



**48SJO-PE**  
**ECTS: 2.48**  
**CYCLE: 2024**

## Course syllabus - part A Physical Education

### SUBJECT MATTER CONTENT

#### TEACHING OBJECTIVE

To provide information on the impact of exercise on the human body, ways to maintain health, physical fitness and knowledge about the relation between age, health, physical activity, and motor skills of women and men. Mastering movement skills in the field of known sports disciplines and using them in organizing free time.

#### DESCRIPTION OF THE LEARNING OUTCOMES OF THE COURSE IN RELATION TO THE DESCRIPTION OF THE CHARACTERISTICS OF THE SECOND LEVEL LEARNING OUTCOMES FOR QUALIFICATIONS AT LEVELS 6-8 OF THE POLISH QUALIFICATION FRAMEWORK IN RELATION TO THE SCIENTIFIC DISCIPLINES AND THE EFFECTS FOR FIELDS OF STUDY:

##### Symbols for outcomes related to the discipline:

M/NMA\_P7S\_KO+, M/NMA\_P7S\_WG+,  
M/NMA\_P7S\_KR+, M/NM+++, M/NMA\_P7S\_UW+

##### Symbols for outcomes related to the field of study:

M/NM\_F.W8+, B.U1.+ , KA7\_KR1+

#### LEARNING OUTCOMES:

##### Knowledge:

W1 -

##### Skills:

U1 -

##### Social competence:

K1 -

#### TEACHING FORMS AND METHODS:

Classes(W1;U1;K1): Practical exercises using methods specific to physical education, sports and recreation. School games and proper games.

#### FORM AND CONDITIONS OF VERIFYING LEARNING OUTCOMES:

Classes (Colloquium practical) - Pass with grade -

#### BASIC LITERATURE:

1. Grzegorz Grządziel, Dorota Szade, Barbara Nowak, *Współczesna piłka siatkowa*, Wyd. AWF Katowice, R. 2019, s. 1-157
2. Anita Bean, *Żywnienie w sporcie- kompletny przewodnik*, Wyd. Zysk-Ska, R. 2008, s. 1-200
3. Jan Chmura, *Rozgrzewka. Podstawy fizjologiczne i zastosowanie*

**Legal acts specifying learning outcomes:**  
672/2020

**Disciplines:** medical sciences

**Status of the**

**course:**Obligatoryjny

**Group of courses:**0 - przedmioty kształcenia ogólnego

**Code:** ISCED 0912

**Field of study:**Medicine

**Scope of education:**

**Profile of education:**

General academic

**Form of studies:** full-time

**Level of studies:** uniform

master's studies

**Year/semester:** /2

**Types of classes:** Classes

**Number of hours in**

**semester:**Classes: 60.00

**Language of**

**instruction:**English

**Introductory subject:**

physical education, biology, anatomy

**Prerequisites:** Motor and

fitness preparation,

knowledge of general rules of selected sports disciplines

**Name of the organisational**

**unit conducting the**

**course:**Studium Wychowania

Fizycznego i Sportu

**Person responsible for the**

**realization of the**

**course:**mgr Grzegorz

Dubielski

**e-mail:** grzes@uwm.edu.pl

**Additional remarks:**

*praktyczne*, Wyd. PZWL, R. 2014, s. 1-100

4. Ewa Dybińska, *Uczenie się i nauczanie pływania: zagadnienia wybrane*, Wyd. Akademia Wychowania Fizycznego im. Bronisława Czecha, R. 2009, s. 1-78

**SUPPLEMENTARY LITERATURE:**

1. PZPS, *Oficjalne przepisy piłki siatkowej*, Wyd. PZPS, R. 2020, s. 1-50



# Detailed description of ECTS credits awarded - part B

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## Physical Education

The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Classes	60.0 h
- consultation	2.0
	Total: 62.0 h.

2. Independent work of a student:

Total: 0 h

contact hours + independent work of a student Total: 62.0 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS credit = 62.0 h : 25.0 h/ECTS = 2.48 ECTS on average: 0.0 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher: 0,00 ECTS points,

- including the number of ECTS credits for hours of independent work of a student: