possesses general knowledge within the scope of measurement techniques and possibilities of selected manifestations of movement		K_W14	M1_W07,	
Skills	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.		K_U03	M1_U02,	
	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.		K_U04	M1_U02,	
	5. The student is able to automatize measurement methods, to register and create databases of the material gathered.		K_U10	M1_U06,	
	6. The student is able to analyse the results of biomechanical and physical fitness measurements.		K_U13	M1_U08,	
	7. The student is able to adequately prepare relevant documentation connected with conducting physical fitness and motor skills tests.		K_U22	M1_U12 ,	
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
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	<p>Selected teaching methods applied during metrology classes in sport:</p> <ul style="list-style-type: none"> - 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	<p>The student obtains credit on the basis of:</p> <ul style="list-style-type: none"> - 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	
Szydłowski H. (1977): Pomiary fizyczne. PWN Warszawa	
Terczyński R. (1999): Próba podziału niepewności i błędów pomiarowych w pomiarach dokonywanych dla potrzeb kultury fizycznej. US Wyd. Intrograf Szczecin	
Tomaszewski A. (1975): Podstawy nowoczesnej metrologii. WN-T Warszawa	
Tworzyło M. i wsp. (1989): Przewodnik do ćwiczeń z biomechaniki i wybrane zagadnienia metrologii. AWF Kraków	
Wachowski i wsp. (1987): Pomiar cech sprawności motorycznej osobników uprawiających sport. AWF Poznań	
Wit A. i wsp. (1992): Biomechaniczna ocena układu ruchu sportowca. IS Warszawa	
Supplementary literature	
Ernst K. (1992): Fizyka sportu. PWN Warszawa	
Jakubiec W. i wsp. (1996): Metrologia wielkości geometrycznych. WN-T Warszawa	
Fidelus K. (1975): Przewodnik do ćwiczeń z biomechaniki. AWF Warszawa	
Terczyński R. (2009): Rozkład prędkości w biegu na 100 metrów na różnym poziomie sportowym. Sport and Tourism in Modern Lifestyl. AWF Poznań	
Wit A. (1984): Biomechanika dla instruktorów sportu. Stołeczna Federacja Sportu Warszawa	
STUDENT'S WORKLOAD:	
	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
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Modern dance (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : I***)		Course code: 16.1X2SPII05_42	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Modern Forms of Movement			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 2 / 4		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	30		
Course/ module coordinator:	mgr Adrianna Banio		
Instructor	mgr Adrianna Banio – specialist classes		
Course/module objectives:	Teaching modern dance, work on group dance arrangements, training body expression and shaping stage expression.		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Describes the history of modern dance and lists its main representatives. Defines various dance styles and is able to characterize them.	K_W07	M2_W05,
	2. Explains the basics of kinetography and the principles of developing choreography of modern dance.	K_W16	M2_W10,
Skills	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.	K_U15	M2_U11,
Social competences	4. 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.	K_K06	M2_K05,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. The history of modern dance and its main representatives.			2
2. Teaching and improving basic steps of various dance styles.			16
3. Basics of kinetography and the principles of developing choreography.			2
4. Creativity training and improvement of body expression – independent short dance forms.			10
Teaching methods	<ul style="list-style-type: none"> - group work - projects - demonstrations - audio-visual form - short forms 		
			Learning outcome number
Verification methods of the learning outcomes	* project		

	* practical classes (verification through observation)	
	* oral examination	
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%.	
Primary literature		
I.Turska (1962): Krótki zarys historii tańca i baletu.		
D.Kubinowski (2000): Taniec-Choreologia-Humanistyka.		
R.Lange (1995): Podręcznik kinetografii.		
Supplementary literature		
J.Rey (1958): Taniec, jego rozwój i formy.		
O. Kuźmińska (1996): Piękno ruchu taneczno-gimnastycznego.		
I.Turska (1965): W kręgu tańca.		
STUDENT'S WORKLOAD:		
	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: Modern forms of movement (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI05_25			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, the Department of Modern Forms of Movement					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year / semester: 1 / 1		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	15				
Course/module coordinator:	mgr Adrianna Banio				
Instructor:	mgr Adrianna Banio – specialist classes				
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.				
Preliminary requirements:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	<ol style="list-style-type: none"> 1. The student knows the terminology of basic steps used during classes. 2. The student knows and describes, in a proper manner, the methodology of teaching the arrangement of choreography in aerobics and step. 3. The student possesses knowledge of a healthy lifestyle. 		K_W14 K_W12	M1_W07, M1_W06,	
Skills	<ol style="list-style-type: none"> 4. The student is able to select and use equipment to the group level, for effective conduct of classes. 5. The student possesses the skills of creating short choreographic arrangements within aerobics, step and strengthening exercises. 		K_U08	M1_U05,	
Social competences	6. Cooperates in a group, shows creativity in conducting classes, is able to engage persons performing exercises during classes,.		K_K06	M1_K04,	
	7. Observes and takes care of his/her own safety and the safety of others during classes.		K_K13	M1_K07,	
				Number of hours	
Form of instruction: specialist classes					
1. Teaching basic steps in aerobics.				2	
2. Combining steps with music				2	
3. Teaching choreography – block and fragment method				2	
4. Step aerobics – teaching basic steps.				2	
5. Teaching strengthening exercises				2	
6. Step aerobics - simple choreography				2	
7. Credit awarded for the development of choreography.				3	
Teaching methods	presentation group work				

Verification method of learning outcomes		Nr efektu kształcenia z sylabusu
	* practical classes (verification through observation)	1,4,5,
	* test	2,3,
	* thesis/essay/review	6,
Credit form and requirements	<p>1. Attendance and active participation in all classes. 2. Obtaining a positive grade for theoretical knowledge – the grade constitutes 20% of the final grade. 3. Practical credit for developing aerobics choreography - the grade constitutes 40% of the final grade. 4. Practical credit for developing step choreography - the grade constitutes 40% of the final grade. The course credit shall be subject to obtaining minimum satisfactory grade for activities enumerated in points 1-4 above</p>	

Primary literature

Olex- Mierzejewska D ((2002)): Fitness -teoretyczne i metodyczne podstawy prowadzenia zajęć. Katowice

Grocka - Kubrak E. ((2002)): Aerobic czy Fitness.. Poznań

Anderson B. ((1995)): Streching. Wrocław

Supplementary literature

Groos E., Rothmaier D. ((1997)): Nowy aerobic, siła i odporność..

STUDENT'S WORKLOAD:

	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	4
Preparation for the exam or/and credit	17
TOTAL student's workload in hours	50
ECTS credit points	2

Course name : Module: Health training Module courses: (ECTS 4) Health forms of physical activity Module courses : (ECTS 2) Relaxation techniques (RLECTIVE MODULE / Group: Health related)				Course code : 16.1X25PI05_48 16.1X25PI05_48	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Modern Forms of Movement The Faculty of Physical Culture and Health Promotion, The Department of Sports Theory and Practice					
Field of study Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: Practical		Field of specialization: teaching,	
Year/semester: 2 / 3		Course/ module status: elective		Course/module language: Polish/ English	
Form of instruction:	lectures	classes			
Number of hours:	15	45			
Course/ module coordinator:	dr Alicja Drohomirecka				
Instructor	dr Joanna Ratajczak - lectures mgr Pawel Eider - classes mgr Adrianna Banio - classes dr Alicja Drohomirecka - classes dr Anna Iwińska - classes				
Course/module objectives:	To equip students with basic knowledge and skills within the scope of health training, relaxation techniques and selected forms of physical activity.				
Prerequisites:	None				
LEARNING OUTCOMES				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	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.			K_W10	M1_W06,
Knowledge	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. 3. Basis of health training: The student is able to discuss selected biological and psychosocial effects of increased level of activity.			K_W01	M1_W01,
Knowledge	4. Basis of health training: the student knows the benefits, hazards and safety rules related to training.			K_W13	M1_W07,
Wiedza	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.			K_W11	M1_W06,
Skills	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.			K_U01	M1_U01,

Skills	<p>7. Basis of health training: The student plans a simple form of health training, selecting proper didactic methods, principles and means.</p> <p>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.</p>	K_U19	M1_U11,
Social competences	<p>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.</p>	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	<ul style="list-style-type: none"> - 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>Basis of health training: The project grade shall be the final grade obtained for classes. The examination grade constitutes 40% of the module final grade.</p> <p>Health forms of physical activity: Course grade: Health forms of physical activity (conducting classes) constitutes 30% of the module final grade.</p> <p>Relaxation techniques: Course grade: Relaxation techniques (test) constitutes 30% of the module final grade .</p>
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Primary literature

Grzegorzczak B. (2009): Piłki 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): Lekcja relaksacji.. AWF Wrocław

Schenk C. (1996): Relaksacja - sposób na stres.. JiBF

Drabik J. (1995): Aktywność fizyczna w edukacji zdrowotnej społeczeństwa.. AWF Gdańsk

Drabik J. (1996): Aktywność fizyczna w treningu zdrowotnym osób dorosłych.. AWF Gdańsk

Supplementary literature

Kulmatycki L. (1995): Ćwiczenia relaksacyjne;praktyczne techniki antystresowe dla dzieci i młodzieży.. Promo-Lider

Kuński H. (1985): Podstawy treningu zdrowotnego.. Sport i turystyka

Nowak P. (2007): Trening zdrowotny kobiet.. PWSZ w Raciborzu

STUDENT'S WORKLOAD:

	Number of hours
Instruction	60
Participation in the instructor's office hours	2
Examination and/or credit duration	4
Preparing for classes	30
Studying literature	15
Preparing a project/ essay/ etc.	20
Preparing for the exam or/and credit	14
Other	5
TOTAL student's workload in hours	150
ECTS credit points	6

Course name: Multimedia techniques in sport		Course code: 16.1X25PI11_51	
(MODUŁY DO WYBORU / Blok: Sportowy) Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of the Theory of Physical Education, Anthropomotrics and Team Games			
Field of study Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profile of education: Practical	
Year/semester: 1 / 2		Course/ module status: elective	
Form of instruction:		Field of specialization: teaching,	
Number of hours:		Course/module language: Polish/ English	
Form of instruction:		lectures	
Number of hours:		15	
Course/ module coordinator:		dr Miłosz Stępiński	
Instructor		dr Miłosz Stępiński - lectures	
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:		None	
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Skills	1. Is able to independently present the prepared multimedia programme.	K_U23	M1_U13 ,
	2. Is able to operate basic multimedia devices.	K_U22	M1_U12 ,
Social competences	3. Is able to independently prepare multimedia presentation of various types. 4. Is able to prepare multimedia presentation of various types in a group.	K_U10	M1_U06,
	5. Shows creativity in the completion of assigned tasks. 6. Directs a part of the team completing the group project.	K_K09 K_K06	M1_K05, M1_K04,
COURSE CONTENT			Number of hours
Form of instruction: lectures			
1. Work with video camera and voice recorder – recording and edition of audio-video material.			4
2. Forms and principles of self-presentation.			2
3. Performance of presentation in MS Power Point.			4
4. Multimedia programmes in the work of a teacher and a coach.			2
5. Preparation of own audio-video materials.			3
Teaching methods	Practical classes Multimedia presentation		
Verification methods of the learning outcomes			Learning outcome number
	* presentations		1,2,3,5,
* project		4,6,	
Credit form and requirements	1. Individual project comprising preparation of a multimedia presentation with graphics and photographs related to an assigned topic – the grade constitutes 50% of the final grade. 2. Group project comprising preparation of a multimedia presentation and video material related to an assigned topic – the grade constitutes 50% of the final grade.		
Primary literature			
(2007): Pedagogika Medialna. Tom 1 i 2. Praca zbiorowa.. PWN			

Zimek R. (2010): PowerPoint 2010 PL. Ilustrowany Przewodnik.. Helion	
Bremer A. & Kula R. (2001): ABC Użytkownika Microsoft Office 2007.. Videograf Edukacja	
Rzędowscy A. & J. (2009): Mówca Doskonaly.. Helion	
Supplementary literature	
Pikoń K. (2011): ABC Internetu. Helion	
Blein B. (2009): Sztuka Prezentacji i Wystąpień Publicznych.. RM	
Ros J. (2006): Prezentacja. Zysk i s-ka	
STUDENT'S WORKLOAD:	
	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	10
Preparing a project, essay, etc.	11
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Music, rhythm, dance (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI06_26	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, the Department of Prophylaxis and Class Therapy			
Field of study: Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profile of education: practical	Field of specialization: teaching,
Year / semester: 1 / 1		Course/ module status: obligatory	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	30		
Course/ module coordinator:	dr hab. Joanna Kruk		
Instructor	dr hab. Joanna Kruk – specialist classes		
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		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. 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	2. 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,
	3. 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,
	4. 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	5. 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			Number of hours
Form of instruction: specialist classes			
1. The value of dance in the educational and pedagogical aspect.			2
2. The application of eurhythmics during classes with children.			1
3. Short dance related aspects performed independently and in pairs. Gaining the ability to combine movement with music and aesthetics of performance.			14
4. Theory and methodology of teaching, the performance technique of selected folk and ballroom dances.			13
Methods of education	<ul style="list-style-type: none"> - 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
	* project	1,3,
	* practical classes (verification through observation)	2,4,5,
	* test	4,
Credit form and requirements	<p>Awarding credit shall be conditional upon attendance during classes. The course final grade is determined by:</p> <p>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).</p> <p>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)</p> <p>Each of the 9 assessed components must be awarded with minimum satisfactory grade.</p> <p>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.</p>	
Primary literature		
Jakubowski K. (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. AWF Warszawa		
Kowalik B., Fredek A., Barańska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach. AWF Katowice		
Kuźmińska O., Popielewska H. (1995): Taniec, Rytm, Muzyka. AWF Poznań		
Supplementary literature		
Siedlecka B., Biliński (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji. AWF Poznań		
Bednarzowa B., Młodzikowska M. (1996): Tańce poradnik metodyczny. AWF Warszawa		
Graczykowska B. (2003): Tańce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. Oficyna Wydawnicza Politechniki Opolskiej, Opole		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	4	
Examination and/or credit duration	2	
Preparing for the classes	4	
Studying literature	3	
Preparing project/ essay / etc.	3	
Preparing for the exam or/and credit	4	
TOTAL student's workload in hours	50	
ECTS credit points	2	

