



48SJO-PE
2025
ECTS: 0.00

Course syllabus – part A

Physical Education

SUBJECT MATTER CONTENT:

Classes

Learning and improving technical and tactical skills in the following sports disciplines to choose from: volleyball, football, basketball, badminton, table tennis, tennis, floorball, gymnastics, various forms of aerobics and physical exercises with music and gym exercises. Learning and improving swimming and elements of water rescue. Field athletics and track and field, cycling and kayaking, skating, alpine skiing

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_UW+, M/NMA_P7S_WG+

Symbols for outcomes related to the field of study:

K.6.+, KA7_UW5+, KA7_WG4+

LEARNING OUTCOMES (Knowledge, Skills, Social competence):

W1

The student knows the positive impact of physical exercise on the human body and ways to maintain health and physical fitness. Knows how to organize individual recreational activities. Knows the main safety rules applicable in indoor facilities (sports halls, swimming pools) and outdoor facilities (fields, courts and stadiums) and the rules in a selected sports or recreational game.

U1

Uses specialist terminology used in physical education, recreation and sports. Can independently conduct a physical education fitness test. Can present the correct technique of selected sports disciplines in accordance with the principles of the methodology, indicate appropriate technical and tactical solutions.

Legal acts specifying learning outcomes:

467/2024 (Medicine),

Status of the course: None

Group of courses: None

Discipline: Medical Sciences

Classes:

Classes (60 h)

Step: Kierunek lekarski drugi rok (oferta w jęz. angielskim dla obcokrajowców)

Program: Medicine

Form of studies: full-time

Level of studies: uniform master's studies

Introductory subject: physical education, biology, anatomy

Prerequisites: Motor and fitness preparation, knowledge of general rules of selected sports disciplines

Coordinators:

Grzegorz Dubielski, grzes@uwm.edu.pl

K1

The student is able to work in a team. Adheres to the principles of "fair play" and is able to behave appropriately during success and failure.

Implements the health and safety rules applicable in educational institutions.

Promotes a healthy lifestyle.

TEACHING FORMS AND METHODS:

Classes-['K1', 'U1', 'W1']-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)-['K1', 'U1', 'W1']-assing with a grade based on activity during classes (grade 5.0 - shows very high activity and commitment; grade 4.0 - shows high activity and commitment, 3.0 - actively participates in classes; grade 2.0 - minimum 50% participation in classes), motor skills assessment - fitness tests: speed, motor coordination, strength of leg, arm and abdominal muscles, jumping ability, endurance. ability to act for the benefit of health, with particular emphasis on the impacts that create correct body posture and shape the ability to counteract spine overload - functional tests.

Literature:

1. ***Uczenie się i nauczanie pływania: zagadnienia wybrane***, Ewa Dybińska, Akademia Wychowania Fizycznego im. Bronisława Czecha, 2009, Strony: , Tom: (literatura podstawowa)
2. ***Współczesna Piłka Siatkowa***, Grzegorz Grządziel, Dorota Szade, Barbara Nowak, AWF Katowice, 2019, Strony: , Tom: (literatura podstawowa)
3. ***Gry i zabawy ruchowe***, Roman Trześniowski, Wydawnictwa Szkolne i Pedagogiczne, 1995, Strony: , Tom: (literatura podstawowa)
4. ***Trening funkcjonalny***, Juan Carlos Santana, DB Publishing, 2017, Strony: , Tom: (literatura podstawowa)
5. ***Rozgrzewka. Podstawy fizjologiczne i zastosowanie praktyczne.***, Jan Chmura, PZWL, 2014, Strony: , Tom: (literatura podstawowa)
6. ***Żywienie w sporcie: kompletny przewodnik***, Anita Bean, Zys i S-ka Wydawnictwo, 2008, Strony: , Tom: (literatura podstawowa)
7. ***Oficjalne przepisy piłki siatkowej***, PZPS, PZPS, 2020, Strony: , Tom: (literatura uzupełniająca)
8. ***Oficjalne przepisy pływania***, PZP, PZP, 2020, Strony: , Tom: (literatura uzupełniająca)



Detailed description of ECTS credits awarded - part B
Physical Education

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The number of ECTS credits awarded consists of:

1. Contact hours with the academic teacher:

- participation in: Classes	60 h
- consultation	2 h
Total:	62 h

2. Independent work of a student:

0.00 h
Total: 0.00 h

Total (contact hours + independent work of a student): 62.00 h

1 ECTS credit = 25-30 h of an average student's work, number of ECTS,
ECTS Points = 62.00 h : 25 h/ECTS = **0.00** ECTS

Average: 0.00 ECTS

- including the number of ECTS credits for contact hours with the direct participation of an academic teacher	0.00 ECTS
- including the number of ECTS credits for hours of independent work of a student	0.00 ECTS