

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z						
Unit: Blok do wyboru C [moduł]						
Course title: molecular basis of physical activity (POZOSTAŁE PRZEDMIOTY / MODUŁY)				Course code: KFZ25PIIJ3451_13S		
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical		Specialty:		
Course / module status elective			Language of instruction: semester: 4 - english language polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	discussion classes	15	0	pg	4
		lecture	15	0	e	
Total			30			4
Course / module coordinator		dr n. med. ANNA NOWAKOWSKA				
Course instructor		dr n. med. ANNA NOWAKOWSKA				
Course / module objectives		Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity. Acquiring basic laboratory skills. Acquiring readiness for teamwork.				
Prerequisites		Knowledge of the basics of human biology				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	Student knows and understands basic terms of human genetics	K_W01 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 competences	1	EP5	Student is aware of dangers the use of genetics in sport can bring	K_K01		
CONTENT				Semester	No. of hours	
						w tym e-learning
Subject title: molecular basis of physical activity						
Format of instruction: lecture						
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 physiological reactions of the body to 5 effort				4	5	0
Format of instruction: discussion classes						
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	
Modes of delivery	audiovisual equipment-based lectures				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP2,EP5	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP2,EP3,EP4,EP5	
	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	Written exam covers lectures material, students take single choice tests.				
	Grade calculation principles				
	Test results of exam constitute 90% of final grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	molecular basis of physical activity		Wa ona	
	4	molecular basis of physical activity [wiczenia]	zaliczenie z ocen		0,10
	4	molecular basis of physical activity [wykład]	egzamin		0,90
Basic reading	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				
Supplementary reading	Christine GoetzChristopher HammerbeckJody 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				
STUDENT WORKLOAD					
		No. of hours			
		W tym e-learning			
Contact hours	30		0		
Participation in test / exam	2		0		
Preparation for contact hours	16		0		
Private reading and studying	16		0		
Participation in tutorials	12		0		
Preparation of project / essay / etc.	0		0		
Preparation for test / exam	24		0		
TOTAL workload	100				
ECTS credits	4				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z						
Unit: Blok do wyboru A [moduł]						
Course title: fundamentals of exercise immunology (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ25PIIJ3451_11S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective				Language of instruction: semester: 4 - english language polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	discussion classes	15	0	pg	4
		lecture	15	0	pg	
Total			30			4
Course / module coordinator		dr DOROTA KOSTRZEWA-NOWAK				
Course instructor		dr DOROTA KOSTRZEWA-NOWAK				
Course / module objectives		obtaining knowledge of basic immunological concepts becoming familiar with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions acquisition of teamwork competence				
Prerequisites		none				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	describes the most common post-effort changes at the level of human immunology	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 competences	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		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: fundamentals of exercise immunology						

Format of instruction: lecture				
1. Main components and features of the immune response.		4	5	0
2. Immun cells, cytokines and chemokines.		4	5	0
3. Psychoneuroimmunology.		4	5	0
Format of instruction: discussion classes				
1. Immunological testing methods.		4	5	0
2. Flow cytometry and ELISA tests.		4	5	0
3. Interpretation of exercise test results used in immunology.		4	5	0
Modes of delivery	audiovisual presentation work in groups interpretation of simple laboratory experiments discussion work with text			
Assessment methods				No. of learning outcome from the syllabus
	PREZENTACJA			EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP4,EP6,EP7,EP8
	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	exercises: presentation (70%), acitivity during calsses (30%) lecture: passing the lecture test			
	Grade calculation principles			
	the final grade is the arithmetic average of the grades for classes and lectures			
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method
	4	fundamentals of exercice immunology		Arytmetyczna
	4	fundamentals of exercice immunology [wykład]	zaliczenie z ocen	
	4	fundamentals of exercice immunology [wiczenia]	zaliczenie z ocen	
Basic reading	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			
Supplementary reading	Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics			
	Michael Gleeson (2006): Immune Function in Sport and Exercise, Elsevier			
STUDENT WORKLOAD				
		No. of hours		
		W tym e-learning		
Contact hours	30		0	
Participation in test / exam	2		0	
Preparation for contact hours	15		0	
Private reading and studying	11		0	
Participation in tutorials	12		0	
Preparation of project / essay / etc.	15		0	
Preparation for test / exam	15		0	