Course name: Nordic walking (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : H***)		Course code : 16.1X25PII05_41	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Modern Movement Forms			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year/semester: 1 / 1		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	dr Alicja Drohomirecka		
Instructor	dr Alicja Drohomirecka – specialist classes		
Course/module objectives:	To familiarize students with the basic technique of Nordic walking.		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Possesses knowledge of the significance of Nordic walking in recreation and rehabilitation and knows the Nordic walking-related terminology.	K_W11	M2_W06,
Skills	2. 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	3. Is able to ensure safety during Nordic walking classes.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Historical perspective of Nordic walking, the structure and principles of selecting sticks, the description of the correct technique.			2
2. Field exercises – integration games, strengthening, stretching and breathing exercises.			4
3. Methods of teaching and field practice - exercises improving the technique of Nordic walking , playing with sticks.			6
4. Conducting individually and correctly a chosen part of Nordic walking classes.			3
Teaching methods	-group work -imitative and creative methods		
Verification methods of the learning outcomes			Number of learning outcomes
	* test		1,
	* quiz		2,3,
Credit form and requirements	Active participation in all classes. Practical assignment – demonstrating the basic marching technique, conducting a selected part of classes – the grade constitutes 60% of the final grade. Test - written assignment covering theoretical knowledge - the grade constitutes 40% of the final grade. All elements listed above must be credited with minimum satisfactory grade.		
Primary literature			

Wróblewski P. (2010): Nordic walking.: Pascal

Kocur P., Wilk M., Dylewicz P. (2011): Nordic walking, rekreacja, rehabilitacja i zdrowie.. AWF Poznań Cornetis

Supplementary literature

Chojnowska-Siemieńczuk E. (2011): Nordic Walking. Ćwiczenia. Literat

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	10
Studying literature	5
Preparing for the exam or/and credit	8
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Premedical first aid (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X2SPI01_12		
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Faculty of Human Functional Anatomy and Biometry				
Field of study: Physical education – field of specialization: teaching				
Mode of study: First cycle programme of study, full-time		Profile of education: practical		
Year/semester: 2 / 4		Course/ module status: Obligatory		
Form of instruction:		Field of specialization: Teaching,		
Number of hours:		Course/module language: Polish/ English		
Course/module coordinator:		dr Elżbieta Sieńko-Awierianów		
Instructor:		dr Elżbieta Sieńko-Awierianów -tutorial		
Course/ module objectives:		Familiarizing the student with the theoretical and practical bases of health related intervention covering first pre medical aid		
Preliminary requirements:		None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	1. The student knows the symptoms of basic disorders of the functioning of the human body	K_W09	M1_W05,	
	2. The student knows theoretical basis of the first pre-medical aid	K_W09	M1_W05,	
Skills	3. The student is able to identify problems of a person in a life or health threatening situation	K_U12	M1_U07,	
	4. The student is able to undertake actions aimed at rescuing human health and life	K_U12	M1_U07,	
Social competences	5. The student is aware of his/her own limitations and knows when to address experts	K_K02	M1_K02,	
	6. The student provides aid in a manner ensuring his/her safety and the safety of other people.	K_K13	M1_K07,	
COURSE CONTENT			Number of hours	
Form of instruction: tutorial				
1. The significance of the pre-medical first aid for human health and life. Legal aspects of providing the first pre-medical aid.			2	
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.			3	
3. First aid in burns, frostbites and overheating. First aid in poisoning.			3	
4. Cardio-pulmonary resuscitation.			3	
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.			4	
Teaching methods	Multi-media presentation, tutorials, task assignments in groups of 4			
Verification method of learning outcomes				Learning outcome number
	* project			1,2,3,4,5,6,
	* presentations			1,2,3,4,5,6,
	* test			1,2,3,4,

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).
Preliminary literature	
Buchfelder M., Buchfelder A. (2003): Podręcznik pierwszej pomocy.. Wydawnictwo Lekarskie PZWL	
Goniewicz M. (2011): Pierwsza pomoc. Podręcznik dla studentów.. Wydawnictwo Lekarskie PZWL	
Supplementary literature	
Bass D., Baker R. (2006): Pierwsza pomoc i opieka domowa.. Wydawnictwo RM	
Czapiewska B. (2010): Pierwsza pomoc.. Wydawnictwo Literat	
STUDENT'S WORKLOAD:	
	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: Recreation games (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI03_28			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Corrective Gymnastics					
Field of study Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: Practical		Field of specialization: teaching,	
Year / semester: 1 / 1		Course/ module status: obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	30				
Course/ module coordinator:	dr Maria Makris				
Instructor	dr Maria Makris – specialist classes mgr Radosław Sroka – specialist classes				
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			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	1. 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. 2. The student knows the rules, provisions and principles of teaching fun and movement games.		K_W15	M1_W07,	
Skills	3. The student is able to plan, conduct and referee fun and movement games, observing the principles of proper behaviour towards the group and instructing the players.		K_U18	M1_U11,	
	4. 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,	
	5. The student is able to demonstrate and discuss basic technical elements of popular team games.		K_U20	M1_U11,	
Social competences	6. 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,	
	7. 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				Number of hours	
Form of instruction: specialist classes					
1. Introduction to the theory and practice of fun and movement games.				6	
2. Teaching and conducting integration fun and movement games.				2	

3. Teaching, conducting and refereeing simple fun games and simple and complex games.		10
4. Teaching, conducting and refereeing transition games.		2
5. Teaching, conducting and refereeing specialist games.		2
6. Teaching, conducting and refereeing team games.		4
7. Mini squash.		2
8. Course credit.		2
Methods of education	<ul style="list-style-type: none"> - multi-media presentation - presentation - group work 	
Verification methods of the learning outcomes		Learning outcome number
	* test	1,2,
	* thesis/essay/review	2,
	* practical classes (verification through observation)	2,3,4,5,6,7,
Credit form and requirements	<p>Course credit is conditional upon class attendance. The credit grade is based on:</p> <ol style="list-style-type: none"> 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). <p>Each elements enumerated in point 1-3 must be credited with minimum a satisfactory grade.</p>	
Primary literature		
Bondarowicz M. (1994): Zabawy i gry ruchowe w zajęciach sportowych. RCMS KFiS Warszawa		
Bondarowicz M. (1998): Zabawy w grach sportowych. Wydawnictwa Szkolne i Pedagogiczne Warszawa		
Bondarowicz M., Staniszewski T. (2000): Podstawy teorii i metodyki zabaw i gier ruchowych. AWF Warszawa		
Trzeźniowski R. (2005): Zabawy i gry ruchowe. Wydawnictwa Szkolne i Pedagogiczne 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	
Participation in the instructor's office hours	4	
Examination and/or credit duration	2	
Preparing for the classes	5	
Studying literature	3	
Preparing project/ essay / etc.	2	

Preparing for the exam and/or credit.	4
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: School fitness (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : I***)		Course code: 16.1X2SPII05_43	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Modern Movement Forms			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: Teaching,
Year/semester: 2 / 4		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	30		
Course/ module coordinator:	dr Katarzyna Kotarska		
Instructor	mgr Pawel Eider – specialist classes		
Course/module objectives:	Gaining competences within the scope of performing, teaching and conducting basic fitness forms at every stage of school education		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	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.	K_W05	M2_W04,
Skills	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.	K_U12	M2_U10,
	3. Possesses specialist movement abilities within the scope of modern movement forms necessary for professional work within physical education	K_U15	M2_U11,
Social competences	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.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Techniques of performing, naming and variations and combinations of basic steps.			4
2. The technique of basic strengthening exercises for a specific group of muscles.			4
3. Contemporary forms fitness – methodology and conducting fitness.			4
4. Preparing synopsis, conducting a given form of fitness and its description.			18
Teaching methods	-imitative and creative methods -group work		
Verification methods of the learning outcomes			Learning outcome number
	* test		1,
	* quiz		2,4,

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>
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Primary literature

Olex -Mierzejewska D. ((2002)): Fitness teoretyczne i metodyczne podstawy prowadzenia zajęć. Podręcznik dla. AWF Kataowice

Olex D. ((2001)): Fitness.. AWF Kataowice

Supplementary literature

Grodzka-Kubiak E. ((2002)): Aerobik czy fitness. Podręcznik szkoleniowy.. Poznań

STUDENT’S WORKLOAD:

	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: School tourism (COURSES FOR THE FIELD OF STUDY)				Course code: 16.2X2SPII12_09	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Tourism and Recreation					
Field of study: Physical education – field of specialization: teaching					
Mode of study: Second cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/ semester: 1 / 1		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instructions:	lectures	classes			
Number of hours:	10	15			
Course/module coordinator:	dr Michał Tarnowski				
Instructor:	dr Leszek Kaczyński - lectures dr Leszek Kaczyński – classes				
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.				
Preliminary requirements:	none				
LEARNING OUTCOMES				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. The student obtains information on methodological and organizational aspects and conducting selected forms of tourism and organization of events. 2. Identifies and classifies tourist virtues (especially cultural and nature-related) of Poland and the Szczecin region.			K_W11	M2_W06,
Skills	3. The student is able to assess the usefulness of given country sightseeing virtues for planning selected forms of school tourism. g			K_U16	M2_U12 ,
	4. Is able to prepare, within the basic scope, selected events of various nature. 5. The student is able to use tourist equipment for selected forms of tourism in the basic scope.			K_U12	M2_U10,
Social competences	6. 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,
	7. Takes care of proper organization of tourist forms and events of various nature.			K_K10	M2_K07,
	8. Is able to organize task-focused groups and cooperate within the groups for solving problems.			K_K06	M2_K05,
COURSE CONTENT					Number of hours
Form of instruction: lectures					
1. Tourism, recreation, sightseeing, geography of tourism – selected aspects					5
2. Szczecin – historical outline					3
3. Conducting tourist events with special emphasis placed on a trip as the basic form of sightseeing activity (basic methodological and legal issues)					2
Form of instruction: classes					
1. Selection of virtues to specific types of trips. Organization of a school bus trip.					4
2. Organization of school events of selected nature – basic methodological and legal issues					2
3. Selected sightseeing virtues of the region. Organization and participation.					9

Teaching methods	<ul style="list-style-type: none"> - film - presentation - multi-media programme - field practice - team work. 	
		Learning outcome number
Verification methods of learning outcomes	* project	1,2,3,4,8,
	* practical classes (verification through observation)	5,7,
	* presentation	6,
Credit form and requirements	<p>Graded credit Obtaining credit for classes:</p> <ol style="list-style-type: none"> 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). <p>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.</p>	
Primary literature		
Głabiński Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania tożsamości regionalnej.. Forum Turystyki Regionów Szczecin		
Domerecka B. (2008): Jak organizować szkolną turystykę?. Municipium SA Warszawa		
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. (1998): Geografia turystyki Polski.. Polskie Wydawnictwo Ekonomiczne Warszawa		
Tarnowski M. (2009): Uwarunkowania aktywności turystycznej młodzieży szczecińskich szkół średnich.. ydawnictwo Naukowe Uniwersytetu Szczecińskiego Szczecin		
NAKLAD PRACY STUDENTA:		
	Number of hours	
Instruction	25	
Participation in the instructor's office hours	5	
Examination and/or credit duration	4	
Preparation for classes	2	
Literature studying	12	
Preparation of a project/ essay/ etc.	12	
Preparation for the exam or/and credit	15	
TOTAL student's workload in hours	75	
ECTS credit points	3	

Course name: Sports medicine (ELECTIVE MODULES / Group: Sports)			Course code: 12.9X25PI_54		
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion					
Field of study Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: Practical		Field of specialization: Teaching,	
Year/semester: 3 / 6		Course/ module status: elective		Course/module language: Polish/ English	
Form of instruction:	lectures	classes			
Number of hours:	15	15			
Course/ module coordinator:	dr Maciej Zawadzki				
Instructor	dr hab. n. med. prof. US Zbigniew Deskur - lectures dr Maciej Zawadzki - classes				
Course/module objectives:	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.				
Prerequisites:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	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.		K_W13	M1_W07,	
	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.		K_W21	M1_W09,	
Skills	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. .		K_U22	M1_U12 ,	
	4. The student is able to effectively analyse 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.		K_U24	M1_U13 ,	
Social competences	5. The student is aware of his/her knowledge and skills is performs adequate selfassessment of his/her competences.		K_K02	M1_K02,	
	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. .		K_K13	M1_K07,	
COURSE CONTENT				Number of hours	

