

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-II-S-25/26Z</b>						
Course title: <b>podstawy samoobrony (KIERUNKOWE)</b>					Course code: <b>KFZ25PIIJ3451_62S</b>	
Name of field of study: <b>wychowanie fizyczne</b>						
Mode and cycle of study: <b>second degree, full - time</b>			Profile of study: <b>practical</b>		Specialty:	
Course / module status <b>obligatory</b>			Language of instruction: <b>semester: 4 - polish language</b>			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	specialized exercises	15	0	pg	1
<b>Total</b>			<b>15</b>			<b>1</b>
Course / module coordinator		<b>mgr RADOSŁAW SROKA</b>				
Course instructor		<b>mgr RADOSŁAW SROKA</b>				
Course / module objectives		<p>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, and to use the correct instruction. Acquiring the ability to analyze and synthesize individual movement combinations and to develop them creatively.                  Przygotowanie studenta do dbania o bezpieczeństwo uczniów podczas zajęć z uwzględnieniem specyfiki zajęć z zakresu samoobrony</p>				
Prerequisites		<b>lack</b>				
<b>LEARNING OUTCOMES</b>						
Category	No.	Code	Description	Ref. to programme benchmarks		
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	SN_W_1.1.15)		
skills	1	EP3	The student is able to adapt the methods and forms of teaching elements of self-defense depending on the level of physical fitness and the needs of students	K_U03 K_U07		
	2	EP4	The student is able to anticipate and prevent the occurrence of dangerous situations during classes and shape positive habits related to safety in self-defense classes	K_U02 K_U03		
	3	EP5	The student is able to teach the basic elements of self-defense by indicating the application of individual techniques, analyzing and synthesizing their movement content and indicating the most common technical errors	K_U05		
	4	EP7	The student is able to instruct students in accordance with the principles of proper voice emission	SN_U_1.2.16)		
social competences	1	EP9	The student cares about the safety of himself and other people acting as both lecturer and practitioner	K_K02		
<b>CONTENT</b>					Semester	No. of hours
						including e-learning
Subject title: <b>podstawy samoobrony</b>						

Format of instruction: <b>specialized exercises</b>					
1. Introduction to the subject of classes. Classification of techniques and methodology for conducting recreational and sports activities in self-defense. Learning the position to fight and move correctly in battle.		4	2	0	
2. Blows and kicks used in self-defense. Active defense against kicking, punching.		4	4	0	
3. Technique and methodology of teaching the elements of combat on the ground floor - defense against a standing opponent and an attacker on the ground floor.		4	4	0	
4. Learning pads. Self-defense against holds that restrict movement, principles of teaching defense elements in typical emergency situations.		4	3	0	
5. Introducing elements of motor training during the lesson - circuit with exercises focused on hand-to-hand combat.		4	2	0	
Modes of delivery	<b>demonstration, pair exercises, simulation game</b>				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	<b>SPRAWDZIAN</b>			<b>EP1,EP3,EP5,EP7,EP9</b>	
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>			<b>EP4,EP9</b>	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	<b>The rating is influenced by:</b> - activity during classes, - grade for passing the practical application of the self-defense technique exercised as a result of - performing the exercise with a partner, discussing the execution technique, reporting its use in dangerous situations, discussing the most common mistakes, teaching methods and safety rules when performing individual exercises.				
	Grade calculation principles				
	<b>Przy wystawianiu oceny z zaliczenia praktycznego prowadz cy bierze pod uwag nast puj ce elementy:</b> - omówienie techniki wykonania, - poprawne wykonanie techniki, - wskazanie zastosowania w sytuacjach zagro enia, - omówienie najcz ciej wyst puj cych bł dów, - znajomo metodyki nauczania poszczególnych elementów, - znajomo i przestrzeganie zasad bezpiecze stwa podczas wykonywania poszczególnych wicze . <b>Ocena z wicze jest ocen ko cowa (koordynatora)</b>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	podstawy samoobrony		Wa ona	
	4	podstawy samoobrony [ wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Andre E. (2021): 100 sposobów samoobrony od napa ci ulicznej, My Wojownicy, Głogów				
	D bczy ska-Wróbel I. (2013): WF (nie tylko) dla chłopców : samoobrona, judo, zapasy, minisumo, Dr Josef Raabe Spółka Wydawnicza, Warszawa				
	Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen				
	Dougherty M. (2012): Walka wr cz, MAK Verlag , Bremen				
	Muraszko J., Litewnicki T. (2016): Poradnik samoobrony, rozpisani.pl, Warszawa				
	Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa				
Supplementary reading	McNab Ch. (2017): 501 sposobów samoobrony bez u ycia broni : odbicia, chwyt, rzuty, ciosy i kopni cia, Vesper, Czerwonak				
	Soo-Warr L. (2000): Samoobrona dla kobiet, Oficyna Wydawnicza Delta W-Z, Warszawa				

<b>STUDENT WORKLOAD</b>		
	No. of hours	
		including e-learning
Contact hours	<b>15</b>	<b>0</b>
Participation in test / exam	<b>1</b>	<b>0</b>
Preparation for contact hours	<b>2</b>	<b>0</b>
Private reading and studying	<b>3</b>	<b>0</b>
Participation in tutorials	<b>2</b>	<b>0</b>
Preparation of project / essay / etc.	<b>0</b>	<b>0</b>
Preparation for test / exam	<b>2</b>	<b>0</b>
<b>TOTAL workload</b>	<b>25</b>	
<b>ECTS credits</b>	<b>1</b>	

