



Syllabus 2020/2021														
Description of the course														
Module/Course	Physical Education										Group of detailed education results			
											Group code B,D	Group name Scientific basis of medicine, Behavioral and social science with elements of professionalism		
Faculty	Medicine													
Major	medicine													
Specialties	Not applicable													
Level of studies	Uniform magister studies X * 1 <sup>st</sup> degree studies <input type="checkbox"/> 2 <sup>nd</sup> degree studies <input type="checkbox"/> 3 <sup>rd</sup> degree studies <input type="checkbox"/> postgraduate studies <input type="checkbox"/>													
Form of studies	X full-time <input type="checkbox"/> part-time													
Year of studies	1					Semester		X Winter X Summer						
Type of course	X obligatory <input type="checkbox"/> limited choice <input type="checkbox"/> free choice / elective													
Course	<input type="checkbox"/> major <input type="checkbox"/> basic													
Language of instruction	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English <input type="checkbox"/> other													
* mark <input type="checkbox"/> with an X														
Amount of hours														
Form of education														
Unit teaching the course	Lectures (L)	Seminars (SE)	Auditorium classes (AC)	Major Classes -- not clinical (MC)	Clinical Classes (CC)	Laboratory Classes (LC)	Classes in Simulated Conditions (CSC)	Practical Classes with Patient (PCP)	Specialist Classes -- magister studies (SCM)	Foreign language Course (FLC)	Physical Education obligatory (PE)	Vocational Practice (VP)	Self-Study (Student's own work)	E-learning (EL)
<b>Winter Semester</b>														
											30			
<b>Summer Semester</b>														
											30			



TOTAL per year:

										6			
										0			

Educational objectives (max. 6 items)  
**C1. Shaping responsibility for the state of one's health and the health of others.**  
**C2. Motivation to undertake physical activity for health purposes.**  
**C3. Providing students with knowledge on methods of fighting stress through physical activity.**

Education result matrix for module/course in relation to verification methods of the intended education result and the type of class

Number of course education result	Number of major education result	Student who completes the module/course knows/is able to	Methods of verification of intended education results (forming and summarising)	Form of didactic class <i>**enter the abbreviation</i>
K 01	B.W.24.  D.W.1.  D.W.12.  D.W.14.  D.W.15.	It justifies the influence of physical activity on reducing stress and improving well-being.  Has knowledge of the impact of motivation on pro-health behavior. He knows how to motivate and encourage physical exercise of himself and others.  Is aware of the impact of cooperation in a team on achieving a common goal.	Discussion Observation	PE
S 01	B.U.9.  D.U.2.  D.U.9.	Student can describe the influence of physical activity on human body and describe changes caused by it.  Student can notice non-healthy behavior, can provide them and motivate others.  Student can give advices about undertaking physical activity and health behavior	Discussion Observation	PE

\*\* L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory



classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .

Please mark on scale 1-5 how the above effects place your classes in the following categories:

communication of knowledge, skills or forming attitudes:

Knowledge: 4

Skills: 2

**Student's amount of work (balance of ECTS points)**

Student's workload (class participation, activity, preparation, etc.)	Student Workload (h)
1. Contact hours:	60
2. Student's own work (self-study):	0
Total student's workload	60
ECTS points for module/course	
Comments	

**Content of classes** (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

**Lectures**

**Physical Education Classes**

1. Organization classes. Rules of PE classes. Measuring the body composition using Tanita. Completing questionnaires about physical activity and lifestyle.
2. Basic human motor skills.
3. Motivation for undertaking physical activity and health behavior self-esteem.
4. Physical activity in civilization diseases prevention/
5. Basic rules of health training.
6. Nordic Walking- health march.
7. TRX- how to use it in workout routine
8. General development workout- basic rules and forms.
9. Different forms of aerobic training in fitness.
10. Rules of healthy eating and different diets dependence of organism needs.
11. Improving team sports- volleyball and baseball
12. Improving team sports- football and handball.
13. Recreational games.
14. Nordic walking workout.
15. Different forms of general development training.