TOTAL workload	100
ECTS credits	4

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-23/24Z						
Unit: Blok do wyboru A [moduł]						
Course title: history of physical culture (historia kultury fizycznej) (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Course code: KFZ25PIJ3451_11S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status elective			Language of instruction: semester: 2 - english language polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	2	discussion classes	30	0	pg	4
		lecture	15	0	e	
Total			45			4
Course / module coordinator		dr RYSZARD STEFANIK				
Course instructor		dr hab. RENATA URBAN , dr RYSZARD STEFANIK				
Course / module objectives		Gaining knowledge about the history of physical culture in the world and in Poland from ancient times to modern times Acquiring the ability to analyze the concept of the development of physical education and sport in the world and in Poland and to present the evolution of the process of training staff for the needs of physical education and sport Preparation for the practical application of acquired knowledge and skills in pedagogical work				
Prerequisites		The student has basic knowledge about the history of physical culture in the field of secondary school program and general knowledge				
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Has knowledge of the place, goals and functions of physical education and sport in the system of physical culture sciences			K_W07 K_W11
skills	1	EP2	Is able to analyze and discuss issues related to specific health and physical culture issues			K_U02
	2	EP3	Is able to skillfully use information technology in the basic field in work; use databases, process text, use presentation graphics, acquire and process information, use IT services			K_U07
	3	EP4	Is able to independently acquire knowledge and develop professional competences in the field of physical culture, as well as plan and implement their own lifelong learning; use Polish correctly and use specialist terminology appropriate to the age of the students			K_U14
social competences	1	EP5	Is prepared to conduct individualized pedagogical activities in relation to pupils; communicates with people from different environments and with different emotional condition, dialogical conflict resolution and creating a good atmosphere for communication			K_K01 K_K05
	2	EP6	Is prepared to express his own views and opinions, taking into account compliance with ethical principles and legal norms in force in scientific research and in copyright works			K_K08

CONTENT		Semester	No. of hours		
				w tym e-learning	
Subject title: history of physical culture (historia kultury fizycznej)					
Format of instruction: lecture					
1. Evolution of physical education and sport in individual historical eras		2	5	0	
2. Social, political and organizational conditions for the development of physical culture in Poland throughout history		2	6	0	
3. Contemporary trends in the development of physical education and sport		2	4	0	
Format of instruction: discussion classes					
1. The issues of physical education and sport in ancient times and the period of revival		2	4	0	
2. Physical culture in Polish lands in the eighteenth and nineteenth centuries		2	4	0	
3. The development of gymnastic movement and the beginnings of sport and the theory of physical education in Poland		2	4	0	
4. The genesis of the modern Olympic movement and the development of the Games in the first half of the 20th century		2	4	0	
5. Physical education and sport during the Second Polish Republic and during the occupation (1939-1945)		2	4	0	
6. Changes in the development of physical culture in Poland in 1944-1989 and manifestations of sport in artistic and literary creation		2	6	0	
7. Staff training for physical education and sport, development of physical culture sciences		2	2	0	
8. Undesirable phenomena in modern sport and Olympic movement		2	2	0	
Modes of delivery	Monographic lecture, Multimedia presentation, Analysis of source texts and historical literature				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP4,EP6	
	PRACA PISEMNA/ ESEJ/ RECENZJA			EP1,EP4,EP6	
	PREZENTACJA			EP1,EP3,EP4,EP6	
	ZAJCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP2,EP4,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	Determining the final grade based on partial grades received during the semester for the student's work. Has an influence on the final grade of the exercises: - individual work of a student (source query) - essay / essay - multimedia presentation on a given topic - activity during exercises (preparing a paper, presentation, conducting discussions) - written credit on the topics covered in the exercises The final grade for the lectures is the grade from the written exam.				
	Grade calculation principles				
	The final grade for subject is the arithmetic mean of the exercises and lectures, but both grades must be positive.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	history of physical culture (historia kultury fizycznej)		Arytmetyczna	
	2	history of physical culture (historia kultury fizycznej) [wiczenia]	zaliczenie z ocen		
	2	history of physical culture (historia kultury fizycznej) [wykład]	egzamin		
Basic reading	Gaj J., H dzelek K. (1997): Dzieje kultury fizycznej w Polsce, AWF Pozna , Pozna				
	Lipo ski W. (2012): Historia sportu na tle rozwoju kultury fizycznej, Wydawnictwo Naukowe PWN, Warszawa				
	Szyma ski L. (2004): Kultura fizyczna i turystyka w polityce Polski Ludowej 1944-1989, AWF Wrocław, Wrocław				
	Wroczy ski R. (1979): Powszechne dzieje wychowania fizycznego i sportu, Zakład Narodowy Imienia Ossoli skich, Wrocław - Warszawa - Kraków - Gda sk				