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-I-S-26/27Z</b>							
Course title: <b>diagnoza i profilaktyka wad postawy (KIERUNKOWE)</b>					Course code: <b>KFZ25PIJ3451_27S</b>		
Name of field of study: <b>wychowanie fizyczne</b>							
Mode and cycle of study: <b>first-degree, full - time</b>		Profile of study: <b>practical</b>			Specialty:		
Course / module status <b>obligatory</b>			Language of instruction: <b>semester: 2 - polish language</b>				
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
1	2	discussion classes	30	0	pg	2	
<b>Total</b>			<b>30</b>			<b>2</b>	
Course / module coordinator		<b>dr MACIEJ ZAWADZKI</b>					
Course instructor		<b>dr KRZYSZTOF WILK</b>					
Course / module objectives		<b>Familiarizing students with the causes and consequences of postural abnormalities in school-age children. Acquiring basic skills in recognizing postural abnormalities and applying preventive measures. Acquiring competencies that allow for readiness to work with school-age children.</b>					
Prerequisites		<b>none</b>					
<b>LEARNING OUTCOMES</b>							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	<b>The student knows and understands the structure and functioning of the human body, changes occurring in ontogeny.</b>	<b>K_W02</b>			
	2	EP2	<b>The student knows and understands the importance of preventive measures in shaping correct posture.</b>	<b>K_W02</b>			
skills	1	EP3	<b>the student is able to plan preventive actions in the field of body posture defects and carry out basic therapeutic exercises in the field of body posture defects</b>	<b>K_U02 K_U05</b>			
	2	EP4	<b>the student cooperates with parents, teachers and a specialist doctor in the implementation of preventive and therapeutic programs</b>	<b>K_U02 K_U05</b>			
	3	EP5	<b>can assess body posture for the presence of incorrect postures</b>	<b>K_U05</b>			
social competences	1	EP6	<b>the student is ready to show tolerance and observe professional ethics</b>	<b>K_K05</b>			
	2	EP7	<b>the student is ready to conduct individualized activities in relation to people with body posture abnormalities, creating a good atmosphere for communication between the instructor and the child</b>	<b>K_K05</b>			
<b>CONTENT</b>					Semester	No. of hours	
						including e-learning	
Subject title: <b>diagnoza i profilaktyka wad postawy</b>							
Format of instruction: <b>discussion classes</b>							
1. <b>Body posture and its conditions.</b>					2	2	0
2. <b>Posture defects and their characteristics.</b>					2	4	0

3. Research methods and assessment of body posture.	2	4	0
4. The impact of activity on health and prevention of posture defects.	2	4	0
5. Principles and means of corrective proceedings.	2	4	0
6. Organization of compensatory and corrective gymnastics at school	2	2	0
7. Organization of compensatory and corrective gymnastics at school	2	10	0

Modes of delivery	<b>Multimedia presentation, team work, program development, case analysis.</b>		
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.		

Assessment methods		No. of learning outcome from the syllabus
	<b>PROJEKT</b>	<b>EP1,EP2,EP3,EP4,EP5</b>
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>	<b>EP1,EP2,EP3,EP4,EP5,EP6,EP7</b>
	<b>Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.</b>	

Grading criteria	<b>The condition for passing the exercises is to obtain a positive grade from the practical skills test and to complete a project covering the theoretical issues of the subject. Both the practical skills test and the project are carried out in groups. The practical skills test covers the topic of methods for assessing body posture and corrective exercises: Correct performance of the body posture assessment (position of the head, shoulder girdle, pelvis, knees, feet) - 5 items for a grade of vdb, 4 items for a grade of db, 3 items for a grade of dst. Correct performance of corrective and compensatory exercises for selected posture defects.</b>	
	Grade calculation principles	
	<b>Calculation of the mark based on: correct assessment of selected body posture parameters and the ability to use compensatory and corrective exercises (50% of the mark), presentation covering theoretical issues on a selected topic agreed with the instructor (50% of the mark).</b>	

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	diagnoza i profilaktyka wad postawy		Wa ona	
	2	diagnoza i profilaktyka wad postawy [ wiczenia]	zaliczenie z ocen		1,00

Basic reading	Kasperczyk T. (2002): Wady postawy ciała, diagnostyka i leczenie., Kasper, Kraków	
	Niewiadomska M. (2008): Korekcja wad postawy z elementami rehabilitacji., Szczecin	
	Tuzinek T.,Biniaszewski T.,Raty ska A. (2010): Podstawy teorii i metodyki gimnastyki kompensacyjno-korekcyjnej., Politechnika Radomska, Radom	

Supplementary reading	Domagała K. (2024): Wady postawy. Skoliozy, plecy okr głe, plecy wkl ste., Konfizjo	
	Johnson J. (2018): Korekcja wad postawy. Techniki terapeutyczne., Edra Urban&Partner	
	Zeyland-Malawka E. (2003): wiczenia korekcyjne., Gda sk, Gda sk	

#### STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	<b>30</b>	<b>0</b>
Participation in test / exam	<b>0</b>	<b>0</b>
Preparation for contact hours	<b>5</b>	<b>0</b>
Private reading and studying	<b>5</b>	<b>0</b>
Participation in tutorials	<b>5</b>	<b>0</b>

Preparation of project / essay / etc.	5	0
Preparation for test / exam	0	0
<b>TOTAL workload</b>	<b>50</b>	
<b>ECTS credits</b>	<b>2</b>	

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-I-S-26/27Z</b>						
Course title: <b>zabawy i gry ruchowe (KIERUNKOWE)</b>					Course code: <b>KFZ25PIJ3451_22S</b>	
Name of field of study: <b>wychowanie fizyczne</b>						
Mode and cycle of study: <b>first-degree, full - time</b>			Profile of study: <b>practical</b>		Specialty:	
Course / module status <b>obligatory</b>				Language of instruction: <b>semester: 1 - polish language</b>		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	specialized exercises	30	0	pg	2
<b>Total</b>			<b>30</b>			<b>2</b>
Course / module coordinator		<b>dr MACIEJ ZAWADZKI</b>				
Course instructor		<b>dr MACIEJ ZAWADZKI</b>				
Course / module objectives		<b>To acquaint students with the theory and practice of motor games and plays. Acquiring the skills to independently plan and conduct activities based on games and physical activities for schoolchildren. Acquisition of competences allowing for readiness to work with schoolchildren.</b>				
Prerequisites		<b>Brak</b>				
<b>LEARNING OUTCOMES</b>						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	<b>The student knows the needs resulting from the introduction of games and movement games in various age groups of school</b>			<b>K_W03 SN_W_1.1.06)</b>

