

First degree
Physical education

GRUPA B (przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów)

Moduł:					
Moduł: A:					
Course: History of physical culture (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: WF25PIWF_10N
Faculty:					
US					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty:	
Course status: optional			Lecture language: semester: 1 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1		Exercises	30	ZO	5
		lecture	15	E	
SUM			45		5
Subject coordinator	dr RYSZARD STEFANIK				
Aim of the course	Students will learn the basic history of sports and physical education. They will be able to use the knowledge and skills in practice				
Prerequisites requirements:	No requirements W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student explains the evolution of the physical culture ideology. He is able to characterize PC concepts in different ages and development of teacher education	K_W07 K_W11	
Skills	1	EP2	Students knows how to analyze and estimate historical facts	K_U10	
	2	EP3	Student organizes work in teams	K_U02 K_U07	
Social competence	1	EP4	Student is able to form critical thesis	K_K01	
Course content				Semester	Hours
Lectures					
1. The ideology of physical culture in different historical epochs. The main directions of development of physical culture in the world			1	5	
2. The process of development and transformation of PC in Poland. Social and political aspects of the organization of sport			1	5	
3. The development of concepts, theories and training of physical education teachers			1	5	

Exercises:		
1.	Introduction classes. Aims of the classes, literature, organization and terms of exam. PE in ancient times	1 4
2.	PE in renaissance and enlightenment in Poland	1 4
3.	PE on polish territories in XIX century. Gymnastic movement and beginnings of polish sport before first World War.	1 4
4.	Olympic Games	1 4
5.	PE and sports in Poland (1918-1939) and during the second World War (1939-1945).	1 4
6.	PE in Poland between 1944-1989	1 4
7.	History of PE teachers' education process in Poland	1 6

Teaching methods	multimedia presentation, individual work with historical publications, lecture
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Verification methods for achieving intended learning outcomes		Number of learning outcome
	WRITING EXAM	EP1, EP3, EP4
	ESSEY, REVIEW	EP1, EP2, EP4
	PRESENTATIONS	EP1, EP2, EP4
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)	EP1, EP2, EP3, EP4

The form and conditions for receiving credit	Final grade based on partial grades obtained on the classes
	Rules for calculating the final grade
	Individual work of student – 20% of final grade. Activity in practical sessions – 40% of final grade. Presentations, essay, keeping of discussion – 10% of final grade. Written exam – 30% of final grade. All these elements must be known at least to a satisfactory grade.

Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	History of physical culture		Weighted average	
	1	History of physical culture [lecture]	exam		0,50
	1	History of physical culture [exercises]	credit with grade		0,50

Recommended literature

Gaj J., Hądzelek K. (1997): Dzieje kultury fizycznej w Polsce, Poznań, Poznań
Lipoński W. (2012): Historia sportu, Warszawa, Warszawa
Szymański L. (2004): Kultura fizyczna i turystyka w polityce Polski Ludowej 1944-1989, AWF Wrocław, Wrocław
Wroczyński R. (2002): Powszechne dzieje wychowania fizycznego i sportu, Warszawa, Warszawa

Optional literature

Godlewski P. (2006): Sport w Polsce na tle politycznej rzeczywistości lat 1944-1956, Poznań, Poznań
Gostowski R. (1959): , Warszawa , (1959): Sport w starożytności, Warszawa, Warszawa
Łanowski J. (2000): Święte igrzyska olimpijskie, Poznań, Poznań

STUDENT WORKLOAD	
	Number of hours
Classes	45
Participation in the exam / pass	4
Preparation for classes	25
Studying literature	25
Participation in consultations	2
Preparation of the project / essay	12
Preparing for the exam / passing	12
TOTAL student workload	125

Number of ECTS points	5
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GRUPA C (przedmioty z programów studiów kierunków prowadzonych w języku polskim, które dla studentów przyjeżdżających w ramach wymiany międzynarodowej będą realizowane w języku obcym)

Moduł:	
Moduł:	
Course: Antropology (SPECIALIZATIONS /SPECIALIZATION MODULES)	Kod przedmiotu: WF25PIJ2979_11

Faculty:	
US	

Form of study:	Profile of education: .	Specialty:
Bachelor's degree, full-time	practical	

Course status:	Lecture language:
obligatory	semester: 2 - polish (100%)

Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	Exercises	15	ZO	4
		lecture	15	ZO	
SUM			30		4

Subject coordinator	dr hab. MONIKA CHUDECKA, prof. US
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Aim of the course	The aim is to acquaint the student with physical anthropology and its use in the work of a PE teacher and trainer, and to learn the basics of anthropogenesis, developing the ability to assess the proportion and body composition in the selection and selection of sports, while maintaining professional ethics.
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Prerequisites requirements:	Basic knowledge of human anatomy and biology W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group
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LEARNING OUTCOMES

Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcome according to the teaching program
Knowledge	1	EP1	Describes the build of man taking into account body types, explains the importance of morphological features as an important determinant in various sports. Describes the state nutrition of the individual. Explains the concept of sexual dimorphism and its meaning in the work of a PE teacher and in sport, knows the concept of asymmetry and its meaning in sport	K_W01 K_W02
Skills	1	EP2	Student can use specialized anthropometric equipment, correctly perform specialized body measurements (biometrics), and then calculate and interpret the results in the context of body proportions.	K_U01

	2	EP3	Student is able to choose body building features desired in a given sport, as well as classify and assess body types. Is able to perform functional and dynamic asymmetry tests and assess morphological asymmetries.		K_U01
	3	EP4	Is able to assess the nutritional status of an individual by calculating nutritional indicators, measuring the thickness of skin folds and describing the nutritional scale of the individual.		K_U01
	4	EP5	He can express opinions on topics related to the origin of man and his evolution, takes a position on this matter knowing the different concepts of human origin (can argue for and against in this matter).		K_U02
Social competences	1	EP6	Student is ready to comply with the rules of professional ethics		K_K02
Course content				Semester	Hours
Lectures					
1.	Definitions of anthropology and its place among other sciences, in particular physical culture sciences. Anthropology departments			2	2
2.	Antropogenesis – human origin, mechanism of evolution. Cells of evolution, characteristics. Negative effects of evolution, division of primates. Typical features for primates			2	4
3.	Asymetry and its types, manifestations in sport. Sex dimorphism, its role in PE teacher's work and in sport			2	2
4.	Chronobiology and its importance in PE teacher's work and in sport. Characteristics of human biorythms			2	2
5.	Body structure as an important determinant in sport selection. Body structure 5. Representatives of various sports.			2	5
Exercises					
1.	Research methods in anthropology. Anthropometric instruments. Organization of anthropometric research. Lines, planes, around the body.			2	3
2.	Anthropometric points – practical use. Anthropometric measurements of the head and face, calculation of racial indicators. Anthropometric measurements of the length, width, circumferences and thickness of skin-fat folds.			2	6
3.	Calculation of somatic and nutritional indicators and their interpretation. Body proportions, morphological features predisposing to practicing selected sport disciplines. The concept of body composition and body components.			2	2
4.	Somatic typologies theory and practice - enumeration of individual body types, interpretation in the context of suitability for specific sports disciplines, morphological selection in sport.			2	4
Teaching methods	multimedia presentation, lecture, practical classes – specialized anthropometric and body composition measurements (bioimpedance), calculation of indicators and body types, body according to standards, teamwork				
Verification methods for achieving intended learning outcomes				Number of learning outcome	
	COLOQUIUM			EP1, EP2, EP3, EP4, EP5	
	TEST			EP2, EP3	
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)			EP1, EP2, EP3, EP4, EP5, EP6,	
The form and conditions for receiving credit	Completion of classes includes: colloquium, practical classes, active participation in classes. Final exam in writing covering issues from exercises and lectures				
	Rules for calculating the final grade				
	The final grade is 50% grade from exercises and 50% grade from credit for grade.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	Anthropology		arithmetic	
	2	Anthropology [exercises]	credit with grade		
	2	Anthropology [lecture]	credit with grade		
Recommended literature					

Drozdowski Z. (1996): Antropologia sportowa, Wydawnictwo Naukowe AWF Poznań, Poznań
Drozdowski Z. (2002): Antropologia dla nauczycieli wychowania fizycznego, Wydawnictwo Naukowe AWF Poznań, Poznań
Drozdowski Z. (1998): Antropometria, Wydawnictwo Naukowe AWF Poznań, Poznań
Malinowski A. (1999): Wstęp do antropologii i ekologii człowieka, Wydawnictwo Uniwersytetu Łódzkiego, Łódź

Optional literature

Łaska-Mierzejewska T. (1999): Antropologia w sporcie i wychowaniu fizycznym, Wydawnictwo AWF Warszawa Biblioteka Trenera, Warszawa

STUDENT WORKLOAD

	Number of hours
Classes	30
Participation in the exam / pass	2
Preparation for classes	20
Studying literature	20
Participation in consultations	6
Preparation of the project / essay	0
Preparing for the exam / passing	22
TOTAL student workload	100
Number of ECTS points	4

Moduł:					
Moduł:					
Course: Music, rhythm, dance (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: WF25PIJ2982_7S
Faculty:					
US					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty:	
Course status: Obligatory			Lecture language: semester: 1 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	1	Specialized exercises	30	ZO	2
SUM					
Subject coordinator	dr hab. JOANNA KRUK, prof. US				
Aim of the course	Acquiring skills related to the adaptation of methods appropriate for a given group for assessment and conducting classes with music To acquaint students with the correct technique and methodology of teaching basic dance steps in the field of folk, commodity, integration and rhythmic exercises. Preparation for independent planning and conducting of music and movement classes				
Prerequisites requirements:	Lack W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Explains and describes the performance and methods of teaching rhythmic exercises and dance systems using specialized terminology specific to rhythmic exercises and dance.	K_W06	
Skills	1	EP2	Is able to plan and conduct classes based on the use of rhythm, music, dance, demonstrates individual rhythmic exercises, in pairs or in groups, which are possible to use in classes with music and in teaching simple dance arrangements.	K_U03	
	2	EP4	Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.	K_U05	
	3	EP5	Demonstrates the ability to supervise, lead, engage in team forms of music classes, demonstrates individual rhythmic exercises, in pairs or in groups, which can be used in music classes and in teaching simple dance arrangements.	K_U09	
	4	EP7	Is able to plan individually or in a group physical activities with music taking into account the appropriate selection of methods, techniques and forms appropriate for a given age group, with specific dance skills and physical fitness	K_U09	
Social competence	6	EP7	With commitment and responsibility, she works in a group of dancing people, paying attention to the technique and aesthetics of elements performed with music, the correctness of maintaining the figure and the right pace of movement, understanding the problem of group responsibility in a dance	K_K04	

			team, as well as the importance of the role played by the teacher in the group in classes with children.		
Course content			Semester	Hours	
Specialized exercises:					
1. The values of dance in terms of upbringing and pedagogy			1	2	
2. Use of rhythmic exercises in classes with children			1	1	
3. Short dance themes performed individually and in pairs. Developing skills to combine movement with music and performance aesthetics			1	14	
4. Theory, teaching methodology, technique of performing selected folk and social dances			1	13	
Teaching methods	Reproductive didactic methods: initiative-exact, task-exact, self-improving teaching methods: direct purposefulness of the movement, play classic				
Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1, EP4, EP5, EP6
	DESIGN				EP1, EP2, EP4, EP6, EP7
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP1, EP5, EP6
The form and conditions for receiving credit	The condition for passing the classes is attendance. For the final grade in the subject affect:				
	1. Practical test based on demonstration of knowledge of eight selected systems dances in the field of folk and ballroom dances, danced according to music, from the right technique performance and movement aesthetics (90% of the final grade).				
	2. Student activity during classes manifested by active and creative involvement own ideas during the classes and theoretical preparation for classes (10% of the grade terminal). The mark for each of the nine evaluated elements must be minimum sufficient.				
Rules for calculating the final grade					
The final grade is determined on the basis of the arithmetic average calculated from the grades of practical credits, the grade for student's activity in class and may be increased in 5 -10% for the student's voluntary activity on the principles set out by the teacher.					
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	Music, rhythm, dance		Weighted average	
	1	Music, rhythm, dance	credit with grade		1,0
Recommended literature					
Jakubowski K. (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa					
Kowalik B., Fredek A., Barańska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice					
Siedlecka B., Biliński W. (2003): Taniec w edukacji dzieci i młodzieży - podręcznik dla nauczycieli., AWF Wrocław, Wrocław					
Optional literature					
Fredek A., Kowalik B., Barańska-Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice					
Graczykowska B. (2003): Tańce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole					
Siedlecka B., Biliński (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji., AWF Wrocław, Wrocław					
STUDENT WORKLOAD					
			Number of hours		
Classes			30		
Participation in the exam / pass			2		
Preparation for classes			4		
Studying literature			3		

Participation in consultations	3
Preparation of the project / essay	4
Preparing for the exam / passing	4
TOTAL student workload	50
Number of ECTS points	2

Moduł:					
Moduł: C:					
Course: Multimedia techniques in sport (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: WF25PIJ119_23S
Faculty:					
US					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty:	
Course status: optional			Lecture language: semester: 2 - polish (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	Specialized exercises	30	ZO	3
SUM			30		3
Subject coordinator	dr MIŁOSZ STĘPIŃSKI				
Aim of the course	Acquiring knowledge about editing computer programs designed to create e-outlines. The student will have the ability to create e-outlines, video editing and graphics. Will know the legitimacy of using multimedia techniques in coaching work				
Prerequisites requirements:	basic computer skills in the Windows and MS Office environment W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	He knows the basic computer programs and other technical devices used to assess and monitor physical activity.	K_W03	
	2	EP2	knows and understands computer systems applicable in schools and sports clubs	K_W06	
Skills	1	EP3	is able to choose and use research methods and apparatus in assessing physical activity and assess, interpret the results obtained. He can use specialized computer equipment and other multimedia equipment in the field of sports training.	K_U01	
	2	EP4	can plan, design and implement actions using multimedia techniques in training work.	K_U03 K_U05 K_U07	
	3	EP5	an independently acquire knowledge and develop professional competences in the field of multimedia techniques as well as plan and implement their own learning. Is able to use the specialist terminology of the subject.	K_U14	
	4	EP6	uses the process of assessing and providing feedback to stimulate students in their work on developing skills in the field of multimedia techniques.	K_U16	
Social competence	1	EP7	uses the process of assessing and providing feedback to stimulate students in their work on developing skills in the field of multimedia techniques.	K_K01	
Course content				Semester	Hours
Specialized exercises:					

1. Learning how to use computer programs	2	24			
2. Presentation of e-outlines	2	6			
Teaching methods	theoretical and practical methods of operation				
Verification methods for achieving intended learning outcomes					
	PRESENTATION	Number of learning outcome EP1, EP2, EP3, EP4, EP5, EP6, EP7			
The form and conditions for receiving credit	1. Active participation in classes. 2. Completed partial projects in the field of Power Point editing, graphic programs and video editors. 3. Preparation and presentation of an e-outline containing graphic and video materials from hospitalized sports training				
	Rules for calculating the final grade				
	The final grade is the grade from the preparation and presentation of the e-outline.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	Multimedia techniques in sport		Weighted average	
	2	health problems of children and adolescents [lecture]	credit with grade		1,0
Recommended literature					
Piotr Wróblewski (2018): ABC komputera, Helion, warszaw					
Optional literature					
STUDENT WORKLOAD					
		Number of hours			
Classes		30			
Participation in the exam / pass		5			
Preparation for classes		10			
Studying literature		5			
Participation in consultations		5			
Preparation of the project / essay		15			
Preparing for the exam / passing		5			
TOTAL student workload		75			
Number of ECTS points		3			

Moduł:					
Moduł: A:					
Course: Football theory and methodology (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: 16.1WK25PIJ2986_20S
Faculty:					
US					
Form of study: Bachelor's degree, full-time		Profile of education: . practical		Specialty:	
Course status: obligatory			Lecture language: semester: 5 – polish language, semester 6 – polish language		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
3	5	Specialized exercises	20	pg	1
	6	Specialized exercises	20	Pg	2
SUM			40		3
Subject coordinator	Dr Miłosz Stępiński, prof. US				
Aim of the course	Acquisition by students of competences in the exercise and teaching of basic elements of the technique and tactics of the game necessary to conduct football classes at an early stage of school education.				
Prerequisites requirements:	W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student characterizes the technique of performing specialist skills in football and knows and correctly describes the methodology of teaching and improving the basic elements of the technique in the early stages of education.	K_W14	
	2	EP2	Student is able to list side effects and consequences of incorrectly selected physical exercises in the process of teaching movement	K_W13	
Skills	1	EP3	Student can independently design classes in the subject of teaching football technique.	K_U08	
	2	EP4	Student demonstrates specialized motor skills in the field of basic elements of football technique necessary to conduct the didactic process in primary school.	K_U20	
	3	EP5	Student is able to independently conduct classes in the subject of teaching football technique.	K_U16	
	4	EP6	Student constructs the outline of the lesson and the program of sport and recreation events for primary school students.	K_U21	
Social competence	1	EP7	Student is involved in the work of the group, taking on various roles, including team captain, partner, opponent, and referee.	K_K06	
	2	EP8	Student cooperates in a team demonstrating responsibility for his own actions taken during the game.	K_K06	
	3	EP9	Student knows, observes and cares for the safety rules of his pupils while conducting football classes by checking the technical condition of objects and equipment.	K_K13	
Course content				Semester	Hours
1. Performance technique and teaching methodology for basic elements of football technique.				5	15

2. Technical and tactical activities in small games and school game.	5	5
3. Self-conducting lessons and refereeing game and school game fragments	6	12
4. Group project - football tournament planning	6	2
5. Practical passing the exercises.	6	6

Teaching methods	multimedia presentation, group and individual work, workshops	
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Verification methods for achieving intended learning outcomes		Number of learning outcome
	TEST	EP1, EP2
	PRESENTATION	EP3
	PROJECT	EP6, EP7, EP8
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)	EP4, EP5, EP9

The form and conditions for receiving credit	Attendance and active participation in all exercises. Practical exam. Credit for football lessons. Completing a group project. Written test covering theoretical knowledge
	<p>Rules for calculating the final grade</p> <p>Attendance and active participation in all exercises. Practical test - modified DFB test - including 5 tests assessing the level of mastery of the main football skills in analytical (isolated) form - the mark constitutes 20% of the final mark. Passing the football lessons (the assessment covers: outline, demonstration and explanation of the element being taught or improved, substantive preparation, safety and organization of classes, refereeing, teacher's attitude) - the grade is 20% of the final grade.</p> <p>2/3</p>

The final grade is the arithmetic average of the grade obtained from seminars and lectures.

Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	5	Football theory and methodology		unpredictable	
	5	Football theory and methodology [specialized exercises]	credit with grade		
	3	Football theory and methodology		unpredictable	
	3	Football theory and methodology [specialized exercises]	credit with grade		

Recommended literature

Dorna i wsp. (2016): Narodowy Model Gry, PZPN, Warszawa
 Grycman P. i Szyngiera W. (2016): Nowoczesne nauczanie gry w piłkę nożną, P. Grycman, Katowice
 M. Dorna (2018): Gry zadaniowe - suplement NMG, PZPN, Warszawa
 PZPN (2018): Gry zadaniowe, PZPN, Warszawa
 PZPN (2018): Podręcznik Trenera Piłki Nożnej, PZPN, Warszawa
 Stępiński M. (2009): Materiały pomocnicze do przedmiotu piłka nożna dla studentów IKF US, US, Szczecin
 (2016): Piłka nożna w szkole, PZPN, Warszawa