Form of instruction: lectures		
1. Selected problems of sports medicine with regard to children and youth.	4	
2. Health hazards of sportsmen.	4	
3. Tissue and organ injuries in sport.	4	
4. Prophylaxis in sports injuries.	3	
Form of instruction: classes		
1. General research.	3	
2. Examination of motor organs in sportsmen.	4	
3. Prophylaxis of sports injuries in selected sports disciplines and physical education classes at school.	4	
4. Biological regeneration in professional sport.	2	
5. Sports and medical check-up.	2	
Teaching methods	- multimedia presentation - tutorial (subject-related) - discussion	
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	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: - oral presentation (multimedia), - assessment of a group project, - final test. 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.	
Primary literature		
Dziak A. (1991): Medycyna sportowa. PTMS Warszawa		
Garlicki J. (1988): Traumatologia sportowa. PZWL Warszawa		
Gawroński W., Szygula Z. (2002): ABC medycyny sportowej. Medycyna Sportiva Kraków		
Dobrzański T. (1989): Medycyna wychowania fizycznego i sportu. SiT Warszawa		
Supplementary literature		
Lisiecka M. (1971): Odnowa biologiczna. PKOL Warszawa		
Jankowiak Z. (1982): Fizjologiczne podstawy odnowy biologicznej w sporcie.. Instytut Sportu Warszawa		
STUDENT'S WORKLOAD:		
	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: Statistics (CORE COURSES)		Course code: 11.2X2SPII09_04	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Theoretical Bases of Physical Education			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: Teaching,
Year/semester: 1 / 1		Course/ module status: Obligatory	Course/module language: Polish/ English
Form of instruction:	lectures	classes	
Number of hours:	15	15	
Course/ module coordinator:	dr hab. Pawel Ciężczyk		
Instructor	dr hab. Pawel Ciężczyk - lectures dr hab. Pawel Ciężczyk -classes		
Course/module objectives:	To familiarize students with basic statistical techniques in biological sciences		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. 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	2. The student is able to use information techniques for the purpose of gathering storing data. 3. The student is able to interpret numerical data and draw conclusions on the basis of performer calculations. 4. The student is able to plan and solve specific statistical tasks, typical for biological sciences.	K_U07	M2_U06,
Social competences	5. The student is aware of his/her own limitations and knows when to address experts. 6. 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			Number of hours
Form of instruction: lectures			
1. Basic notions related to statistics.			4
2. Statistical estimation.			5
3. Analysis of questionnaire data.			2
4. Correlation and regression.			2
5. Basis of the analysis of dynamics of occurring phenomena.			2
Form of instruction: classes			
1. Basic notions connected with statistics. Drawing in statistics. Organization of statistical research.			3
2. Measures of central tendency. Measurement units of dispersion. Estimation of parameters of one variable.			3
3. Verification of statistical hypotheses – parametrical and non-parametrical test.			3
4. Correlation and regression.			3
5. Basis of the analysis of the dynamics of phenomena.			2

6. Course credit.		1
Teaching methods	<ul style="list-style-type: none"> - multimedia presentation - presentation of examples of statistical analyses - practical classes 	
Verification methods of the learning outcomes		Learning outcome number
	* oral examination	1,5,6,
	* practical classes (verification through observation)	2,3,4,
Credit form and requirements	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 .	
Primary literature		
Ciężczyk P., (2008): Statystyka dla studiujących na uczelniach sportowych. International Association 1-117		
Ciężczyk P., (2008): Statystyka stosowana dla studiujących na uczelniach sportowych. International 1-65		
Supplementary literature		
Stanisz A. (2007): Przystępny kurs statystyki.. StatSoft 1-135		
STUDENT'S WORKLOAD:		
	Number of hours	
Instruction	30	
Participation in the instructor's office hours	6	
Examination and/or credit duration	4	
Studying literature	25	
Preparing for the exam or/and credit	30	
Other	5	
TOTAL student's workload in hours	100	
ECTS credit points	4	

Course name: Table tennis (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : G***)		Course code: 16.1X25PII08_38	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Individual Sports			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: Teaching,
Year/semester: 2 / 3		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	mgr Pawel Eider		
Instructor	mgr Aleksander Wiażewicz – specialist classes		
Course/module objectives:	Teaching the technique of performing individual serves in the table tennis and their use during physical education classes.		
Prerequisites:	None		
LEARNING OUTCOMES		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	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.	K_W12	M2_W06,
	2. Defines systems and rules of the game, explains the rules of the game and refereeing in the table tennis.	K_W16	M2_W10,
Skills	3. Selects, in a proper way, methods and means of organizing sports and recreational events of table tennis.	K_U12	M2_U10,
	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.	K_U14	M2_U11,
Social competences	5. Is involved in the group work, completing assigned tasks resulting from the organization and conducting sports events.	K_K05	M2_K04,
	6. Knows, observes and takes care of the safety of participants of sports competitions organized by the student.	K_K10	M2_K07,
	7. The student is aware of the impact of practicing table tennis on the physical fitness and health.	K_K13	M2_K09 ,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Familiarizing students with the course content and requirements, and equipment: tables, nets, rackets, balls.			1
2. The role and place of the familiarizing and preparatory exercises in the elementary stage of teaching table tennis.			3
3. The types of a racket bat, proper starting position, ways of movement in table tennis, table tennis plays fun and recreational game.			4
4. Teaching an improving basic attacking and defensive strokes.			3
5. Improving learned elements of techniques during a game.			3

6. Practical credit		1
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	1. Attendance and active participation in all classes. 2. Assessment of practical skills (school game) – the grade constitutes 70% of the final grade. 3. Obtaining a positive test grade - the grade constitutes 30% of the final grade. Elements enumerated in point 2-3 must be credited with minimum a positive grade.	
Primary literature		
Grycan.J (2007): <i>Inteligentny tenis stołowy</i> . Kraków		
Grosicka R. (2006): <i>Ćwiczenia do nauczania tenisa stołowego i badmintona.. Wychowanie Fizyczne i Zdrowie nr 5, s.12-16</i>		
Chrabąszcz M. (2002): <i>Inicjacja tenisa stołowego na lekcjach wychowania fizycznego.. Wychowanie Fizyczne i Zdrowie nr 12, s.11-16</i>		
Jadach A., Dziedzina K. (2005): <i>Tenis stołowy na lekcjach wychowania fizycznego. Wychowanie Fizyczne i Zdrowie nr6-7, s.13-15</i>		
Supplementary literature		
Nowak S. (1994): <i>Analiza i ocena gry w tenisie stołowym. Trening nr2, s 72-77</i>		
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	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: The molecular basis of physical activity (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : A***)				Course code : 16.1X25PII04_27	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Biological Bases of Physical Culture					
Field of study Physical education – field of specialization: teaching					
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical		Field of specialization: Teaching,	
Year/semester: 2 / 4		Course/ module status: elective		Course/module language: English	
Form of instruction:	lectures				
Number of hours:	15				
Course/ module coordinator:	dr hab. prof. US Agnieszka Maciejewska- Karłowska				
Instructor:	dr hab. prof. US Agnieszka Maciejewska- Karłowska - lectures				
Course/module objectives:	Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity				
Prerequisites:	None				
LEARNING OUTCOMES				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		K_W01	M2_W01,	
Skills	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		K_U02	M2_U02,	
Social competences	5. Student is aware of dangers the use of genetics in sport can bring		K_K01	M2_K01,	
COURSE CONTENT				Number of hours	
Form of instruction: : lectures					
1. Introduction to genetics and molecular biology				4	