skills	1	EP2	The student is able to skillfully use various methods in conducting games and movement activities.	K_U03 K_U06 K_U08 SN_U_1.2.04)
	2	EP3	He can skillfully plan and implement games and games in various age groups.	K_U03 K_U06 K_U08 SN_U_1.2.04)
	3	EP4	Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.	K_U03 K_U06 K_U08
	4	EP5	The student is able to correctly apply the methodology of teaching games and movement games and correctly select them depending on the conditions, purpose, age and abilities of the participant.	K_U03 K_U06 K_U08 SN_U_1.2.04)
	5	EP6	The student is able to plan and organize various types of games and physical activities in sports and recreational activities at school and outside.	K_U03 K_U06 K_U08 SN_U_1.2.04) SN_U_1.2.13)
	6	EP7	The student is able to independently and in a team plan and conduct physical activities using the appropriate methods and organizational forms as well as various and unconventional sports equipment.	K_U03 K_U06 K_U08 SN_U_1.2.04) SN_U_1.2.13)
	7	EP8	Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.	SN_U_1.2.18)
social competences	1	EP9	The student is ready to responsible and reliable work and solve various problems in working with children.	K_K03 SN_KS_1.3.07)
	2	EP10	He is ready to take care of the health and safety of his own work and that of people participating in physical activities and tourist and recreational events.	K_K02

CONTENT	Semester	No. of hours	
			including e-learning

Subject title: **zabawy i gry ruchowe**

Format of instruction: **specialized exercises**

1. Theoretical and practical introduction to the subject matter.	1	2	0
2. Integration fun and movement games.	1	4	0
3. Fun for preschool children.	1	4	0
4. Fun and movement games for younger school children.	1	4	0
5. Movement games and activities conducted in difficult conditions.	1	4	0
6. Outdoor games and activities.	1	4	0
7. Conducting movement games, scoring system, organizing sports games.	1	4	0
8. Movement games and activities during themed events and recreational and sports festivals.	1	4	0

Modes of delivery	<b>Pokaz, gry symulacyjne, praca w grupach.</b>
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.

Assessment methods			No. of learning outcome from the syllabus		
	<b>PROJEKT</b>		<b>EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9</b>		
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>		<b>EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9</b>		
	<b>Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.</b>				
Grading criteria	<b>The condition for passing the course is completion of the exercises includes: project and practical classes.</b>				
	Grade calculation principles				
	<b>Calculating the grade for the subject: project execution (50% grade) and practical training (50% grade).</b>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	zabawy i gry ruchowe		Wa ona	
	1	zabawy i gry ruchowe [ wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Bondarowicz M. (1998): Zabawy w grach sportowych., Warszawa, Warszawa				
	Bondarowicz M.,Staniszewski T. (2000): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa				
	Flemming I. (1998): Gry i zabawy na wycieczk szkoln ., Jedno , Kielce				
	Nawara H.,Nawara U. (2001): Gry i zabawy inegracyjne., AWF, Wroclaw				
	Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Pracownia Wydawnicza Helvetica, Starachowice				
	W grzyn E.,Umiastowska D., Pławi ska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin				
Supplementary reading	B czek J. (2009): Animacja czasu wolnego w turystyce : praktyczny podr cznik dla animatorów, Stageman Polska, Warszawa				
	Nowak P.F. (2018): Organizacja imprez : kreowanie zdrowego stylu ycia, Difin S.A., Warszawa				
<b>STUDENT WORKLOAD</b>					
		No. of hours			
				including e-learning	
Contact hours	<b>30</b>		<b>0</b>		
Participation in test / exam	<b>0</b>		<b>0</b>		
Preparation for contact hours	<b>10</b>		<b>0</b>		
Private reading and studying	<b>3</b>		<b>0</b>		
Participation in tutorials	<b>3</b>		<b>0</b>		
Preparation of project / essay / etc.	<b>4</b>		<b>0</b>		
Preparation for test / exam	<b>0</b>		<b>0</b>		
<b>TOTAL workload</b>	<b>50</b>				
<b>ECTS credits</b>	<b>2</b>				

# S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: <b>USKFZ-WF-P-II-S-25/26Z</b>							
Moduł: <b>Blok do wyboru A [moduł]</b>							
Nazwa przedmiotu: <b>fundamentals of exercise immunology (POZOSTAŁE PRZEDMIOTY / MODUŁY)</b>					Kod przedmiotu: <b>KFZ25PIIJ3451_70S</b>		
Nazwa kierunku: <b>wychowanie fizyczne</b>							
Forma studiów: <b>II stopnia, stacjonarne</b>			Profil studiów: <b>praktyczny</b>		Specjalno : 		
Status przedmiotu: <b>fakultatywny</b>				J zyk przedmiotu: <b>semestr: 4 - j zyk angielski j zyk polski</b>			
Rok	Semestr	Forma zaj	Liczba godzin		Forma zaliczenia	ECTS	
				w tym e-learning			
2	4	wiczenia	15	0	ZO	4	
		wykład	15	0	ZO		
<b>Razem</b>			<b>30</b>			<b>4</b>	
Koordynator przedmiotu:		<b>dr hab. ROBERT NOWAK</b>					
Prowadz cy zaj cia:		<b>dr hab. ROBERT NOWAK</b>					
Cele przedmiotu:		<b>Familiarizing students with basic immunological concepts. Familiarizing students with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions. The student should acquire the readiness to work in a research laboratory.</b>					
Wymagania wst pne:							
<b>EFEKTY UCZENIA SI</b>							
Kategoria	Lp	KOD	Opis efektu			Odniesienie do efektów dla programu	
wiedza	1	EP1	<b>Student describes the most common disorders that lead to human disease states, knows the importance of the immune system in maintaining homeostasis</b>			<b>K_W02</b>	
umiej tno ci	1	EP4	<b>Student correctly recognizes the immune disorders and post-effort changes based on the obtained test results</b>			<b>K_U01</b>	
kompetencje społeczne	1	EP6	<b>Student is ready to co-operate with others to broaden practical implications of gained knowledge and skills</b>			<b>K_K08</b>	
<b>TRE CI PROGRAMOWE ZAJ I KONSULTACJI</b>					Semestr	Liczba godzin zaj	
						w tym e-learning	
Przedmiot: <b>fundamentals of exercise immunology</b>							
Forma zaj : <b>wykład</b>							
1. <b>Main components and features of the immune response.</b>					4	5	0
2. <b>Immune cells, cytokines and chemokines.</b>					4	8	0
3. <b>Psychoneuroimmunology.</b>					4	2	0
Forma zaj : <b>wiczenia</b>							
1. <b>Immunological testing methods.</b>					4	4	0
2. <b>Flow cytometry and other blood analyses.</b>					4	7	0

3. Interpretation of exercise test results used in immunology.		4	4	0	
Metody kształcenia	<b>working in groups, performing laboratory experiments (exercises), audiovisual presentation (lectures)</b>				
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest określony przez prowadzącego zajęcia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczecińskiego. Prowadzący informuje studentów o zakresie oraz możliwościach korzystania z SI podczas pierwszych zajęć, wskazując katalog narzędzi lub zastosowań, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu				
Metody weryfikacji efektów uczenia się				Nr efektu uczenia się z sylabusu	
	<b>KOŁOKWIUM</b>			<b>EP1</b>	
	<b>ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJAMI)</b>			<b>EP4,EP6</b>	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Forma i warunki zaliczenia	<b>Passing the exercises based on the correctness of completed tasks.</b> <b>The colloquium covers knowledge from lectures. Structure of the colloquium assessment (according to % of points obtained):</b> <b>60-69% - satisfactory (E)</b> <b>70-74% - satisfactory + (D)</b> <b>75-84% - good (C)</b> <b>85-89% - good + (B)</b> <b>90-100% - very good (A)</b> <b>Independent passing of both forms of education is required.</b>				
	Zasady wyliczania oceny z przedmiotu				
	<b>The final grade is a weighted average of the grades from the exercises (25%) and the test (75%)</b>				
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	4	fundamentals of exercise immunology		Ważona	
	4	fundamentals of exercise immunology [wykład]	zaliczenie z ocen		0,75
	4	fundamentals of exercise immunology [ćwiczenia]	zaliczenie z ocen		0,25
Literatura podstawowa	David C. Nieman, Bente K. Pedersen (2019): Nutrition and Exercise Immunology, Taylor&Francis Ltd., London				
	Michael Gleeson, Nicolette Bishop, Neil Walsh (2013): Exercise Immunology, Taylor&Francis Ltd., London				
	Peter Lydyard, Alex Whelan, Michael Fanger (2004): BIOS Instant Notes in Immunology, Taylor&Francis Ltd., London				
Literatura uzupełniająca	Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics, Champaign, IL, USA				
	Michael Gleeson, British Association of Sport and Exercise Sciences (2006): Immune Function in Sport and Exercise, Churchill Livingstone Elsevier, London				
<b>NAKŁAD PRACY STUDENTA</b>					
		Liczba godzin			
		w tym e-learning			
Zajęcia dydaktyczne		<b>30</b>		<b>0</b>	
Udział w egzaminie/zaliczeniu		<b>2</b>		<b>0</b>	
Przygotowanie się do zajęć		<b>20</b>		<b>0</b>	
Studiowanie literatury		<b>10</b>		<b>0</b>	
Udział w konsultacjach		<b>8</b>		<b>0</b>	
Przygotowanie projektu / eseju / itp.		<b>0</b>		<b>0</b>	
Przygotowanie się do egzaminu/zaliczenia		<b>30</b>		<b>0</b>	
<b>Łączny nakład pracy studenta w godz.</b>		<b>100</b>			
<b>Liczba punktów ECTS</b>		<b>4</b>			



# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-I-S-25/26Z</b>						
Course title: <b>human physiology (PODSTAWOWE)</b>					Course code: <b>KFZ25PIJ3451_49S</b>	
Name of field of study: <b>wychowanie fizyczne</b>						
Mode and cycle of study: <b>first-degree, full - time</b>			Profile of study: <b>practical</b>		Specjalty:	
Course / module status <b>obligatory</b>				Language of instruction: <b>semester: 4 - polish language</b>		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	laboratory	30	0	pg	4
		lecture	10	0	e	
<b>Total</b>			<b>40</b>			<b>4</b>
Course / module coordinator		dr RAFAŁ BURYTA				
Course instructor		prof. dr hab. OLEKSANDR PRYIMAKOV				
Course / module objectives		<p>The aim of the course is to equip students with knowledge about the functions of internal organs and systems at rest, physical effort and restitution. In addition, knowledge is provided about the differences between young and old people, as well as between women and men in terms of physical effort.</p> <p>Zdobycie umiej tno ci przeprowadzania testów fizjologicznych i interpretacji ich wyników Przygotowanie studentów do postawy otwartej na nauk i poszukiwanie nowych rozwi za opartych na dowodach naukowych</p>				
Prerequisites		Basic knowledge of human anatomy, biochemistry and biology (at level 5 of the Polish Qualifications Framework)				
<b>LEARNING OUTCOMES</b>						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	the student knows the structure and functioning of the human body at the physiological level during rest, physical effort and physical inactivity	K_W02		
	2	EP2	the student knows the interactions of individual human systems at the physiological level depending on human physical activity	K_W02		
skills	1	EP3	the student analyzes the course of physiological reactions of the human body based on simple physiological tests performed under the guidance of the teacher	K_U01		
	2	EP4	the student performs measurements of basic physiological parameters	K_U01 K_U02		
	3	EP5	the student interprets the results of physiological tests, including in the context of planned physical effort	K_U01		
social competences	1	EP6	the student is aware of the importance of physiological research in promoting health-promoting behaviors in various social groups	D.1.K2. K_K01		
	2	EP7	the student is actively involved in the assigned tasks and projects	SN_KS_1.3.07)		
<b>CONTENT</b>					Semester	No. of hours
						including e-learning
Subject title: <b>human physiology</b>						
Format of instruction: <b>lecture</b>						

