**SYLLABUS**

Academic year 2017/2018

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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  9 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** | Karol Szafranek, Phd | |

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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** | | | | |
| D.W1 | Knows basic knowledge of public health and sicknesses, influence of societal environment (family, social relationships) and social inequality for health condition, social and cultural distinctions and stress signification with health and self-destructive behavior | | Classes | observation of student work during exercise;  evaluation of the ability to work independently. |
| D.W3 | Understand symbolic meanings of health, disease, disability and senescence with social relations, social consequence of disease and disability and socio-cultural barier, also knows current conception of life quality witch is depend from health system. | | Classes |
| D.W15 | Knows the rules in class | | Classes |
| **Skills** | | | | |
| D.U2 | Perceive and react wright way on anti-health and self-destructive behavior. | | Classes | observation of student work during exercise;  evaluation of the ability to work independently. |
| D.U16 | Recognize own constrain, look over own deficits and educations needs, plan education activity and evaluation | | Classes |
| **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 ) | |  | |
| 1. Realization of the course: classes (according to the curriculum ) | | 30 | |
| 1. Realization of the course: seminars; (according to the curriculum) | |  | |
| 1. Realization of the course: electives | |  | |
| 1. Participation in consultation | |  | |
|  | | 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.) | | |  |
| 1. Preparation for tests/credits | | |  |
| 1. Preparation for an exam/final test-credit | | |  |
|  | | | Total hours: 30 |

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| **Course contents:** | |
| **Learning outcomes**  **(symbol and number)** | **Topics** |
| D.W1 | Make a knowledge of socio-educative functions of physical education with human set to recreation and work |
| D.W3 | Make a knowledge of health avail consequent from regular physical activity |
| D.U2  K4 | Learn how to recognize own diagnostic constrain and treatment and educations needs. |
| D.W15 | Learn how to work with professional team and multi-culture environment. |
| D.U16 | Learn how to be good organised 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:** |
| * The student to has got a credit of P.E. is obligated to attend on tutorials with the plan. Attenders of tutorials must be ready and active. * The student can be absence max 30% of all tutorials. All absences must be excused ( except one absence without excuse). * All absences more than 30 % or unready activities must be make up other time ( before fix date with instructor). |

Mgr Marcin Połuszejko, mgr Jolanta Tobiś

*(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)*