2. The review of various marker genes having influence on physiological reactions of the body effort		4
3. Changes in some gene expressions as response to given effort		4
4. The methodology of genetic research in sport.		3
Methods of education	-audiovisual equipment-based lectures	
Verification methods of the learning outcomes		Learning outcome number
	*written exam	1,2,3,4,5,
Credit form and requirements	Written exam covers lectures material, students Take single choice test. Final grade can be increased by 10% for being active during lectures.	
Primary literature		
Ciężczyk P., Maciejewska A., Sawczuk M. (2008): Badania genetyczne w sporcie. International Association of Ontokinesiologists		
Węgleński P. (1996): Genetyka molekularna. PWN		
Supplementary literature		
Bal J. (red.) (2001): Biologia molekularna w medycynie. PWN Warszawa		
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: Theory and methodology of athletics (COURSES FOR THE FIELD OF STUDY)		Course code : 16.1X25PI08_20			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of Individual Sports					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/semester: 1 / 1, 2		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	50				
Course/module coordinator:	dr Anna Iwińska				
Instructor:	dr Anna Iwińska – specialist classes dr Jerzy Iwiński – specialist classes				
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				
Preliminary requirements:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Wiedza	1. 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. The student knows the rules and requirements necessary for the organization of school track and field competitions.		K_W23	M1_W10,	
	3. Selects methods and means for the completion of didactic tasks during track and field education classes.		K_U08	M1_U05,	
Skills	4. 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,	
	5. 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,	
	6. Maintains records of classes		K_U14	M1_U09,	
Social competences	7. 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,	
	8. Abides by the safety rules, conducts classes in an effective and efficient way.		K_K13	M1_K07,	
COURSE CONTENT				Number of hours	
Form of instruction: specialist classes					
1. Performance technique and methodology of teaching basic track and field athletics competitions, track and field athletics rules and regulations. .				35	
2. Conducting classes independently				15	
Teaching methods	<ul style="list-style-type: none"> - practical classes /presentation, explanation, oral instructions/ - planning and organization of classes /conducting classes/ - participation in track and field athletics competitions - independent organization and refereeing competition 				

		Learning outcome number
Verification methods of learning outcomes	* project	1,3,7,
	* test	1,2,3,4,
	* quiz	5,
Credit form and requirements	<p>1. written part /test/- test grade = 40% of the final course grade 2. practical credit- practical credit grade = 40% of the final course grade 3. credit for planning and conducting didactic classes = 20% of the final course grade 4. participation in track and field athletics competitions – participation obligatory (for credit) 5. organization and refereeing school track and field athletics competitions – organization and refereeing is obligatory (for credit) The course credit shall be subject to obtaining minimum satisfactory grade for activities enumerated in points 1-3 above</p>	
Primary literature		
Mroczyński Z. (1995): Lekkoatletyka: skoki, rzuty, wieloboje.. AWF Gdańsk		
Mroczyński Z. (1997): Lekkoatletyka: biegi.. AWF Gdańsk		
Raczek J. (1991): Wytrzymałość dzieci i młodzieży.. AWF Warszawa		
Stawczyk Z. (1999): Zarys lekkoatletyki. Podręcznik dla nauczycieli i studentów wychowania fizycznego.. AWF Poznań		
Iskra J. (2006): Lekkoatletyka. Podręcznik dla studentów.. AWF Katowice		
Przepisy lekkoatletyczne.. http://pzla/pl		
Supplementary literature		
Iskra J., Wojnar J. (2008): Atlas ćwiczeń lekkoatletycznych dla dzieci i młodzieży.. Politechnika Opolska Wydział Wychowania Fizycznego i Fizjoterapii		
Iskra J. (2008): Lekkoatletyka dla dzieci i młodzieży.. AWF Katowice. WWFiF Politechnika Opolska		
STUDENT'S WORKLOAD:		
	Number of hours:	
Instruction	50	
Participation in the instructor's office hours	8	
Examination and/or credit duration	4	
Preparation for classes	8	
Literature studying	8	
Preparation of a project/ essay/ etc.	10	
Preparation for the exam or/and credit	10	
Other	2	
TOTAL student's workload in hours	100	
ECTS credit points	4	

Course name: Theory and methodology of basketball (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI_21			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of the Theory of Physical Education, Anthropomotrics and Team Games					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/semester: 2 / 3, 4		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	40				
Course/module coordinator:	dr hab. Teresa Zwierko				
Instructor:	dr hab. Teresa Zwierko - specialist classes				
Course/ module objectives:	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.				
Preliminary requirements:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	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.		K_W14	M1_W07,	
	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.		K_W23	M1_W10,	
Skills	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.		sK_U08	M1_U05,	
	5. Develops a basketball class synopsis and the programme of sports and recreation event for primary school pupils.		K_U14	M1_U09,	
	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.		K_U20	M1_U11,	
Social competences	7. 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,	
	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.		K_K13	M1_K07,	
	9. Is aware of the necessity to maintain the proper level of physical fitness necessary for presenting basketball exercises during physical education classes.		K_K16	M1_K09 ,	
COURSE CONTENT				Number of hours	

Form of instruction: specialist classes		
1. Technique of performance and methodology of teaching basic technical elements of the basketball game.		20
2. Technical and tactical actions in minigames.		5
3. Conducting classes independently and refereeing fragments of the game, a school game, and the game proper.		15
Teaching method	<ul style="list-style-type: none"> - theoretical and practical activities (imitative and creative) - group work - simulation games 	
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 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>	
Primary literature		
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		
Supplementary literature		
Klimontowicz W. (1999): Koszykówka-program szkolenia dzieci i młodzieży.. COS Warszawa		
Oficjalne przepisy gry w koszykówkę. http://www.pzkosz.pl .		
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: Theory and methodology of football (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PI11_22			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of the Theory of Physical Education, Anthropomotrics and Team Games					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/semester: 3 / 5, 6		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	40				
Course/module coordinator:	dr Miłosz Stępiński				
Instructor:	dr Miłosz Stępiński - specialist classes dr Ryszard Stefanik - specialist classes				
Course/ module objectives:	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.				
Preliminary requirements:	none				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	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.		K_W14	M1_W07,	
	2. Names side effects and consequences of improper selection of physical exercises in the process of teaching movement.		K_W13	M1_W07,	
Skills	3. Is able to independently plan classes related to teaching football techniques.		K_U08	M1_U05,	
	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.		K_U20	M1_U11,	
	5. Is able to independently conduct classes within the scope of football education		K_U16	M1_U10,	
	6. Prepares the synopsis and the programme of sports and recreational event for primary school pupils.		K_U21	M1_U11,	
Social competences	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.		K_K06	M1_K04,	
	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.		K_K13	M1_K07,	
COURSE CONTENT				Number of hours	
Form of instruction: specialist classes					
1. Technique of performance and methodology of teaching basic technical elements of the football game.					15
2. Technical and tactical actions in mini games and school games.					5