1. Elements of cytophysiology		4	1	0	
2. Physiological basis of functioning of selected human systems, including the influence of physical effort		4	6	0	
3. Physiological mechanisms of maintaining homeostasis in the human body		4	2	0	
4. Physiological differences between women and men and physiological changes seen in children and the elderly.		4	1	0	
Format of instruction: <b>laboratory</b>					
1. Introduction to Physiology		4	1	0	
2. The physiology of excitable tissues		4	3	0	
3. Neuromuscular physiology		4	4	0	
4. The physiology of the nervous system		4	6	0	
5. Cardiovascular physiology		4	8	0	
6. Respiratory and cardiovascular physiology		4	4	0	
7. Exercise physiology		4	4	0	
Modes of delivery	<b>Lecture - Multimedia presentation, Labours - group and individual work, performing experiments, discussion.</b>				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	<b>EGZAMIN PISEMNY</b>			<b>EP1,EP2,EP3,EP4,EP5</b>	
	<b>KOLOKWIUM</b>			<b>EP1,EP2,EP3,EP4,EP5</b>	
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>			<b>EP4,EP5,EP6,EP7</b>	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	<b>1. Execution and discussion of experiments as well as a positive grade from the final colloquium covering the topics covered during the classes constitute 50% of the final grade for the course.</b>				
	<b>2. The written exam constitutes 50% of the final grade and covers knowledge of the subject taught in the form of lectures.</b>				
	Grade calculation principles				
<b>The conditions set out in points 1 and 2 must be met for the evaluation of min. sufficient.</b>					
<b>percentage - grade</b>					
<b>60-69 dst</b>					
<b>70-74 dst+</b>					
<b>75-84 db</b>					
<b>85-89 db+</b>					
<b>90-100 bdb</b>					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	fizjologia człowieka		Arytmetyczna	
	4	fizjologia człowieka [laboratorium]	zaliczenie z ocen		
	4	fizjologia człowieka [wykład]	egzamin		
Basic reading	Górski J. (2010): Fizjologia człowieka., PZWL, Warszawa				
	Jaskólski A, Jaskólska A (2006): Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka, AWF Wrocław w, Wrocław				
	Traczyk W. (2023): Flzjologia człowieka w zarysie, PZWL, Warszawa				

Supplementary reading	Górski J. (2011): Fizjologia wysiłku i treningu fizycznego., PZWL, Warszawa
	Konturek S. (1999): Fizjologia człowieka, Elsevier Urban & Partner, Wrocław
	Silbernagl S., Despopoulos A. (2010): Ilustrowana fizjologia człowieka, PZWL, Warszawa
	Zawadzki M., Szafraniec R., Murawska-Ciałowicz E. (2006): Fizjologia człowieka - podręcznik dla studentów wydziałów kosmetologii,, Górnicki Wydawnictwo Medyczne, Wrocław

#### STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	<b>40</b>	<b>0</b>
Participation in test / exam	<b>6</b>	<b>0</b>
Preparation for contact hours	<b>14</b>	<b>0</b>
Private reading and studying	<b>10</b>	<b>0</b>
Participation in tutorials	<b>10</b>	<b>0</b>
Preparation of project / essay / etc.	<b>10</b>	<b>0</b>
Preparation for test / exam	<b>10</b>	<b>0</b>
<b>TOTAL workload</b>	<b>100</b>	
<b>ECTS credits</b>	<b>4</b>	

# SYLABUS (KARTA PRZEDMIOTU)

Nazwa programu studiów: <b>USKFZ-WF-P-II-S-25/26Z</b>							
Moduł: <b>Blok do wyboru C [moduł]</b>							
Nazwa przedmiotu: <b>molecular basis of physical activity (POZOSTAŁE PRZEDMIOTY / MODUŁY)</b>					Kod przedmiotu: <b>KFZ25PIIJ3451_71S</b>		
Nazwa kierunku: <b>wychowanie fizyczne</b>							
Forma studiów: <b>II stopnia, stacjonarne</b>		Profil studiów: <b>praktyczny</b>			Specjalno : 		
Status przedmiotu: <b>fakultatywny</b>				J zyk przedmiotu: <b>semestr: 4 - j zyk angielski j zyk polski</b>			
Rok	Semestr	Forma zaj	Liczba godzin		Forma zaliczenia	ECTS	
				w tym e-learning			
2	4	wiczenia	15	0	ZO	4	
		konwersatorium	15	0	E		
<b>Razem</b>			<b>30</b>			<b>4</b>	
Koordynator przedmiotu:		dr n. med. PATRYCJA TOMASIAK					
Prowadz cy zaj cia:		dr BEATA FLORKIEWICZ					
Cele przedmiotu:		Introducing students to basic terms, regularities and problems in relation to genetic basis of physical activity. Students are expected to acquire basic laboratory skills. Acquiring readiness for cooperation and teamwork.					
Wymagania wst pne:		No entry requirements.					
<b>EFEKTY UCZENIA SI</b>							
Kategoria	Lp	KOD	Opis efektu			Odniesienie do efektów dla programu	
wiedza	1	EP1	Student knows and understands basic terms of human genetics			D.1.W1. D.1.W2.	
umiej tno ci	1	EP2	Student can choose and plan to utilize adequate molecular methods			SN_U_1.2.08) SN_U_1.2.18)	
	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.			D.2.U1.	
kompetencje społeczne	1	EP5	Student gets involved in a group activity.			D.1.K5. SN_KS_1.3.07)	
<b>TRE CI PROGRAMOWE ZAJ I KONSULTACJI</b>					Semestr	Liczba godzin zaj	
						w tym e-learning	
Przedmiot: <b>molecular basis of physical activity</b>							
Forma zaj : <b>wiczenia</b>							
1. The methodology of selected routine sport diagnostic test.					4	5	0
2. The methodology of genetic research in sport					4	5	0
3. The methodology of protein research in sport					4	5	0
Forma zaj : <b>konwersatorium</b>							
1. Introduction to genetics and molecular biology.					4	5	0
2. Changes in some gene expressions as a response to given effort.					4	5	0
3. The review of various marker genes having influence on psychological reactions of the body to effort.					4	5	0