**Practical classes**

**Other**

**Basic literature** (list according to importance, no more than 3 items)

1. . Z. Stawczyk, Ćwiczenia ogólnorozwojowe. AWF Poznań 2001.
2. F. Delavier „Atlas treningu siłowego” , Wydawnictwo lekarskie PZWL, 2011.
3. Łatyszkiewicz L.A., Worobjew M., Chromajew Z.M. Piłka ręczna, koszykówka, piłka siatkowa. Podstawy treningu i zasób ćwiczeń, Biblioteka trenera 1990.



<p><b>Additional literature and other materials (no more than 3 items)</b></p> <ol style="list-style-type: none"> <li>1. L. Kuba, M. Paruzel-Dyja, Fitness. Nowoczesne formy gimnastyki. Podstawy teoretyczne, Katowice 2013.</li> <li>2. K.W. Vopel, Umiejętność współpracy w grupach. Zabawy i improwizacje. Wydawnictwo Jedność 2002.</li> <li>3. K. Schwanbeck, Nordic Walking – i o to chodzi! Wydawnictwo Helion 2013.</li> </ol>	
<p><b>Didactic resources requirements (e.g. laboratory, multimedia projector, other...)</b></p> <p><b>Tanita measuring device, sports hall, projector, screen, gym, instruments and sporting goods, medical balls, bodypumps, kettballs</b></p>	
<p><b>Preliminary conditions (minimum requirements to be met by the student before starting the module/course)</b></p> <p><b>No health contraindications to participate in physical education classes.</b></p>	
<p><b>Conditions to receive credit for the course (specify the form, criteria and conditions of receiving credit for classes included in the module/course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades).</b></p> <p><b>Each absence must be made up, including rector's days or dean's hours.</b></p>	
<b>Grade:</b>	<b>Criteria for course</b>
Very Good (5.0)	He is able to show the technique of exercising and assuring himself very well. He knows the goals and tasks of physical culture very well. He knows rules and health method training Main goals and training principles used in strength training very well.
Good Plus (4.5)	He is able to show the technique of exercising and assuring himself well. He knows the goals and tasks of physical culture very well. He knows rules and health method training Main goals and training principles used in strength training very well.
Good (4.0)	He is able to show the technique of exercising and assuring himself. He knows the goals and tasks of physical culture He knows rules and health method training Main goals and training principles used in strength training
Satisfactory Plus (3.5)	He is able to show correct the technique of exercising and assuring himself He knows the goals and tasks of physical culture He knows rules and health method training Main goals and training principles used in strength training correct
Satisfactory (3.0)	He is able to show correct the technique of exercising and assuring himself He knows the goals and tasks of physical He knows rules and health method training Main goals and training principles used in strength training correct



Grade:	Criteria for exam (if applicable)
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

<b>Name of unit teaching course:</b>	<b>Department of Physical Education and Sport</b>
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Phone	<b>tel. 71 348 65 09</b>
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<b>Person responsible for course:</b>	<b>PhD Aureliusz Kosendiak</b>
Phone	<b>tel. 71 3486509</b>
E-mail	<b>aureliusz.kosendiak@umed.wroc.pl</b>

<i>List of persons conducting specific classes:</i>	<i>degree/scientific or professional title</i>	<i>Discipline</i>	<i>Performer profession</i>	<i>Form of classes</i>
<b>Gabriela Jednorat</b>	PhD	Science of Physical culture	Assistant	PE
<b>Marek Mikula</b>	MA	Physiotherapy	Assistant	PE
<b>Sara Bajura</b>	MA	Physiotherapy	Instructor	PE
<b>Emilia Kozłowska</b>	MA	Dietetics	Assistant	PE
<b>Aureliusz Kosendiak</b>	PhD	Science of Physical culture	Adjunct	PE
<b>Jakub Kucharski</b>	MA	Sport	Instructor	PE
<b>Adrian Drożdżowski</b>	MA	Physical Eductaion	Instructor	PE
<b>Paweł Marszałek</b>	MA	Physical Education	Instructor	PE

Date of Syllabus development

18.05.2020

Syllabus developed by

PhD Aureliusz Kosendiak

Signature of Faculty Dean



Signature of Head of teaching unit