Optional literature

Czasopismo PZPN "Trener" i "Asystent Trenera", PZPN, Warszawa
 laczynaspilka.pl

STUDENT WORKLOAD

	Number of hours
Contact hours	40
Participation in the exam / pass	5
Participation for contact hours	10
Private reading and studying	5
Participation in tutorials	5
Preparation of project/essay/etc.	3
Preparation for test/exam	5
Other	2

TOTAL student workload	75
Number of ECTS points	3

Modul:	
Modul: D:	
Course: Basis of exercise biology (SPECIALIZATIONS /SPECIALIZATION MODULES)	Kod przedmiotu: WF25PIJ119_19S

Faculty:		
US		

Form of study: Bachelor's degree, full-time	Profile of education: . practical	Specialty:
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Course status: optional	Lecture language: semester: 1 - english (100%)
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Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	1	Exercises	15	ZO	3
		lecture	15	ZO	
SUM			30		3

Subject coordinator	dr DOROTA KOSTRZEWA-NOWAK
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Aim of the course	Supplementing and expanding knowledge about biological mechanism occurring in ontogenesis. Acquiring knowledge in the field of cytology and histology. Acquiring the ability to use the correct biological nomenclature used in sports practice. Acquires readiness to take responsibility for own and group work.
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Prerequisites requirements:	Lack W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group
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LEARNING OUTCOMES

Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program
Knowledge	1	EP1	Student has knowledge about construction and functioning of the eukaryotic cell and higher levels of organism organization necessary to understand changes related to physical activity and exercise	K_W01
	2	EP2	Student understands the relationships that occur between man and the environment of his life and correctly assesses the impact of the exercise to the body	K_W02
Skills	1	EP3	Student is able to assess the basic properties biochemical and physiological related to the functioning of the human body	K_U01
	2	EP5	Student is able to propagate the proper impact of physical activity using English	K_U15
Social competence	1	EP7	The student is ready to engage in biological educational projects implemented in local community	K_K03

Course content	Semester	Hours
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Lectures		
1. Biology of human cells	1	6
2. Basics of histology	1	5

3.	Basics of inheritance and individual variation in the context of sport predispositions	1	4		
Exercises					
1.	Cytology. The role of the cell in exercise metabolism	1	5		
2.	Basics of human histology	1	5		
3.	Nasics of human development biology in terms pf physical activity	1	5		
Teaching methods	multimedia presentation, group and individual work, workshops				
Verification methods for achieving intended learning outcomes	Lectures conducted in the form of information and conversation using the presentation multimedia		Number of learnig outcome		
	Exercises conducted by working in groups				
	Solving problems related to work on tasks				
	COLOQUIUM		EP1, EP2, EP3		
	PRESENTATION		EP2, EP3, EP4, EP5		
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)		EP2, EP4, EP5		
The form and conditions for receiving credit	Completion of lectures: based on the results of the test, covering knowledge of lectured and recommeded literature. Passing exercises: based on the activity during the exercises, prepared presentation and results test.				
	Rules for calculating the final grade				
	The final grade is the arithmetic average of the grade obtained from exercises and lectures.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	Basis of exercise biology		arithmetic	
	1	Basis of exercise biology [lecture]	credit with grade		
	1	Basis of exercise biology [exercises]	credit with grade		
Recommended literature					
Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, Mcgraw-Hill College Juleen R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise , Cold Spring Harbor Laboratory Press					
Optional literature					
Jan Koolman, K. H. Rhm (2012): Color Atlas of Biochemistry, Thieme Thomas D. Pollard , William C. Earnshaw , Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology, Elsevier Leslie P. Gartner, James L. Hiatt, Judy M. Strum (2006): BRS Cell Biology and Histology , Lippincott Williams&Wilki					
STUDENT WORKLOAD					
	Number of hours				
Classes	30				
Participation in the exam / pass	2				
Preparation for classes	10				
Studying literature	10				
Participation in consultations	3				
Preparation of the project / essay	10				
Preparing for the exam / passing	10				
TOTAL student workload	75				
Number of ECTS points	3				

Second degree
Physical education

GRUPA B (przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów)

Moduł:					
Moduł: E:					
Course: Molecular basics of physical activity (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: WF25PiiJ119_36S
Faculty:					
US					
Form of study: Master's degree, full-time		Profile of education: . practical		Specjalty:	
Course status: optional			Lecture language: semester: 4 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	exercises	15	ZO	4
		lecture	15	E	
SUM			30		4
Subject coordinator		dr DOROTA KOSZTRZEWA-NOWAK			
Aim of the course		Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity Acquiring basic laboratory skills Acquiring readiness for teamwork			
Prerequisites requirements:		Knowledge od the basics of human biology W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student knows and understands basic terms of human genetics	K_WO1 K_W07	
Skills	1	EP2	Student can choose and plan to utilize adequate molecular methods	K_U01 K_U14	
	2	EP3	Student can search for, select and analyze data and information within molecular research in sport and interpret the results of some of the studies	K_U01 K_U14	
	3	EP4	Student can use research equipment typical for molecular research	K_U01	
Social competence	1	EP7	Student is aware of dangers the use of genetics in sport can bring	K_K01	
Course content				Semester	Hours
Lectures					
1. Introduction to genetics and molecular biology				4	5

2.	Changes in some gene expressions as a response to given effort	4	5		
3.	The review of various marker genes having influence on physiological reactions of the body to effort	4	5		
Exercises					
1.	The methodology of selected sport diagnostic test (chromatography, flow cytometry, ELISA)	4	5		
2.	The methodology of genetic research in sport	4	5		
3.	The methodology of protein research in sport	4	5		
4.	Audiovisual equipment-based lectures				
Teaching methods	multimedia presentation, group and individual work, workshops				
Verification methods for achieving intended learning outcomes			Number of learning outcome		
	EXAM		EP1, EP2, EP5		
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)		EP2, EP3, EP4, EP5		
The form and conditions for receiving credit	Written exam covers lectures material, students take single choice tests				
	Rules for calculating the final grade				
	Test results of exam constitute 90% of final grade				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	4	Molecular basis of physical activity		Weighted average	
	4	Molecular basis of physical activity [lecture]	exam		0,9
	4	Molecular basis of physical activity [exercises]	credit with grade		0,1
Recommended literature					
<p>Julien R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise , Cold Spring Harbor Laboratory Press</p> <p>Thomas D. Pollard , William C. Earnshaw , Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology, , Elsevier</p> <p>Literatura podstawowa</p>					
Optional literature					
<p>Christine GoetzChristopher HammerbeckJody Bonnevier (2019): Flow Cytometry Basics for the Non-Expert, Springer Nature, Switzerland AG</p> <p>Lloyd R. Snyder Joseph J. Kirkland John W. Dolan (2009): Introduction to Modern Liquid Chromatography, John Wiley & Sons, Inc.</p> <p>Nessa Carey (2012): The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance, Columbia University Press</p> <p>Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, Mcgraw-Hill College</p>					
STUDENT WORKLOAD					
					Number of hours
Classes					30
Participation in the exam / pass					6
Preparation for classes					20
Studying literature					10
Participation in consultations					18
Preparation of the project / essay					0
Preparing for the exam / passing					16
TOTAL student workload					100
Number of ECTS points					4