Metody kształcenia	<b>audiovisual presentation (conversation classes), group work (exercises)</b>				
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest określony przez prowadzącego zajęcia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczecińskiego. Prowadzący informuje studentów o zakresie oraz możliwościach korzystania z SI podczas pierwszych zajęć, wskazując katalog narzędzi lub zastosowań, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu				
Metody weryfikacji efektów uczenia się					Nr efektu uczenia się z sylabusu
	<b>EGZAMIN PISEMNY</b>				<b>EP1,EP2,EP3</b>
	<b>ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)</b>				<b>EP2,EP3,EP5</b>
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Forma i warunki zaliczenia	<b>Assessment of exercises is based on correctly completed tasks (50% of the final grade for the subject). Written exam covers conversation classes material and recommended literature (50% of the final grade for the subject), students take single choice test.</b>				
	Zasady wyliczania oceny z przedmiotu				
	<b>Written exam covers lectures material and recommended literature, students take single choice test. Percentage of passing grades: 60-69 3,0 70-74 3,5 75-84 4,0 85-89 4,5 90-100 5,0 To receive a positive grade in a subject, student must receive a positive grade in exercises and conversation classes.</b>				
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	4	molecular basis of physical activity		Arytmetyczna	
	4	molecular basis of physical activity [wiczenia]	zaliczenie z ocen		
	4	molecular basis of physical activity [konwersatorium]	egzamin		
Literatura podstawowa	Juleen R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise, Cold Spring Harbor Laboratory Press				
	Thomas D. Pollard, William C. Earnshaw, Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology, Elsevier				
Literatura uzupełniająca	Christine Goetz, Christopher Hammerbeck, Jody Bonnevier (2019): Flow Cytometry Basics for the Non-Expert, Springer Nature, Switzerland AG				
	Lloyd R. Snyder, Joseph J. Kirkland, John W. Dolan (2009): Introduction to Modern Liquid Chromatography, John Wiley & Sons, Inc.				
	Nessa Carey (2012): The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance, Columbia University Press				
	Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, McGraw-Hill College				
<b>NAKŁAD PRACY STUDENTA</b>					
		Liczba godzin			
		w tym e-learning			
Zajęcia dydaktyczne	<b>30</b>		<b>0</b>		
Udział w egzaminie/zaliczeniu	<b>2</b>		<b>0</b>		
Przygotowanie się do zajęć	<b>18</b>		<b>0</b>		
Studiowanie literatury	<b>16</b>		<b>0</b>		
Udział w konsultacjach	<b>7</b>		<b>0</b>		
Przygotowanie projektu / eseju / itp.	<b>0</b>		<b>0</b>		
Przygotowanie się do egzaminu/zaliczenia	<b>27</b>		<b>0</b>		
<b>Łączny nakład pracy studenta w godz.</b>	<b>100</b>				
<b>Liczba punktów ECTS</b>	<b>4</b>				

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-I-S-26/27Z</b>						
Course title: <b>muzyka, rytm, taniec (KIERUNKOWE)</b>					Course code: <b>KFZ25PIJ3451_15S</b>	
Name of field of study: <b>wychowanie fizyczne</b>						
Mode and cycle of study: <b>first-degree, full - time</b>			Profile of study: <b>practical</b>		Specialty:	
Course / module status <b>obligatory</b>				Language of instruction: <b>semester: 1 - polish language</b>		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	specialized exercises	30	0	pg	2
<b>Total</b>			<b>30</b>			<b>2</b>
Course / module coordinator		<b>dr hab. JOANNA KRUK</b>				
Course instructor		<b>dr hab. JOANNA KRUK</b>				
Course / module objectives		<b>Acquisition of skills related to the adaptation of methods of assessment and conducting classes with music appropriate for a given group.</b> <b>Familiarizing students with the correct performance technique and methodology of teaching basic dance steps in the field of folk, ballroom, integration and rhythmic dances.</b> <b>Preparation for independent planning and conducting music and movement classes.</b>				
Prerequisites		<b>none</b>				
<b>LEARNING OUTCOMES</b>						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	<b>Explains and describes the performance and methods of teaching rhythmic exercises and dance systems using specialized terminology specific to rhythmic exercises and dance.</b>	<b>K_W03</b>		
skills	1	EP2	<b>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.</b>	<b>K_U06 K_U10</b>		
	2	EP4	<b>Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.</b>	<b>K_U04</b>		
	3	EP5	<b>Demonstrates the ability to supervise, lead, engage in team forms of music classes, demonstrates individual, pairs or group rhythmic exercises, which can be used in music classes and in teaching simple dance routines.</b>	<b>K_U08 SN_U_1.2.03)</b>		
	4	EP7	<b>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.</b>	<b>K_U02 SN_U_1.2.09)</b>		

social competences	1	EP6	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 team, as well as the importance of the role played by the teacher in the group in classes with children.	K_K05	
CONTENT			Semester	No. of hours	
					including e-learning
Subject title: <b>muzyka, rytm, taniec</b>					
Format of instruction: <b>specialized exercises</b>					
1. The values of dance in terms of upbringing and pedagogy			1	2	0
2. Use of rhythmic exercises in classes with children.			1	1	0
3. Short dance themes performed individually and in pairs. Developing skills to combine movement with music and performance aesthetics.			1	14	0
4. Theory, teaching methodology, technique of performing selected folk and social dances.			1	13	0
Modes of delivery	<b>Practical classes method. Reproductive teaching methods used: strict imitation, strict task-based; independent teaching methods: direct purposefulness of movement, playful-classical.</b>				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	SPRAWDZIAN			EP1,EP4,EP5,EP6	
	PROJEKT			EP1,EP2,EP4,EP6,EP7	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )			EP1,EP5,EP6	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	1. Practical assessment based on demonstrating knowledge of folk and ballroom dance routines, danced to music, with proper technique and movement aesthetics (90% of the final grade).				
	2. Student participation in classes, demonstrated by active engagement, creative ideas during classes, and theoretical preparation for classes (5% of the final grade).				
	3. Project - a written paper describing the methodology for teaching a selected dance routine. The assessment is based on the merits (5% of the final grade). <b>The grade for each of the nine assessed elements must be at least satisfactory.</b>				
Grade calculation principles					
<b>The final grade is determined based on practical assessments (90%), student activity in class (5%), and the project (5%). It may be increased by 5-10% for volunteering activities, as determined by the instructor. The grade for specialized practicals constitutes the final grade for the course.</b>					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	muzyka, rytm, taniec		Wa ona	
	1	muzyka, rytm, taniec [ wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Jakubowski K. (2007): Polskie ta ce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa				
	Kowalik B., Fredyk A., Bara ska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich ta ców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice				
	Siedlecka B., Bili ski W. (2003): Taniec w edukacji dzieci i młodzie y - podr cznik dla nauczycieli., AWF Wrocław, Wrocław				