Supplementary reading	Eider J., Urban R. (red.) (2016): Bohaterowie igrzysk. Biografie zbiorowe i indywidualne polskich olimpijczyków, Polskie Towarzystwo Naukowe Kultury Fizycznej Sekcja Historii, Szczecin
	Gostowski R. (1959): Sport w starożytności, Warszawa
	Łanowski J. (2000): Wzrost i rozwój igrzysk olimpijskich, Poznań
	Ordyłowski M. (1997): Historia kultury fizycznej Starożytność - O wienieniu, Wrocław
	Pasko A. (2012): Sport wyczynowy w polityce państwa 1944-1989, Wydawnictwo Avalon, Kraków
	Szymański L. (1999): Kultura fizyczna w polityce II Rzeczypospolitej, Wrocław

STUDENT WORKLOAD

	No. of hours	
		W tym e-learning
Contact hours	45	0
Participation in test / exam	4	0
Preparation for contact hours	18	0
Private reading and studying	10	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	7	0
Preparation for test / exam	10	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-23/24Z							
Course title: kulturystyka i fitness (KIERUNKOWE)					Course code: KFZ25PIIJ3451_3S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:		
Course / module status obligatory				Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				w tym e-learning			
1	1	wiczenia specjalistyczne	15	0	pg	1	
Total			15			1	
Course / module coordinator		dr MICHAŁ TARNOWSKI					
Course instructor		dr ADRIANNA BANIO-KRAJNIK					
Course / module objectives		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		No prerequisites					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
knowledge	1	EP1	Has an ordered and in-depth knowledge of terminology used in bodybuilding and fitness, and has knowledge of the methodology of fitness training.	K_W01 K_W02 K_W06			
skills	1	EP2	Selects methods, forms and means to perform didactic tasks during fitness classes. Uses the devices necessary for the implementation of the teaching process	K_U05 K_U08 K_U10			
	2	EP3	Has specialized movement skills in the field of modern forms of movement necessary in professional work in the field of physical culture	K_U06 K_U10			
social competences	1	EP4	They are prepared to take care of their own and people's safety during classes, they can follow the rules of protection and safety applicable in fitness	K_K03 K_K07			
CONTENT					Semester	No. of hours	
						w tym e-learning	
Subject title: kulturystyka i fitness							
Format of instruction: wiczenia specjalistyczne							
1. History and definitions					1	1	0
2. Forms of fitness classes and exercise equipment					1	1	0
3. Theoretical basics of fitness training					1	2	0
4. Outdoor gym					1	1	0
5. Music and choreography in fitness. Steps and cueing.					1	2	0
6. Anatomy of stretching exercises					1	4	0

7. Being fit. Facts and myths. Safe of fitness training.		1	2	0	
8. Bodybuilding and fitness competitions		1	2	0	
Modes of delivery	Practical classes with the use of didactic methods from the group of reproductive methods, such as imitative-strict and task-strict, and from the group of self-empowering methods such as direct purposefulness of movement and play-classic, The use of e-learning as a modern method supplementing traditional methods of classroom teaching				
Assessment methods				No. of learning outcome from the syllabus	
	KOLOKWIUM			EP1,EP2,EP4	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP2,EP3,EP4	
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	The condition of passing the classes is attendance and evaluation of the test.				
	Grade calculation principles The final grade is determined on the basis of the grade from the exam and student activity in the classroom. It 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.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	kulturystyka i fitness		Wa ona	
	1	kulturystyka i fitness [wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Olex -Mierzejewska D. (2002): Fitness teoretyczne i metodyczne podstawy prowadzenia zaj , AWF Katowice, Katowice				
Supplementary reading	Ambro y T., Kaganek K (2002): Fitness – wiczenia siowe. Podr cznik 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 siowego, Wydawnictwo Lekarskie PZWL				
	Grodzka-Kubiak E. (2002): Aerobik czy fitness. Podr cznik szkoleniowy, DDK Edition, Pozna				
STUDENT WORKLOAD					
		No. of hours			
		W tym e-learning			
Contact hours	15		0		
Participation in test / exam	1		0		
Preparation for contact hours	1		0		
Private reading and studying	1		0		
Participation in tutorials	2		0		
Preparation of project / essay / etc.	3		0		
Preparation for test / exam	2		0		
TOTAL workload	25				
ECTS credits	1				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z						
Course title: human physiology (PODSTAWOWE)					Course code: KFZ25PIJ3451_9S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	laboratory	30	0	pg	4
		lecture	10	0	e	
Total			40			4
Course / module coordinator		dr JAROSŁAW MURACKI				
Course instructor		prof. dr hab. OLEKSANDR PRYIMAKOV				
Course / module objectives		The aim of teaching physiology in the field of Physical Education is for students to gain knowledge on the level of functions of organs and internal systems - especially in states of rest, exercise and rest. Particular attention is paid to the body's functions at rest, depending on age (in the course of ontogenesis) and the degree of individual physical activity.				
Prerequisites		Basic knowledge of human anatomy, biochemistry and biology (at level 5 of the Polish Qualifications Framework)				
LEARNING OUTCOMES						
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_W01		
	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_U02 K_U10		
	2	EP4	the student performs measurements of basic physiological parameters	K_U02		
	3	EP5	the student interprets the results of physiological tests, including in the context of planned physical effort	K_U15		
social competences	1	EP6	the student is aware of the importance of physiological research in promoting health-promoting behaviors in various social groups	K_K06		
	2	EP7	the student is actively involved in the assigned tasks and projects	K_K05		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: human physiology						
Format of instruction: lecture						