Moduł:					
Moduł: B:					
Course: Fundamentals of exercise immunology (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: WF25PIIWF_30S
Faculty:					
US					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty:	
Course status: optional			Lecture language: semester: 4 - english (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	exercises	15	ZO	4
		lecture	15	ZO	
SUM			30		4
Subject coordinator		dr DOROTA KOSTRZEWA-NOWAK			
Aim of the course		Acquiring knowledge in the field of work methodology with people in the elderly. Develop skills of communicating with the elderly, designing and conducting physical and educational activities. To make students aware of barriers in education and communication with seniors and to develop conscious use of specific models and models in methodological work with older people.			
Prerequisites requirements:		The acquaintance of basic social problems and wholesome persons stricken in years W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	The student has broad the knowledge on the subject metodologies of the work with older persons	K_W01	
	2	EP2	Describes the importance of the immune system in maintaining homeostasis	K_W01 K_W07	
	3	EP3	Can correctly describe the relationship between immunity and physical activity in a way accessible to various social groups	K_W07	
Skills	1	EP4	Demonstrates the skill of correct recognition of immune disorders and post-effort changes based on the obtained test results	K_U01	
	2	EP5	Can correctly describe the relationship between immunity and physical activity in speaking and writing in English	K_U14	
Social competence	1	EP6	Is ready to update his knowledge and possesses competences to demonstrate its practical significance	K_K05	
	2	EP7	Is ready to continually update knowledge from the latest to achieve sport sciences	K_K01	
	3	EP8	Possesses competences allowing to undertake teamwork as both a leader and a member	K_K08	
Course content				Semester	Hours
Lectures					

1. Main components and features of the immune response.	4	5			
2. Immun cells, cytokines and chemokines	4	5			
3. Psychoneuroimmunology	4	5			
Exercises					
1. Immunological testing methods.	4	5			
2. Flow cytometry and ELISA tests.	4	5			
3. Interpretation of exercise test results used in immunology.	4	5			
Teaching methods	audiovisual presentation work in groups interpretation of simple laboratory experiments discussion work with text				
Verification methods for achieving intended learning outcomes		Number of learning outcome			
	PRESENTATION	EP1, EP2, EP3, EP4, EP5, EP6, EP7, EP8			
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)	EP4, EP6, EP7, EP8			
The form and conditions for receiving credit	exercises: presentation (70%), activity during classes (30%) lecture: passing the lecture test				
	Rules for calculating the final grade				
	the final grade is the arithmetic average of the grades for classes and lectures				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	4	Fundamentals of exercise immunology		arithmetic	
	4	Fundamentals of exercise immunology [lecture]	credit with grade		
	4	Fundamentals of exercise immunology [seminars]	credit with grade		
Recommended literature					
Bente Klarlund, David C. Nieman (2019): Nutrition and Exercise Immunology, Taylor & Francis Ltd, London, United Kingdom Michael Gleeson, Edited by Nicolette Bishop (2013): Exercise Immunology, Taylor & Francis Ltd					
Optional literature					
Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics Michael Gleeson (2006): Immune Function in Sport and Exercise, Elsevier					
STUDENT WORKLOAD					
		Number of hours			
Classes		30			
Participation in the exam / pass		4			
Preparation for classes		15			
Studying literature		16			
Participation in consultations		15			
Preparation of the project / essay		0			
Preparing for the exam / passing		20			
TOTAL student workload		100			
Number of ECTS points		4			

GRUPA C (przedmioty z programów studiów kierunków prowadzonych w języku polskim, które dla studentów przyjeżdżających w ramach wymiany międzynarodowej będą realizowane w języku obcym)

Moduł:					
Moduł:					
Course: Basics of self-defense (SPECIALIZATIONS /SPECIALIZATION MODULES)				Kod przedmiotu: KFZ25PIIJ2982_6S	
Faculty:					
US					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty:	
Course status: Obligatory			Lecture language: semester: 4 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	Specialized exercises	15	Credit with grade	2
SUM			15		2
Subject coordinator		Mgr RADOSŁAW SROKA			
Aim of the course		Getting to know specialist terminology in the field of self-defense and the methodology of teaching its individual elements. Preparation for the safe conduct of self-defense classes, with particular emphasis on the correct selection of the scope of material, methods and forms of teaching, as well as the use of proper instruction. Acquiring the ability to analyze and synthesize individual movement combinations and to develop them creatively. Orienting the student to taking care of safety during classes and taking care of hygiene of voice emission.			
Prerequisites requirements:		Lack W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	The student knows the specialized names of techniques used in various areas of self-defense and knows the methodology of their teaching	K_W06	
Skills	1	EP2	The student is able to adapt the verbal message to the perceptive capabilities of students during self-defense classes.	K_U02	
	2	EP3	The student is able to adapt the methods and forms of teaching self-defense elements depending on the level of physical fitness and the needs of students.	K_U05	
	3	EP4	The student is able to anticipate and prevent the occurrence of dangerous situations during classes and shape positive habits. related to security during self-defense classes K_U083 EP4	K_U08	
	4	EP5	The student is able to teach the basic elements of self-defense by indicating the use of individual techniques, analysis and synthesis of their movement content and by indicating the most common technical errors	K_U10	
	5	EP6	The student is able to promote the idea of taking care of own and other people's safety by organizing self-defense shows	K_U11	
	6	EP7	The student is able to instruct students in accordance with the principles correct voice emission	K_U15	
Social competence	1	EP8	The student is ready to independently search for information using modern technologies	K_K01	
	2	EP9	The student cares about the safety of himself and other people acting as both the lecturer and the practitioner	K_K03	