Supplementary reading	Fredyk 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

	No. of hours	
		including e-learning
Contact hours	<b>30</b>	<b>0</b>
Participation in test / exam	<b>2</b>	<b>0</b>
Preparation for contact hours	<b>4</b>	<b>0</b>
Private reading and studying	<b>3</b>	<b>0</b>
Participation in tutorials	<b>3</b>	<b>0</b>
Preparation of project / essay / etc.	<b>4</b>	<b>0</b>
Preparation for test / exam	<b>4</b>	<b>0</b>
<b>TOTAL workload</b>	<b>50</b>	
<b>ECTS credits</b>	<b>2</b>	

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-II-S-26/27Z</b>						
Course title: <b>turystyka szkolna i ekologia (KIERUNKOWE)</b>					Course code: <b>KFZ25PIIJ3451_9S</b>	
Name of field of study: <b>wychowanie fizyczne</b>						
Mode and cycle of study: <b>second degree, full - time</b>		Profile of study: <b>practical</b>			Specialty:	
Course / module status <b>obligatory</b>			Language of instruction: <b>semester: 1 - polish language</b>			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	discussion classes	15	0	pg	3
		lecture	10	0	pg	
<b>Total</b>			<b>25</b>			<b>3</b>
Course / module coordinator		<b>dr MICHAŁ TARNOWSKI</b>				
Course instructor		<b>dr MICHAŁ TARNOWSKI</b>				
Course / module objectives		<p>Providing the student with knowledge on the development of programs, organization and running of tourist events for school children and youth.</p> <p>Acquisition by the student of skills in the organization of school tourism, including elements of environmental education.</p> <p>Making students ready to educate themselves and their students to protect nature and to educate themselves in tourism.</p>				
Prerequisites		<b>Hiking clothes and shoes. Compass.</b>				
<b>LEARNING OUTCOMES</b>						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	<b>The student knows the methodological and organizational principles of preparing and conducting selected forms of tourism and organizing events</b>	<b>K_W05 K_W06</b>		
	2	EP2	<b>It identifies and qualifies the tourist values (mainly cultural and natural) of Poland and the Szczecin region</b>	<b>K_W10</b>		
skills	1	EP3	<b>Can evaluate the usefulness of given sightseeing values for programming selected forms of school tourism and ecological education</b>	<b>K_U03 K_U09</b>		
	2	EP4	<b>He can prepare, in the basic scope, selected events of various nature</b>	<b>K_U03 K_U09</b>		
	3	EP5	<b>The student is able to use basic tourist equipment for selected forms of tourism</b>	<b>K_U03</b>		
social competences	1	EP7	<b>It is focused on the need for proper organization of tourist forms and events of various types and taking into account elements of environmental education in them</b>	<b>K_K02 K_K07</b>		
	2	EP8	<b>Is geared to the need to organize task groups and is ready to cooperate within them to solve problems</b>	<b>K_K05 K_K07</b>		
<b>CONTENT</b>					Semester	No. of hours
						including e-learning
Subject title: <b>turystyka szkolna i ekologia</b>						

Format of instruction: <b>lecture</b>					
1. <b>Tourism, recreation, sightseeing, tourism geography, ecological education - selected issues.</b>		1	4	0	
2. <b>Szczecin - an outline of history (depending on the conditions and possibilities in a given academic year).</b>		1	4	0	
3. <b>Conducting tourist events with particular emphasis on trips as the basic form of sightseeing activity and taking into account aspects of nature protection (basic methodological and legal issues).</b>		1	2	0	
Format of instruction: <b>discussion classes</b>					
1. <b>Selection of values ??for selected types of trips. Preparation of a school coach trip (depending on the conditions and possibilities in a given academic year).</b>		1	2	0	
2. <b>Organization of school events of a selected nature - basic methodological and legal issues.</b>		1	2	0	
3. <b>Selected sightseeing natural values ??of the region. Preparation and participation.</b>		1	11	0	
Modes of delivery	<b>field exercises, movie, the presentation, multimedia program, teamwork</b>				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	<b>SPRAWDZIAN</b>			<b>EP1,EP2</b>	
	<b>PROJEKT</b>			<b>EP1,EP2,EP3,EP4,EP8</b>	
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>			<b>EP3,EP4,EP5,EP7,EP8</b>	
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.					
Grading criteria	<b>Credit with grade.</b> <b>Completion of exercises on the basis of:</b> <b>1. Credits for all exercises.</b> <b>2. Continuous assessment (current preparation for classes and activity); it concerns especially field activities. The knowledge obtained during the lectures is necessary to complete the exercises and implement the project.</b> <b>3. Assessment of final papers (also requiring knowledge from lectures - test).</b> <b>The selection of forms, level of advancement and place of field classes is each time adjusted to the group's fitness level and to the organizational possibilities in a given academic year.</b>				
	Grade calculation principles				
	<b>The final grade is the average of the grades obtained for individual elements in the points listed.</b> <b>All items listed in point 2-4 must be passed with a satisfactory grade.</b> <b>The final credit grade may be increased by one grade for the voluntary activity of the student on the terms specified by the teacher.</b> <b>The final grade may be increased by one grade for attendance at lectures.</b> <b>Test - percentage grade:</b> <b>very good - 90-100%</b> <b>db+ - 85-89%</b> <b>db - 75-84%</b> <b>dst + - 70-74%</b> <b>dst - 60-69%</b> <b>The assessment of a presentation in the field of regional education/final work on Poland's tourist attractions takes into account: the scope of exhaustion of the topic, substantive correctness, originality, graphic attractiveness.</b>				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	turystyka szkolna i ekologia		Arytmetyczna	
	1	turystyka szkolna i ekologia [wykład]	zaliczenie z ocen		
	1	turystyka szkolna i ekologia [ wiczenia]	zaliczenie z ocen		