1. null	4	2	0		
2. null	4	6	0		
3. null	4	2	0		
Format of instruction: laboratory					
1. Wst p do fizjologii	4	1	0		
2. The physiology of excitable tissues	4	3	0		
3. Neuromuscular physiology	4	2	0		
4. The physiology of the nervous system	4	6	0		
5. Cardiovascular physiology	4	4	0		
6. Cardiovascular physiology	4	6	0		
7. Respiratory and cardiovascular physiology	4	2	0		
8. Exercise physiology	4	4	0		
9. Zaliczenie praktyczne, teoretyczne	4	2	0		
Modes of delivery	Multimedia presentation, Group and individual work, Performing experiments, Discussion				
Assessment methods			No. of learning outcome from the syllabus		
	EGZAMIN PISEMNY		EP1,EP2,EP3,EP4,EP5		
	KOLOKWIUM		EP1,EP2,EP3,EP4,EP5		
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)		EP4,EP5,EP6,EP7		
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. 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.				
	2. The written exam constitutes 50% of the final grade and covers knowledge of the subject taught in the form of lectures.				
	Grade calculation principles				
The conditions set out in points 1 and 2 must be met for the evaluation of min. sufficient.					
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, Wrocław				
	Konturek S. (1999): Fizjologia człowieka, Elsevier Urban & Partner, Wrocław				
	Tkaczyk W. (1999): Zarys fizjologii człowieka, PZWL, Warszawa				
Supplementary reading	Górski J. (2011): Fizjologia wysiłku i treningu fizycznego., PZWL, Warszawa				
	Silbernagl S., Despopoulos A. (2010): Ilustrowana fizjologia człowieka, PZWL, Warszawa				
	Zawadzki M., Szafraniec R., Murawska-Ciałowicz E. (2006): Fizjologia człowieka - podr cznik dla studentów wydziałów kosmetologii,, Górnicki Wydawnictwo Medyczne, Wrocław				

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

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-23/24Z						
Course title: muzyka, rytm, taniec (KIERUNKOWE)					Course code: WF25PIJ2982_7S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	wiczenia specjalistyczne	30	0	pg	2
Total			30			2
Course / module coordinator		dr hab. JOANNA KRUK				
Course instructor		dr hab. JOANNA KRUK				
Course / module objectives		Acquisition of skills related to the adaptation of methods of assessment and conducting classes with music appropriate for a given group. Familiarizing students with the correct performance technique and methodology of teaching basic dance steps in the field of folk, ballroom, integration and rhythmic dances. Preparation for independent planning and conducting music and movement classes.				
Prerequisites		brak				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
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, pairs or group rhythmic exercises, which can be used in music classes and in teaching simple dance routines.	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 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_K04
CONTENT				Semester	No. of hours	
						w tym e-learning
Subject title: muzyka, rytm, taniec						
Format of instruction: wiczenia specjalistyczne						
1. Warto ci ta ca w aspekcie wychowawczym, pedagogicznym.				1	2	0
2. Wykorzystanie wicze rytmicznych w zaj ciach z dzie mi.				1	1	0
3. Krótkie tematy taneczne wykonywane pojedynczo i parami. Kształtowanie umiej tno ci ł czenia ruchu z muzyk oraz estetyki wykonania.				1	14	0
4. Teoria, metodyka nauczania, technika wykonania wybranych ta ców ludowych i towarzyskich.				1	13	0
Modes of delivery	Metody dydaktyczne odtwórcze: na ladowcza- ciśa, zadaniowa- ciśa; metody dydaktyczne usamodzielniaj ce: bezpo redniej celowo ci ruchu, zabawowo-klasyczna.					
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	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.					
	Grade calculation principles					
	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.					
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., Bara ska-Grabara L. (2009): Wybrane ta ce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice					
	Graczykowska B. (2003): Ta ce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole					
	Siedlecka B., Bili ski (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji., AWF Wrocław, Wrocław					
STUDENT WORKLOAD						
				No. of hours		
				W tym e-learning		

Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	4	0
Private reading and studying	3	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-22/23Z						
Course title: podstawy samoobrony (KIERUNKOWE)					Course code: KFZ25PIIJ2982_6S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	4	wiczenia specjalistyczne	15	0	pg	2
Total			15			2
Course / module coordinator		mgr RADOSŁAW SROKA				
Course instructor		mgr RADOSŁAW SROKA				
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. Orienting the student to taking care of safety during classes and taking care of hygiene of voice emission.</p>				
Prerequisites		lack				
LEARNING OUTCOMES						
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	K_W06		
	1	EP2	The student is able to adapt the verbal message to the perception capabilities of students during self-defense classes	K_U02		
	2	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_U05		
	3	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_U08		
	4	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_U10		
	5	EP6	The student is able to promote the idea of caring for their 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 of proper voice emission	K_U15		
skills						

social competences	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 lecturer and practitioner	K_K03	
	3	EP10	The student is able to adequately assess their level of knowledge and the quality of information received in the field of self-defense	K_K05	
CONTENT			Semester	No. of hours	
					w tym e-learning
Subject title: podstawy samoobrony					
Format of instruction: wiczenia specjalistyczne					
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. Self-defense against movements that restrict movement, defense of a third person. Principles of teaching defense elements in typical threat situations.			4	2	0
5. Introducing elements of motor training during the lesson - circuit with exercises focused on hand-to-hand combat.			4	2	0
6. Demonstration of technical skills.			4	1	0
Modes of delivery	demonstration, pair exercises, simulation game, group work				
Assessment methods					No. of learning outcome from the syllabus
	PROJEKT				EP1,EP10,EP6,EP8,EP9
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)				EP2,EP3,EP4,EP5,EP6,EP7,EP9
	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	The condition of passing the course is attendance. The assessment is influenced by: 1. Assessment of practical credit covering 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.				
	Grade calculation principles				
	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.				
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				
	Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen				
	Dougherty M. (2012): Walka wr cz, MAK Verlag , Bremen				
	Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa				
Supplementary reading	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		
	No. of hours	
		W tym e-learning
Contact hours	15	0
Participation in test / exam	2	0
Preparation for contact hours	6	0
Private reading and studying	6	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	10	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z							
Course title: Multimedia techniques in sport (KIERUNKOWE)					Course code: KFZ25PIJ3451_23S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specjalty:		
Course / module status obligatory				Language of instruction: semester: 4 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				w tym e-learning			
2	4	wiczenia specjalistyczne	15	0	pg	1	
Total			15			1	
Course / module coordinator		dr MIŁOSZ ST PI SKI					
Course instructor		dr MIŁOSZ ST PI SKI					
Course / module objectives		The aim is for the student to acquire knowledge and skills related to the use of multimedia resources in work of a teacher and trainer.					
Prerequisites		Wymagania wst pne: Podstawowa znajomo obsługi komputera					
LEARNING OUTCOMES							
Category	No.	Code	Description	Ref. to programme benchmarks			
skills	1	EP1	He can create and edit multimedia materials.	K_U05			
	2	EP2	He can use the basic computer programs necessary for the work of a teacher and trainer	K_U07			
	3	EP3	Is able to prepare and present an e-outline of training activities	K_U13			
social competences	1	EP4	Is capable of self-evaluation and evaluation of other people's work in a creative and inspiring way	K_K01			
	2	EP5	He is ready to present his opinions in a cultural way in the environment	K_K07			
CONTENT					Semester	No. of hours	
						w tym e-learning	
Subject title: Multimedia techniques in sport							
Format of instruction: wiczenia specjalistyczne							
1. Nauka obsługi programów graficznych					4	2	0
2. Praca z kamer video i edycja plików video					4	4	0
3. Projektowanie e-konspektów w MS Word i Power Point					4	4	0
4. Obserwacja zaj treningowych na ywo					4	2	0
5. Prezentacja e-konspektów w MS Power Point.					4	3	0
Modes of delivery		wiczenia praktyczne, praca w grupach					