3	EP10	The student is able to adequately assess his level of knowledge and the quality of information received in the field of self-defense			K_K05
Course content				Semester	Hours
Specialized exercises					
1. Introduction to the subject of classes. Classification of techniques and methodology for conducting recreational and sports activities in the field of self-defense. Learning the position to fight and move correctly in battle.				4	2
2. Technique and methodology of teaching punches and kicks used in self-defense. Active defense against kicking and punching ..				4	4
3. Technique and methodology of teaching elements of the fight on the ground floor - defense against standing opponent and against the attacker located on the ground floor.				4	4
4. Self-defense against grips restricting movements, defense of a third party. Principles of teaching elements of defense in typical emergency situations				4	2
5. Introducing elements of motor training during the lesson - a circuit with exercises focused on melee combat.				4	2
6. Demonstration of technical skills.				4	1
Teaching methods					
demonstration, pair exercises, simulation game, group work					
Verification methods for achieving intended learning outcomes					
PROJECT				Number of learning outcome	
PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP1, EP10, EP6, EP8, EP9	
				EP2, EP3, EP4, EP5, EP6, EP7, EP9	
The form and conditions for receiving credit					
The condition of passing the course is attendance. The assessment is influenced by: 1. The practical exam grade, including knowledge of self-defense techniques exercised in class, correct performance with the participation of a partner, discussion of performance techniques, indication of use in emergency situations, discussion of the most common errors, teaching methodology and safety principles during individual exercises. 2. Group preparation of a self-defense show. The following are assessed: created choreography, music selection, compliance with safety rules.					
Rules for calculating the final grade					
The grade for practical credit covering knowledge of self-defense techniques exercised in class constitutes 70% of the final grade. The rating for preparing a group self-defense show is 30% of the final grade.					
Method of calculating the final grade					
Sem.	Subject	Form of credit	Method of calculating the grade	weight to average	
4	Basics of self-defense		Weighted average		
4	Basics of self-defense [specialized exercises]	credit with grade		1,0	
Recommended literature					
Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen Dougherty M. (2012): Walka wręcz, MAK Verlag , Bremen Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa					
Optional literature					
Kirby G. (1994): Podstawowe techniki łagodnej walki, Budo-Sport, Warszawa Soo-Warr L. (2000): Samoobrona dla kobiet, Oficyna Wydawnicza Delta W-Z, Warszawa					
STUDENT WORKLOAD					
				Number of hours	
Classes				15	
Participation in the exam / pass				1	
Preparation for classes				10	
Studying literature				3	
Participation in consultations				3	

Preparation of the project / essay	4
Preparing for the exam / passing	4
TOTAL student workload	50
Number of ECTS points	2

Moduł:					
Moduł:					
Course: Special physical education (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: KFZ25PIIJ2982_1S
Faculty:					
US					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty:	
Course status: Obligatory			Lecture language: semester: 2 - polish (100%)		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	2	exercises	15	Credit with grade	5
		lecture	15	Credit with grade	
SUM			30		5
Subject coordinator		Mgr RADOSŁAW SROKA			
Aim of the course		To familiarize students with problems occurring while working with people with various types of disabilities and issues related to social maladjustment of children and adolescents. Acquiring skills and competences related to undertaking responsible work with people with disabilities using appropriate methods, means, forms and principles. Preparation for the design and implementation of safe sports activities with children with reduced fitness. Acquiring the skills of proper communication and cooperation during individual and group classes in special and integration schools.			
Prerequisites requirements:		IACK W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student knows and understands teaching methods adapted to work in the field of physical culture with people with various disorders, dysfunctions and diseases.	K_W05	
	2	EP2	The student knows the types and mechanisms of difficult behaviors in people with various disabilities and defines the importance of physical effort in the process of extinction of unwanted behaviors.	K_W04	
	3	EP3	Student knows the basic terminology associated with resocialization, revalidation in connection with the underlying diseases and dysfunctions that affect human physical and mental health	K_W06	
	4	EP4	Student knows the specifics of individual sports for people with various dysfunctions.	K_W09	
Skills	1	EP5	Student undertakes a discussion on the possibilities of revalidation of children and youth with various disabilities in sports activities.	K_U02	
	2	EP6	Student is able to start a discussion on topics related to social maladjustment, revalidation of children and youth with various disabilities using specialized terminology.	K_U03	
	3	EP7	Student is able to plan and organize sports activities in such a way that they have both an improvement and educational and resocialization impact.	K_U04	
	4	EP8	Is able to create and adapt to the diverse needs of a child with a disability working methods for sports and	K_U11	

			recreational activities.		
Social competence	1	EP9	Student is prepared to take care of the safety of children requiring special care.	K_K03	
	2	EP10	Is ready to comply with ethical principles that are of particular importance when working with people who require special care.	K_K04	
Course content			Semester	Hours	
Lectures					
1. Basic concepts and issues related to special physical education.			2	4	
2. Resocialisation of children and young people using physical education, sport and tourism			2	2	
3. Teaching methods, work organization used in physical education lessons with children of various disabilities.			2	6	
4. Objectives, tasks and organization of the Paralympic Games and Special Olympics.			2	3	
Exercises					
1. Etiology, types, stages, typology of symptoms of social maladjustment.			2	6	
2. Selected issues in oligophrenopedagogy.			2	6	
3. Selected issues concerning typhlo- and surdopedagogy.			2	3	
Teaching methods	Classes: individual work, group work, outline preparation, discussion. Lectures: multimedia presentation				
Verification methods for achieving intended learning outcomes				Number of learning outcome	
	WRITING EXAM			EP1, EP2, EP3, EP4, EP7, EP8, EP9	
	COLOQUIUM			EP1, EP10, EP3, EP4, EP8, EP9	
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)			EP3, EP4, EP5, EP6, EP7	
The form and conditions for receiving credit	The condition for passing the classes is attendance. The final grade in the subject is influenced by: 1. Positive grade from the exercises 10% of the final grade (passing on the price of the colloquium from the thematic scope of exercises with open-ended questions, positive grade for the outline, positive partial grades issued for the activity in class) 2. Positive assessment of the written exam covering the scope of knowledge of exercises and lectures in the form of a longer written statement (90% of the grade in the subject) All the listed elements must be included in the minimum satisfactory grade.				
	Rules for calculating the final grade				
	The final grade of the subject is a weighted average of the grade from the exercises and the exam and may be increased in the range of 10-20% for the student's voluntary activity according to the rules specified by the teacher.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	2	Special physical education		Weighted average	
	2	Special physical education [lecture]	exam		0,9
	2	Special physical education [exercises]	credit with grade		0,1
Recommended literature					
Brzeziński W. (1998): Wychowanie fizyczne specjalne cz. I Resocjalizacja dzieci i młodzieży niedostosowanej społecznie., Uniwersytet Szczeciński, Szczecin					
Gawlik K., Zwierzchowska A. (2004): Wychowanie fizyczne dzieci i młodzieży z niepełnosprawnością intelektualną., AWF Katowice, Katowice					
Kowalik S. (2009): Kultura fizyczna osób z niepełnosprawnością., Gdańskie Wydawnictwo Psychologiczne, Gdańsk					
Optional literature					
Bogdanowicz M., Kisiel B. (2003): Weronika Sherborne Ruch rozwijający dla dzieci., Wydawnictwo Naukowe PWN, Warszawa					
Koper M., Nadolska A., Wieczorek J. (red.) (2015): Stymulowanie rozwoju osób niepełnosprawnych poprzez dostosowaną aktywność ruchową., AWF Poznań, Poznań					
Marchewka A. (2001): Wychowanie fizyczne specjalne., AWF Kraków, Kraków					
STUDENT WORKLOAD					