Basic reading	Domerecka B. (2008): Jak organizowa szkoln turystyk ., Municipium SA, Warszawa	
	Gł bi ski Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania to samo ci regionalnej, Forum Turystyki Regionów, Szczecin	
	Klawender J. (2007): Wybrane zagadnienia z zakresu prowadzenia wycieczek., AWF J. Piłsudskiego, Warszawa	
	Kruczek Z. (2003): Krajoznawstwo. Zarys teorii i metodyki., Proksenia, Kraków	
	Marciniak L., Piotrowska-Albin E. (2016): Organizacja wycieczek szkolnych oraz wypoczynku dzieci i młodzie y. Nowe zasady, Wolters Kluwer	
	Zar ba D. : Ekoturystyka. Wyzwania i nadzieje, Wydawnictwo Naukowe PWN, Warszawa	
Supplementary reading	Lijewski T., Mikułowski B., Wyrzykowski J. (2008): Geografia turystyki Polski, Polskie Wydawnictwo Ekonomiczne, Warszawa	
	Tarnowski M. (2009): Uwarunkowania aktywno ci turystycznej młodzie y szczeci skich szkół rednich., Wydawnictowo Naukowe Uniwersytetu Szczeci skiego, Szczecin	
	Mapa Szczecina i okolic.	
<b>STUDENT WORKLOAD</b>		
	No. of hours	
		including e-learning
Contact hours	<b>25</b>	<b>0</b>
Participation in test / exam	<b>2</b>	<b>0</b>
Preparation for contact hours	<b>10</b>	<b>0</b>
Private reading and studying	<b>10</b>	<b>0</b>
Participation in tutorials	<b>12</b>	<b>0</b>
Preparation of project / essay / etc.	<b>6</b>	<b>0</b>
Preparation for test / exam	<b>10</b>	<b>0</b>
<b>TOTAL workload</b>	<b>75</b>	
<b>ECTS credits</b>	<b>3</b>	

# COURSE SYLLABUS AND SPECIFICATION

Curriculum title: <b>USKFZ-WF-P-II-S-26/27Z</b>							
Course title: <b>teoria i metodyka sportów zespołowych: piłka no na (KIERUNKOWE)</b>					Course code: <b>KFZ25PIIJ3451_7S</b>		
Name of field of study: <b>wychowanie fizyczne</b>							
Mode and cycle of study: <b>second degree, full - time</b>			Profile of study: <b>practical</b>		Specialty:		
Course / module status <b>obligatory</b>			Language of instruction: <b>semester: 1 - polish language</b>				
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
1	1	specialized exercises	30	0	pg	3	
<b>Total</b>			<b>30</b>			<b>3</b>	
Course / module coordinator		dr MIŁOSZ ST PI SKI					
Course instructor		dr MIŁOSZ ST PI SKI					
Course / module objectives		Familiarizing students with the organization and conduct of football classes in secondary schools. Acquiring skills in teaching basic tactical actions in football. Transferring knowledge in the field of organizing sports competitions in football. Improving students' competences in the field of taking care of the safety of participants in physical activity.					
Prerequisites		none					
<b>LEARNING OUTCOMES</b>							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	Defines the systems and rules of the game, lists and explains the rules of soccer applicable to different age groups. Recognizes specialized terminology related to soccer tactics used in the training process.	K_W03 K_W04 K_W05			
skills	1	EP2	Able to select appropriate game systems in accordance with safety regulations for various types of tournaments, sports events, and recreational football events. Able to efficiently manage group activities in the implementation of sporting events and run a small-scale football tournament.	K_U02 K_U04			
	2	EP3	Demonstrates specialized movement skills in the technical and tactical elements of soccer necessary for teaching in secondary schools. Able to teach technical and tactical elements individually and in teams, taking into account the use of information and communication technology materials and resources.	K_U03 K_U07			
social competences	1	EP4	is ready to comply with the safety rules for participants in the sports competitions he organizes	K_K02 K_K05			
<b>CONTENT</b>					Semester	No. of hours	
						including e-learning	
Subject title: <b>teoria i metodyka sportów zespołowych: piłka no na</b>							
Format of instruction: <b>specialized exercises</b>							
1. Familiarization with the methodology of teaching basic tactical skills in football					1	12	0
2. Conducting classes on assigned topics under the supervision of an academic teacher, discussing and evaluating the course of classes - group discussion					1	18	0

	<b>practical activities - exercises</b>				
Modes of delivery	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	<b>KOLOKWIUM</b>			<b>EP1</b>	
	<b>ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ )</b>			<b>EP2,EP3,EP4</b>	
	<b>Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.</b>				
Grading criteria	<b>The requirement for passing the exercises is a passing grade, which is the arithmetic average of the grades for preparing the outline, conducting the exercises, and the written test.</b>				
	<b>1. Assessment of the prepared outline in electronic form according to the guidelines.</b> <b>2. Assessment of the implementation of the tactical elements of the exercises.</b> <b>3. Written test covering knowledge of conducting high school soccer classes.</b> <b>Percentage grade:</b> <b>60-69 satisfactory</b> <b>70-74 satisfactory+</b> <b>75-84 satisfactory</b> <b>85-89 satisfactory+</b> <b>90-100 excellent</b>				
	Grade calculation principles				
<b>The final grade for the course is the grade obtained from the exercises.</b>					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	teoria i metodyka sportów zespołowych: piłka no na		Wa ona	
	1	teoria i metodyka sportów zespołowych: piłka no na [ wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Miłosz Stepi ski (2015): Skrypt dla studentów z piłki no nej , US, Szczecin				
	praca zbiorowa (2009): Podr cznik trenera piłki no nej dzieci , PZPN, Warszawa				
	PZPN (2016): Narodowy Model Gry, PZPN, Warszawa				
	PZPN : Trener, PZPN, Warszawa				
Supplementary reading	DFB : Fussballtrainer, Phillipcka Verlag, Muenster				
	PZPN : laczynasszkolenie.pl, PZPN, Warszawa				
<b>STUDENT WORKLOAD</b>					
			No. of hours		
			including e-learning		
Contact hours	<b>30</b>		<b>0</b>		
Participation in test / exam	<b>5</b>		<b>0</b>		
Preparation for contact hours	<b>10</b>		<b>0</b>		
Private reading and studying	<b>10</b>		<b>0</b>		
Participation in tutorials	<b>10</b>		<b>0</b>		
Preparation of project / essay / etc.	<b>0</b>		<b>0</b>		
Preparation for test / exam	<b>10</b>		<b>0</b>		
<b>TOTAL workload</b>	<b>75</b>				
<b>ECTS credits</b>	<b>3</b>				