3. Conducting classes independently and refereeing fragments of the game and a school game.		12
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)	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.</p> <p>- 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., Śledziewski 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: Theory and methodology of gymnastics (COURSES FOR THE FIELD OF STUDY)				Course code: 16.1X25PI08_19	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of Individual Sports					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/semester: 1 / 1, 2		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	50				
Course/module coordinator:	dr Katarzyna Kotarska				
Instructor:	dr Alicja Drohomirecka – specialist classes dr Katarzyna Kotarska – specialist classes				
Course/ module objectives:	Students gain skills of performing and teaching basic elements of basic and sports gymnastics as well as acrobatics necessary for conducting gymnastics classes at the early stage of school education.				
Preliminary requirements:	None				
LEARNING OUTCOMES				Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1.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 and acrobatics, and is aware of the consequences of improper selection of exercises in the process of physical education at the early stage of school education.			K_W14	M1_W07,
Skills	2. 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. 3. Demonstrates selected elements of basic and sports gymnastics and acrobatics necessary for conducting didactic process at school.			K_U20 K_U14	M1_U11, M1_U09,
Social competences	4. 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					Number of hours
Form of instruction: specialist classes					
1. Shaping exercises, slow.					4
2. Techniques and methodology of teaching selected agility and acrobatic exercises, unequipped and equipment based.					22
3. Preparation of the regularity of shaping exercises, selected agility and acrobatic elements, slow with equipment.					24
Teaching methods	- imitative and creative methods - group work				
Verification method of learning outcomes					Learning outcome number
	* test				1,
	* quiz				2,3,4,

Credit form and requirements	<p>Attendance and active participation in all classes – semester 1 and 2</p> <p>Test – practical credit (selected elements within the scope of sports gymnastics and acrobatics are subject to a grade) - the grade constitutes 60 % of the final grade - semester 1</p> <p>Test – credit for organizing and conducting warm-up and presentation of the methodology of teaching of selected gymnastics exercises (elements graded: presentation and explanation of the taught and improved element, substance related presentation, safety and organization of classes, the instructor's attitude) - the grade constitutes 30 % of the final grade - semester 2</p> <p>Test - paper covering theoretical knowledge - the grade constitutes 10% of the final grade - semester 2.</p> <p>All elements enumerated above require a minimum satisfactory grade.</p>
Primary literature	
Eider J. (2004): Gimnastyka sportowa w programie studiów wychowania fizycznego.. US Szczecin	
Mazurek L. (1974): Teoria i metodyka gimnastyki podstawowej.. WSWF Kraków	
Supplementary literature	
Jezierski R., Rybicka A. (1997): Gimnastyka .Teoria i metodyka.. AWF Wrocław	
STUDENT'S WORKLOAD:	
	Number of hours
Instruction	50
Participation in the instructor's office hours	8
Examination and/or credit duration	4
Preparation for classes	20
Literature studying	10
Preparation of a project/ essay/ etc.	8
TOTAL student's workload in hours	100
ECTS credit points	4

Course name: Theory and methodology of handball (COURSES FOR THE FIELD OF STUDY)		Course code: 16.1X25PII1_32			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of the Theory of Physical Education, Anthropomotrics and Team Games					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year / semester: 1 / 1, 2		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	40				
Course/module coordinator:	dr Beata Florkiewicz				
Instructor:	dr Beata Florkiewicz – specialist classes				
Course/ module objectives:	Competences within the scope of performance and teaching technical elements at the early stage of school education				
Preliminary requirements:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	1. 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. 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	3. Selects, in a proper manner, methods and means of completion of didactic tasks during handball classes 4. Uses basic equipment necessary for the completion of the didactic process at the early stage of handball education.		K_U08	M1_U05,	
	5. Develops a handball class synopsis, a semester plan and an annual plan, as well as the programme of sports and recreation event for primary school pupils.		K_U14	M1_U09,	
	6. 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	7. 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,	
	8. 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,	

	9. 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			Number of hours
Form of instruction: specialist classes			
1. Technique of performance and methodology of teaching basic technical elements of handball.			20
2. Technical and tactical actions in minigames.			5
3. Conducting classes independently and refereeing fragments of the game, a school game, and the game proper.			15
Teaching method	<ul style="list-style-type: none"> - theoretical and practical activities (imitative and creative) - group work - simulation games 		
Verification method of learning outcomes			Learning outcome number
	* project		1,2,3,4,5,7,
	* thesis/essay/review		1,2,3,4,5,8,
	* test		1,2,3,
	* quiz		6,9,
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"> 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: 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. 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. 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 All points must be credited with at least satisfactory grade. The grade awarded for the II semester shall comprise: 20% of the credit for conducting a handball class 10% of the credit for a group project 20% of the written test comprising theoretical knowledge which constitutes 50% of the final grade. 5. Final grade : the course credit shall comprise: 50% of the grade for the I semester and 50% of the grade for the II semester All points must be credited with at least satisfactory grade. 6. The credit grade may be 10-20% higher for the student's voluntary activity, under principles stipulated by the instructor. 		
Primary literature			
Spieszny M. i wsp. (2001): Piłka ręczna w szkole. COS Warszawa			
Wrześniewski S. (2005): Uczymy gry w piłkę ręczną. ZPR w Polsce, Warszawa			
Walczyk L. i wsp. (2005): Piłka ręczna. Zasób ćwiczeń dla dzieci i młodzieży. ZPR w Polsce, Warszawa			
Zielonka Z. (2005): Abecadło piłki ręcznej. ZPR w Polsce, Warszawa			
Przepisy gry w piłkę ręczną ZPRP.			