	Number of hours
Classes	30
Participation in the exam / pass	4
Preparation for classes	30
Studying literature	20
Participation in consultations	11
Preparation of the project / essay	0
Preparing for the exam / passing	30
TOTAL student workload	125
Number of ECTS points	5

Modul:					
Modul: A:					
Course: Ballroom dancing (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: KFZ25PIIJ3451_1S
Faculty:					
US					
Form of study: Master's degree, full-time		Profile of education: . practical		Specialty:	
Course status: obligatory			Lecture language: semester: 4 – polish language		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
2	4	Specialized exercises	15	ZO	2
SUM			15		2
Subject coordinator		dr ADRIANNA BANIO			
Aim of the course		The aim is to familiarize students with the correct terminology, performance technique and methodology of teaching basic dance steps in the field of ballroom dances			
Prerequisites requirements:		Lack W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group			
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student explains the correct and health-oriented methodology of teaching steps, figures and dance systems of selected ballroom dances	K_W02 K_W06	
Skills	1	EP2	Demonstrates knowledge of the steps of selected ballroom dances and knows how to convey their character	K_U06	
	2	EP3	Is able to verify the correct posture of the body in motion with music in terms of aesthetic and health	K_U10	
Social competence	1	EP4	He is involved in the proper performance of dance elements, strives to maintain pace movements, thus affecting his and other dancers' physical fitness	K_K07	
Course content				Semester	Hours
1. Ballroom dance theory				4	1
2. Standard dances				4	4
3. Latin American dances				4	4
4. Poses and lifting				4	2
5. Practise				4	2
6. Rhythmic dances				4	1
7. Theoretical and practical credit				4	1
Teaching methods		Practical classes using didactic methods from the group of restorative methods such as imitative-strict and task-exact, and from the group of self-empowerment methods such as direct purposefulness of motion and fun-classic, using e-learning as a modern method complementing traditional classroom teaching methods			

Verification methods for achieving intended learning outcomes					Number of learning outcome
	TEST				EP1, EP2, EP3, EP4
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)				EP2, EP3, EP4
The form and conditions for receiving credit	The condition for passing the classes is attendance. The final grade in the subject is influenced by: practical credit on the basis of demonstrating knowledge of selected dance systems in the field of ballroom dances, danced in accordance with music, with the right technique and aesthetics of movement (90% of the final grade) and student's activity during classes manifested by active involvement, creative own contribution to the classes and theoretical preparation for classes (10% of the final grade). The mark for each dance system must be at least satisfactory.				
	Rules for calculating the final grade				
	The final grade is determined on the basis of the average practical grade and student activity during classes and may be increased in the range of 5-10% for student volunteering activity on the principles set out by the teacher				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	4	Ballroom dancing		unpredictable	
	4	Ballroom dancing [specialized exercises]	credit with grade		

Recommended literature

Wieczysty M. (1986): Tańczyć każdy może, Polskie Wydawnictwo Muzyczne, Kraków

Optional literature

Fredyk A., Kowalik B., Barańska - Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im. J. Kukuczki w Katowicach, AWF Katowice, Katowice

Kuźmińska O. (2002): Taniec w teorii i praktyce, AWF Poznań, Poznań

STUDENT WORKLOAD

	Number of hours
Contact hours	15
Participation in the exam / pass	2
Participation for contact hours	15
Private reading and studying	4
Participation in tutorials	2
Preparation of project/essay/etc.	0
Preparation for test/exam	12
Other	0
TOTAL student workload	50
Number of ECTS points	2

Moduł:		
Moduł: A:		
Course: Team sports theory and methodology: handball (SPECIALIZATIONS /SPECIALIZATION MODULES)		Kod przedmiotu: WF25PIIJ2986_6S
Faculty:		
US		
Form of study: Master's degree, full-time	Profile of education: . practical	Specjalty:

Course status: obligatory			Lecture language: semester: 1 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS
1	1	Specialized exercises	30	ZO	3
SUM			30		4
Subject coordinator	dr BEATA FLORKIEWICZ				
Aim of the course	Transfer of knowledge in the organization of handball sports competitions. Developing students' skills in programming and implementing handball sports activities in secondary schools. Improving students' competences in the field of care for the safety of participants in physical activities.				
Prerequisites requirements:	W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group				
LEARNING OUTCOMES					
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program	
Knowledge	1	EP1	Student knows the principles of the functioning of the musculoskeletal system participants of physical exercises and appropriately selects methods and systems for organizing and conducting sports competitions and recreational events with handball in different age groups.	K_W02	
	2	EP2	Student knows the systems and rules of the game, lists and explains the rules of handball in force in different age categories. Distinguishes between specialist terminology used in the handball training process	K_W06	
Skills	1	EP3	Student Selects the right way to communicate with the individual and the group when organizing tournaments and sports and recreation events	K_U02	
	2	EP4	Student can, in accordance with safety rules, choose the appropriate gameplay systems in various types of handball sports and recreation events. He can efficiently manage the group's activities in the implementation of tournaments and sports and recreation events	K_U05 K_U08	
	3	EP5	Student Is able to demonstrate specialized motor skills in elements of technique and tactics of playing handball necessary to conduct the didactic process in a secondary school. Is able to teach tactics using materials and means in the field of information and communication technology.	K_U10 K_U11	
	4	EP6	Student is able to properly use the speech apparatus while conducting sports activities in accordance with the principles of voice emission	K_U15	
Social competence	1	EP7	Student is involved in the work of the group, assuming responsibility for the implementation of the tasks entrusted to him resulting from the preparation of conducting handball sport competitions in secondary schools. He is ready to consult experts in case of difficulties	K_K01	
	2	EP8	Student is ready to comply with and take care of the safety rules of the participants of the sport competitions he organizes.	K_K03	
	3	EP9	Student Is ready to use basic communication techniques during sports activities	K_K05	
Course content				Semester	Hours
Specialized exercises					
1. Improving the technique of individual play in attack and defense.				1	10
2. Improving the technique and tactics of team play in attack and defense 1				1	10
3. Goalkeeper's technique and tactics				1	2
4. Organization and running of a handball tournament				1	6