Assessment methods					No. of learning outcome from the syllabus
	PREZENTACJA				EP1,EP2,EP3,EP4,EP5
	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.				
Grading criteria	Completion of the course includes: attendance, activity and a positive assessment of the preparation and presentation of a group project.				
	Grade calculation principles				
	Assessment of the preparation and presentation of a group project 100% assessment				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	techniki multimedialne w sporcie		Ważona	
	4	techniki multimedialne w sporcie [wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Jerzy Rzedowski, Agata Rzedowska (2018): Mówca doskonały. Wystąpienia publiczne w praktyce,, OnePress, Warszawa				
	Praca zbiorowa (2007): Pedagogika medialna, Warszawa				
	Zimek R. (2010): PowerPoint 2010 Pl. Ilustrowany przewodnik, Helion, Warszawa				
Supplementary reading	Blein B. (2009): Sztuka prezentacji i wystąpień publicznych, RM, Warszawa				
	Pikon K. (2011): ABC Internetu, Warszawa				
STUDENT WORKLOAD					
			No. of hours		
			W tym e-learning		
Contact hours	15		0		
Participation in test / exam	4		0		
Preparation for contact hours	0		0		
Private reading and studying	2		0		
Participation in tutorials	2		0		
Preparation of project / essay / etc.	0		0		
Preparation for test / exam	2		0		
TOTAL workload	25				
ECTS credits	1				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-23/24Z						
Course title: turystyka szkolna i ekologia (KIERUNKOWE)					Course code: KFZ25PIIJ3451_5S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory			Language of instruction: semester: 1 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	discussion classes	15	0	pg	3
		lecture	10	0	pg	
Total			25			3
Course / module coordinator		dr MICHAŁ TARNOWSKI				
Course instructor		dr MICHAŁ TARNOWSKI				
Course / module objectives		<p>Providing the student with basic 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		Hiking clothes and shoes. Compass.				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student knows the methodological and organizational principles of preparing and conducting selected forms of tourism and organizing events	K_W08		
	2	EP2	It identifies and qualifies the tourist values (mainly cultural and natural) of Poland and the Szczecin region	K_W08		
skills	1	EP3	Can evaluate the usefulness of given sightseeing values for programming selected forms of school tourism and ecological education	K_U12		
	2	EP4	He can prepare, in the basic scope, selected events of various nature	K_U05 K_U08		
	3	EP5	The student is able to use basic tourist equipment for selected forms of tourism	K_U12		
social competences	1	EP7	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	K_K08		
	2	EP8	Is geared to the need to organize task groups and is ready to cooperate within them to solve problems	K_K08 K_K09		
CONTENT					Semester	No. of hours
						w tym e-learning
Subject title: turystyka szkolna i ekologia						

Format of instruction: lecture					
1. Tourism, recreation, sightseeing, tourism geography, ecological education - selected issues.			1	4	0
2. Szczecin - an outline of history (depending on the conditions and possibilities in a given academic year).			1	4	0
3. 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).			1	2	0
Format of instruction: discussion classes					
1. 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).			1	2	0
2. Organization of school events of a selected nature - basic methodological and legal issues.			1	2	0
3. Selected sightseeing natural values ??of the region. Preparation and participation.			1	11	0
Modes of delivery	field exercises, movie, the presentation, multimedia program, teamwork				
Assessment methods					No. of learning outcome from the syllabus
	SPRAWDZIAN				EP1,EP2
	PROJEKT				EP1,EP2,EP3,EP4,EP8
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)				EP3,EP4,EP5,EP7,EP8
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	Credit with grade. Completion of exercises on the basis of: 1. Control of attendance during exercises; one unexcused absence is allowed. In the case of a greater number of students, the student must make up for the absence from the classes according to the rules specified by the teacher. 2. Credits for all exercises. 3. 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. 4. Assessment of final papers (also requiring knowledge from lectures - test). 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.				
	Grade calculation principles				
	The final grade is the average of the grades obtained for individual elements in the points listed. All items listed in point 2-4 must be passed with a satisfactory grade. The final credit grade may be increased by one grade for the voluntary activity of the student on the terms specified by the teacher. The final grade may be increased by one grade for attendance at lectures.				
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 [wiczenia]	zaliczenie z ocen		
	1	turystyka szkolna i ekologia [wykład]	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				
	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., Wydawnictwo Naukowe Uniwersytetu Szczeci skiego, Szczecin				
	Mapa Szczecina i okolic.				

STUDENT WORKLOAD		
	No. of hours	
		W tym e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	10	0
Private reading and studying	10	0
Participation in tutorials	12	0
Preparation of project / essay / etc.	6	0
Preparation for test / exam	10	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-23/24Z						
Course title: wychowanie fizyczne specjalne (KIERUNKOWE)					Course code: KFZ25PIIJ3451_2S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	discussion classes	15	0	pg	4
		lecture	15	0	e	
Total			30			4
Course / module coordinator		dr hab. JOANNA KRUK				
Course instructor		dr hab. JOANNA KRUK , mgr RADOSŁAW SROKA				
Course / module objectives		<p>Familiarizing students with problems occurring while working with people with various types of disabilities and with issues related to the social maladjustment of children and adolescents.</p> <p>Acquisition of skills and competences related to taking up responsible work with disabled people using appropriate methods, means, forms and principles.</p> <p>Preparation for the design and implementation of safe sports activities for children with reduced fitness.</p> <p>Acquiring the skills of proper communication and cooperation during individual and group classes in special and integrated schools.</p>				
Prerequisites		lack				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	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 developing difficult behaviors in people with various disabilities and defines the importance of physical effort in the process of extinguishing undesirable behaviors.	K_W04		
	3	EP3	He knows the basic terminology related to social rehabilitation, revalidation in connection with basic diseases and dysfunctions that affect the physical and mental health of a person.	K_W06		
	4	EP4	He knows the specifics of individual sports for people with various disabilities.	K_W09		

