**SYLLABUS**

Academic year 2021/2022

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| **Name of a course / module** |  **Physical Education** |
| **Name of a department where course is hel** | Departament of Physical Education and Sport |
| **E-mail of department** | swfis@umb.edu.pl |
| **Faculty of** | Medicine with Division of Dentistry and Division of Medical Education in English |
| **Name** **of a field of study** | Medicine |
| **Level of education** | First degree studies, Uniform master’s degree studies |
| **Form of study** | full time  part time  |
| **Language of instruction** | Polish  English  |
| **Type of course** | obligatory  facultative  |
| **Year of study / Semester** | I II III  IV  V  VI  | 1  2  3  4  5  6  7  8  10 11  12  |
| **Introductory courses with preliminary requirements** |  |
| **Number of didactic hours with specification of forms of conducting classes** | 30 – Classes |
| **Assumptions and aims****of the course** | Improvement of the student's body and psychomotor functions. Formation of such a system of knowledge, skills and habits as well as attitudes towards physical culture, which he will be able to use in his own recreational and sporting programs to maintain health and physical fitness.The student improves team skills, movement skills in the field of team games (volleyball, basketball, football, handball, floorball) and sports such as table tennis, badminton, gymnastics, athletics, aerobic and strength exercises. |
| **Didactic methods** |  |
| **Full name of the person conducting the course** | Employed teaching staff |
| **Full name of the person responsible for teaching** | Jolanta Tobiś-Rozwarska |

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| **Symbol and number of learning outcomes according to the teaching standards and other learning outcomes** | **Description of directional learning outcomes** | **Form of classes** | **Verification methods for achieving intended learning outcomes** |
| **Knowledge** |
| H.W36 | Understands the importance of physical activity in health prophylaxis and in the practice of a medical profession | ClassesSeminars | observation of student work during exercise;evaluation of the ability to work independently. |
| H.W37 | Has knowledge of the socio-educational functions of physical activity in preparing people for recreation and work. | ClassesSeminars |
| **Skills** |
| H.U28 | Has the ability to effectively and skillfully perform the basic elements of the technique of selected sports and recreational disciplines.  | Classes | observation of student work during exercise;evaluation of the ability to work independently |
| **Social competence** |
| K4 | He /She recognizes his/her own limitations and has the ability to lifelong learning | Classes | Continuous assessment by the teacher |

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| **ECTS points** |  |
| **Student Workload** |
| **Form of activity** | **Number of hours to complete the activity** |
| **Classes that require the participation of a teacher** |
| 1. Realization of the course: lectures (according to the curriculum )
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| 1. Realization of the course: classes (according to the curriculum )
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| 1. Realization of the course: seminars; (according to the curriculum)
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| 1. Realization of the course: electives
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| 1. Participation in consultation
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|  | Total hours:30 |
| **Student self-study***1 punkt ECTS oznacza 25-30 godzin pracy studenta w różnych formach, takich jak np.:* |
| 1. Preparation for the theoretical and practical classes (realization of projects, documentation, case description etc.)
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| 1. Preparation for tests/credits
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| 1. Preparation for an exam/final test-credit
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|  | Total hours: 30 |

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| **Course contents:** |
| **Learning outcomes****(symbol and number)** | **Topics** |
| H.W36H.W37 | Make a knowledge of socio-educative functions of physical education with human set to recreation and work |
| H.W36H.W37 | Make a knowledge of health avail consequent from regular physical activity |
| H.U28K4 | Learn how to recognize own diagnostic constrain and treatment and education’s needs. |
| H.W36H.W37 | Learn how to work with professional team and multi-culture environment. |
| H.U28 | Learn how to be good organized for himself/herself and get wright choice about sport and recreation activity. Student learns how to choose exercises to make progress of own condition and body building. |

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| **Obligatory textbook:** *(1-2 pozycje)* |
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| **Optional textbook:** *(1-2 pozycje)* |
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| **Criteria for assessing the achieved learning outcomes and the form and conditions for receiving credit:** |
|  All absences must be excused and credited by participating in classes with a different group or writing a theoretical work from the classes in which the student was absent. A student, in order to obtain a credit, has the option of making up for classes with another exercise group after prior arrangement of the date with the teacher or receives a topic of work to be carried out in the classes in which he / she was absent. The student obtains a credit for the course if he / she has the required attendance at the classes and actively participated in the implementation of the program.The student obtains a credit for the course if he / she has the required attendance at the classes and actively participated in the implementation of the program. |

mgr Marcin Połuszejko, mgr Jolanta Tobiś - Rozwarska

 *(date and signature of the person preparing the syllabus)*

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 *(date and signature of the Head of the and (course coordinator)*

 *Department where the course is held)*