5. Organization and carrying out of sport and recreation festival		1	2		
Teaching methods	theoretical and practical activities (reproductive and creative), group work, simulation games, simulation methods				
Verification methods for achieving intended learning outcomes	COLLOQUIUM		Number of learning outcome		
	TEST		EP1, EP2		
	PROJECT		EP5		
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)		EP1, EP2, EP4, EP7		
The form and conditions for receiving credit	1. Practical classes - a positive assessment of the organization and conduct of the tournament in various game systems (the selection of game systems, organizational efficiency of running the competition, safety of course, refereeing is assessed). 2. Project - positive evaluation of the project documentation of a sporting event for children and youth (folder with full documentation and competition regulations prepared by the competition organizing group). 3. Test - participation in simulation games All elements of this subject must be passed at least on the satisfactory grade. 4. Colloquium - a written statement				
	Rules for calculating the final grade				
	The final grade is the arithmetic average of the grade obtained from: 1. Practical classes 2. Project 3. Simulation games 4. Colloquium				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	team sports theory and methodology: handball		weighted average	
	1	team sports theory and methodology: handball [specialized exercises]	credit with grade		1,0
Recommended literature					
Nowiński W. (2010): Piłka ręczna. Technika i taktyka, ZPRP ospr.edu.pl/publikacje.html, Warszawa					
Nowiński W. (2002): Piłka ręczna. Wyzkolenie indywidualne, COS, Warszawa					
Oficjalne przepisy gry w piłkę ręczną, www.pzpr.pl					
Optional literature					
Florkiewicz B., Fogtman S. (2016): Percepcja wzrokowa w grach sportowych. Podstawy teoretyczne i implikacje praktyczne. Trening percepcji wzrokowej w piłce ręcznej, Uniwersytet Szczeciński, Szczecin					
Nowiński W. (2009): Pierwsze kroki bramkarza, ZPRP, Warszawa					
Walczyk L., Skutnik R. (2005): Piłka ręczna. Zasób ćwiczeń dla dzieci i młodzieży, ZPRP, Warszawa					
STUDENT WORKLOAD					
		Number of hours			
Classes		30			
Participation in the exam / pass		6			
Preparation for classes		4			
Studying literature		4			
Participation in consultations		16			
Preparation of the project / essay		8			
Preparing for the exam / passing		5			
TOTAL student workload		75			
Number of ECTS points		3			

Moduł:

Moduł: A:

Course: Bodybuilding and fitness (SPECIALIZATIONS /SPECIALIZATION MODULES)					Kod przedmiotu: KFZ25PIIJ3451_3S	
Faculty: US						
Form of study: Master's degree, full-time			Profile of education: . practical		Specjalty:	
Course status: obligatory				Lecture language: semester: 1 - polish		
Year:	Semester:	Form of classes	Hours	form of crediting a course	ECTS	
1	1	Specialized exercises	15	ZO	1	
SUM			15		1	
Subject coordinator	dr ADRIANNA BANIO					
Aim of the course	The aim is to acquisition by students of knowledge in the field of bodybuilding and fitness as well as competences in the field of performing, teaching and conducting basic forms of fitness classes					
Prerequisites requirements:	Lack W - student describes the disease called social and civilizational U - student chooses a way to solve the problem, K - student expresses my own opinions, works independently and in group					
LEARNING OUTCOMES						
Category	Nr	Code	Description of directional learning outcomes	Symbol and number of learning outcomes according to the teaching program		
Knowledge	1	EP1	Has structured and in-depth knowledge of the terminology used in bodybuilding and fitness, and has knowledge of the methodology of conducting fitness training.	K_W01 K_W02 K_W06		
Skills	1	EP2	Selects methods, forms and resources for the implementation of didactic tasks in fitness classes. Uses the instruments necessary to implement the teaching proces	K_U05 K_U08 K_U10		
	2	EP3	Has specialized motor skills in the field of modern forms of movement necessary for professional work in the field of physical culture	K_U06 K_U10		
Social competence	1	EP4	He is able to take care of himself and the people while conducting classes by himself and others, knows the principles of protection and safety applicable in fitness	K_K03 K_K07		
Course content				Semester	Hours	
Specialized exercises						
1. History and definitions				1	1	
2. Forms of fitness and instruments and devices used				1	1	
3. Theoretical basics of fitness training				1	2	
4. Outdoor gym				1	1	
5. Music and choreography in fitness				1	1	
6. Steps and cueing				1	1	
7. Anatomy of stretching exercises				1	2	
8. Anatomy of strengthening exercises 1				1	2	
9. Being fit. Facts and myths				1	1	

10. Safety of fitness training	1	1			
11. Bodybuilding and fitness competitions	1	2			
Teaching methods	Practical classes using didactic methods from the group of restorative methods such as imitative-strict and task-exact, and from the group of self-empowerment methods such as direct purposefulness of motion and fun-classic, using e-learning as a modern method complementing traditional classroom teaching methods				
Verification methods for achieving intended learning outcomes					
	COLLOQUIUM	EP1, EP2, EP4			
	PRACTICAL CLASSES (VERIFICATION THROUGH OBSERVATION)	EP1, EP2, EP3, EP4			
The form and conditions for receiving credit	The condition of passing the classes is attendance and evaluation of the test				
	Rules for calculating the final grade				
	The final grade is determined on the basis of the grade from the colloquium and student activity in the classroom and may be increased in the range of 5-10% for student volunteering activity on the principles set out by the teacher and / or student activity in the class manifested by active involvement, creative own contribution classes and theoretical preparation for classes.				
Method of calculating the final grade	Sem.	Subject	Form of credit	Method of calculating the grade	weight to average
	1	Bodybuilding and fitness		unpredictable	
	1	Bodybuilding and fitness [specialized exercises]	credit with grade		
Recommended literature					
Olex -Mierzejewska D. (2002): Fitness teoretyczne i metodyczne podstawy prowadzenia zajęć, AWF Katowice, Katowice					
Optional literature					
Ambroży T., Kaganek K (2002): Fitness – ćwiczenia siłowe. Podręcznik dla instruktorów rekreacji ruchowej, TKKF, Warszawa Clemenceau J-P., Delavier F., Gundill M. (2017): Stretching. Ilustrowany przewodnik, Wydawnictwo Lekarskie PZWL Delavier F. (2007): Atlas treningu siłowego, Wydawnictwo Lekarskie PZWL Grodzka-Kubiak E. (2002): Aerobik czy fitness. Podręcznik szkoleniowy, DDK Edition, Poznań					
STUDENT WORKLOAD					
		Number of hours			
Classes		15			
Participation in the exam / pass		1			
Preparation for classes		3			
Studying literature		2			
Participation in consultations		1			
Preparation of the project / essay		0			
Preparing for the exam / passing		3			
TOTAL student workload		25			
Number of ECTS points		1			