skills	1	EP5	He discusses the revalidation possibilities of children and young people with various disabilities during sports activities.	K_U02
	2	EP6	Is able to undertake a discussion on topics related to social maladjustment, revalidation of children and adolescents with various disabilities, using specialized terminology.	K_U03
	3	EP7	Is able to plan and organize sports activities so that they have both a rehabilitating, educational and rehabilitative effect.	K_U04
	4	EP8	Is able to create and adapt to the diverse needs of a child with disabilities methods of work during sports and recreational activities.	K_U11
social competences	1	EP9	It is prepared to take care of the safety of children requiring special care.	K_K03
	2	EP10	Is willing to follow ethical principles that are of particular importance in working with people with special needs.	K_K04

CONTENT	Semester	No. of hours	
			w tym e-learning

Subject title: **wychowanie fizyczne specjalne**

Format of instruction: **lecture**

1. Basic concepts and issues related to special physical education.	1	4	0
2. Resocialization of children and youth using physical education, sport and tourism.	1	2	0
3. Teaching methods, work organization used in physical education lessons with children of various disabilities.	1	7	0
4. Objectives, tasks and organization of the Paralympic Games and Special Olympics.	1	2	0

Format of instruction: **discussion classes**

1. Etiology, types, stages, typology of symptoms of social maladjustment.	1	5	0
2. Selected issues of oligophrenopedagogy.	1	4	0
3. Selected issues concerning typhlo- and surdopedagogy.	1	6	0

Modes of delivery **Classes: individual work, group work, outline preparation, discussion. Lectures: multimedia presentation.**

Assessment methods		No. of learning outcome from the syllabus
	EGZAMIN PISEMNY	EP1,EP2,EP3,EP4,EP7,EP8,EP9
	KOLOKWIUM	EP1,EP10,EP3,EP4,EP8,EP9
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)	EP3,EP4,EP5,EP6,EP7
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.		

The condition for passing the classes is attendance. The final grade in the subject is influenced by:

- Positive assessment of exercises 10% of the final grade (credit for the colloquium on the thematic scope of exercises with open-ended questions, positive assessment for the outline, positive partial grades for active participation in classes)**
- Positive assessment of the written exam covering the scope of knowledge from exercises and lectures in the form of a longer written statement (90% of the grade in the subject)**

All listed elements must be included in the minimum satisfactory rating.

Grade calculation principles

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.

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	wychowanie fizyczne specjalne		Wa ona	

1	wychowanie fizyczne specjalne [wykład]	egzamin	0,90
1	wychowanie fizyczne specjalne [wiczenia]	zaliczenie z ocen	0,10

Basic reading	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
Supplementary reading	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 dostosowanie aktywności ruchowej., AWF Poznań, Poznań
	Marchewka A. (2001): Wychowanie fizyczne specjalne., AWF Kraków, Kraków

STUDENT WORKLOAD

	No. of hours	
		W tym e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	19	0
Private reading and studying	15	0
Participation in tutorials	14	0
Preparation of project / essay / etc.	10	0
Preparation for test / exam	10	0
TOTAL workload	100	
ECTS credits	4	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-23/24Z						
Course title: zabawy i gry ruchowe (KIERUNKOWE)					Course code: WF25PIJ3014_8S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
1	1	wiczenia specjalistyczne	30	0	pg	2
Total			30			2
Course / module coordinator		dr MACIEJ ZAWADZKI				
Course instructor		dr MACIEJ ZAWADZKI				
Course / module objectives		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.				
Prerequisites		Brak				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	The student knows the needs resulting from the introduction of games and movement games in various age groups of school	K_W03		
	1	EP2	The student is able to skillfully use various methods in conducting games and movement activities.	K_U01		
	2	EP3	He can skillfully plan and implement games and games in various age groups.	K_U03		
	3	EP4	Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.	K_U04		
	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_U05		
	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_U08		
	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_U09		
	7	EP8	Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.	K_U14		