Supplementary literature	
Paterka S. (2001): Piłka ręczna. AW F Poznań	
Zielonka Z. (1997): Mini piłka ręczna. ZPR w Polsce Warszawa	
STUDENT'S WORKLOAD:	
	Number of hours
Instruction	40
Participation in the instructor's office hours	6
Examination and/ or credit duration	4
Examination and/or credit duration	6
Preparation for classes	5
Preparation of a project/ essay/ etc.	4
Preparation for the exam or/and credit	10
TOTAL student's workload in hours	75
ECTS credit points	3

Course name: Theory and methodology of volleyball (COURSES FOR THE FIELD OF STUDY)		Course code : 16.1X25PI11_24			
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion / The Department of the Theory of Physical Education, Anthropomotrics and Team Games					
Field of study: Physical education – field of specialization: teaching					
Mode of study: First cycle programme of study, full-time		Profile of education: practical		Field of specialization: Teaching,	
Year/ semester 2, 3 / 4, 5		Course/ module status: Obligatory		Course/module language: Polish/ English	
Form of instruction:	Specialist classes				
Number of hours:	40				
Course/module coordinator:	mgr Leszek Piasecki				
Instructor:	mgr Leszek Piasecki – specialist classes				
Course/ module objectives:	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.				
Preliminary requirements:	None				
LEARNING OUTCOMES			Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study	
Knowledge	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.		K_W14	M1_W07,	
	2. Defines basic game rules, enumerates and explains volleyball game rules. Distinguishes specialist terminology applied in the process of teaching volleyball.		K_W23	M1_W10,	
Skills	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.		K_U08	M1_U05,	
	4. Applies basic equipment necessary for the completion of the didactic process of volleyball teaching at the early stages of education.				
	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.		K_U14	M1_U09,	
	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.		K_U20	M1_U11,	
Social competences	7. 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,	

	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.	K_K13	M1_K07,
	9. Maintains the level of physical fitness necessary for the presentation of exercises during football classes.	K_K16	M1_K09 ,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Technique od performance and methodology of teaching basic technical elements of volleyball.			20
2. Technical and tactical actions in minigames.			8
3. Conducting classes independently and refereeing minigames.			12
Teaching method	<ul style="list-style-type: none"> - theoretical and practical activities (imitative and creative) - group work - simulation games 		
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>		
	Primary literature		
	Zatyracz 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			
Supplementary literature			
Grządziel G.,Ljach W.I. (2000): Piłka siatkowa.. COS Warszawa			

Zaborniak S., Kowal A. (2006): Pilka siatkowa w szkole.. Helvetica Starachowice

Superlak E. (2006): Pilka siatkowa. Techniczno - taktyczne przygotowanie do gry.. BK Wroclaw

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	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

Course name: Unihokej Floorball (ELECTIVE COURSES The number of elective courses:1) / Elective module (Group) : F***)		Course code: 16.1X25PII11_36	
Name of the unit conducting the course/module: The Faculty of Physical Culture and Health Promotion, The Department of Physical Education Theory, Anthropomotrics and Team Games			
Field of study Physical education – field of specialization: teaching			
Mode of study: Second cycle programme of study, full-time		Profile of education: Practical	Field of specialization: teaching,
Year / semester: 1 / 2		Course/ module status: elective	Course/module language: Polish/ English
Form of instruction:	Specialist classes		
Number of hours:	15		
Course/ module coordinator:	dr Beata Florkiewicz		
Instructor	dr Beata Florkiewicz - specialist classes		
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		Reference to the outcomes for the programme of study	Reference to the outcomes for the field of study
Knowledge	1. Knows basic technical elements of the floorball and possesses a set of exercises to be applied during physical education classes. 2. Defines basic rules and regulations binding for floorball.	K_W16	M2_W10,
Skills	3. Is able to present basic technical elements of floorball: forehand and backhand pass, ball slalom, forehand and backhand shots. 4. Prepares synopsis of floorball lessons. 5. Prepares and plans the programme of sports and recreational event.	K_U14	M2_U11,
Social competences	6. Assumes the responsibility for safety, selecting proper forms of classes and equipment.	K_K10	M2_K07,
COURSE CONTENT			Number of hours
Form of instruction: specialist classes			
1. Game description, floorball fun and movement games.			4
2. Basic technical elements of floorball.			11
Methods of education	- theoretical and practical actions (imitative and creative) - group work		
Verification methods of the learning outcomes			Learning outcome number
	* test		1,2,
	* thesis/essay/review		1,4,6,
	* project		1,2,5,6,
* quiz		3,	

Credit form and requirements	<ol style="list-style-type: none"> 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). 2. Written assignment – a synopsis of a floorball physical education class (assessment for proper choice of exercises and safety) 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). 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. 5. The final grade. The course grade constitutes an average of grades obtained for points 1-4, i.e. project, written assignment, test and practical assignment). At least a satisfactory grade must be obtained for the activities described in 1-4.
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Primary literature

Starzyńska S., Tywoniuk- Malysz A. (1998): Unihokej.Podstawy technik i taktyki w ćwiczeniach , grach i zabawach. Gdańsk

Starzyńska S. (2001): Unihokej dla małych i dużych. Gdańsk

Abramuk D. (1994): Unihoc. Warszawa

Supplementary literature

Bilska M., Żółtowska E. (1987): Unihoc- gra dla wszystkich. Warszawa

Tywoniuk- Malysz A. (2001): Forma zabawowa w nauczaniu elementów gry w unihoca. Lider 3 26-28

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	8
Studying literature	5
Preparing a project / essay/ etc.	6
Preparing for the exam or/and credit	4
TOTAL student's workload in hours	50
ECTS credit points	2

Course name: Biological bases of health (PRZEDMIOTY DO WYBORU / Moduł (Blok) do wyboru: B***)		Kod przedmiotu: 16.1X25PI02_40a	
Name of the unit conducting the course/module The Faculty of Physical Culture and Health Promotion, The Department of Biological Bases of Physical Culture			
Field of study Physical education – field of specialization: teaching			
Mode of study: First cycle programme of study, full-time		Profil kształcenia: praktyczny	Field of specialization: teaching
Year/semester: 2/4		Course/ module status: elective	Course/module language: English
Form of instruction	lectures		
Number of hours:	15		
Course/ module coordinator	dr Agata Leońska -Duniec		
Instructor:	dr Agata Leońska -Duniec		
Course/module objectives:	Introduction to theoretical and practical bases of human biology		
Prerequisite	None		
LEARNING OUTCOMES		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	KW01	M1W01,
Skills	2. Student can recognize basic cell organelle within human somatic cells in the microscopic section images	K_U04	M1_U02,
Social competences	3. Student is aware of his/her own limitations, and thus knows when to request the assistance of an expert	KK02	M1K02,
COURSE CONTENT			Number of hours
Forma zajęć: wykłady			
1. Human cell biology			5
2. Introduction to histology and tissue diseases			5
3. Introduction to human genetics and genetic diseases/disorders			5
Teaching methods	- audiovisual equipment-based lectures - discourse or multimedia-based presentation - discussion		
Verification methods of the learning outcomes			Learning outcome number a
	* 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.		
Primary literature			
Sawicki W. (2005): Histologia.. Wydawnictwo Lekarskie PZWL Warszawa			
Supplementary literature			
Turner P (2011): Biologia molekularna Krótkie wykłady.. Wydawnictwo Naukowe PWN Warszawa			
STUDENT'S WORKLOAD:			
STUDENT'S WORKLOAD:			
	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

	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