social competences	1	EP9	The student is ready to responsible and reliable work and solve various problems in working with children.	K_K04	
	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_K06	
CONTENT			Semester	No. of hours	
				w tym e-learning	
Subject title: zabawy i gry ruchowe					
Format of instruction: wiczenia specjalistyczne					
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	Pokaz, gry symulacyjne, praca w grupach.				
Assessment methods					No. of learning outcome from the syllabus
	PROJEKT				EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)				EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9
	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 Szczecińskiego.				
Grading criteria	The condition for passing the course is attendance at the classes. Any absences must be made up for according to the rules specified by the teacher. Completion of the exercises includes: project and practical classes.				
	Grade calculation principles				
	Calculating the grade for the subject: project execution (50% grade) and practical training (50% grade).				
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. (2004): Zabawy w grach sportowych., Warszawa, Warszawa				
	Bondarowicz M.,Staniszewski T. (2008): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa				
	Flemming I. (1998): Gry i zabawy na wycieczk szkoln ., Kielce				
	Nawara H.,Nawara U. (1999): Gry i zabawy inegracyjne., Wrocław				
	Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Starachowice				
	W grzyn E.,Umiaostowska D., Pławi ska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin				
Supplementary reading					

STUDENT WORKLOAD		
	No. of hours	
		W tym e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	3	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-22/23Z						
Course title: antropologia (PODSTAWOWE)					Course code: KFZ25PIJ3451_23S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 3 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				w tym e-learning		
2	3	laboratory	15	0	pg	2
		lecture	10	0	pg	
Total			25			2
Course / module coordinator		dr hab. MONIKA CHUDECKA				
Course instructor		dr hab. MONIKA CHUDECKA				
Course / module objectives		Familiarizing the student with anthropology and its use in the work of a physical education teacher and trainer, as well as learning the basics of anthropogenesis, developing the skills of evaluation and proportion to the body in the selection and selection of sports, while maintaining professional ethics.				
Prerequisites		Basic knowledge of human anatomy and biology				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
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	He 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	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 discusses, formulates opinions on topics related to the origin of man and his evolution, takes a position on this matter, knowing various concepts of human origin (he can argue for and against this issue).	K_U10		
social competences	1	EP6	The student is ready to follow the rules of professional ethics.	K_K04		

CONTENT		Semester	No. of hours		
				w tym e-learning	
Subject title: antropologia					
Format of instruction: lecture					
1. Definitions of anthropology and its place among other sciences, in particular physical culture sciences. Anthropology departments.		3	2	0	
2. Anthropogenesis-human origin, mechanisms of evolution. Cells of evolution, characteristics. Negative effects of evolution. division of primates. Typical features for primates.		3	2	0	
3. Asymmetry and its types, manifestations in sport. Sex dimorphism, its role in PE teacher's work and in sport.		3	2	0	
4. Chronobiology and its importance in PE teacher's work and in sport. Characteristics of human biorhythms.		3	1	0	
5. Body structure as an important determinant in sport selection and selection. Body structure 5 representatives of various sports.		3	3	0	
Format of instruction: laboratory					
1. Research methods in anthropology. Anthropometric instruments. Organization of anthropometric research. Lines, planes, around the body.		3	3	0	
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.		3	6	0	
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.		3	2	0	
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		3	4	0	
Modes of delivery	multimedia presentation, lecture, practical classes - specialized anthropometric and body composition measurements (bioimpedance), calculation of indicators and body types, body according to standards, work in teams.				
Assessment methods				No. of learning outcome from the syllabus	
	KOLOKWIUM			EP1,EP2,EP3,EP4,EP5	
	SPRAWDZIAN			EP2,EP3	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP2,EP3,EP4,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	Completion of classes includes: colloquium, practical classes, active participation in classes. Completing lectures based on attendance. Final exam in writing covering issues from exercises and lectures.				
	Grade calculation principles				
	The final grade is 50% grade from exercises and 50% grade from credit for grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	3	antropologia		Arytmetyczna	
	3	antropologia [wykład]	zaliczenie z ocen		
	3	antropologia [laboratorium]	zaliczenie z ocen		
Basic reading	Drozdowski Z. (1996): Antropologia sportowa, Wydawnictwo Naukowe AWF Pozna , Pozna				
	Drozdowski Z. (2002): Antropologia dla nauczycieli wychowania fizycznego, Wydawnictwo Naukowe AWF Pozna , Pozna				
	Drozdowski Z. (1998): Antropometria, Wydawnictwo Naukowe AWF Pozna , Pozna				
	Malinowski A. (1999): Wst p do antropologii i ekologii człowieka, Wydawnictwo Uniwersytetu Łódzkiego, Łód				
Supplementary reading	Łaska-Mierzejewska T. (1999): Antropologia w sporcie i wychowaniu fizycznym, Wydawnictwo AWF Warszawa Biblioteka Trenera, Warszawa				

STUDENT WORKLOAD		
	No. of hours	
		W tym e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	6	0
Private reading and studying	4	0
Participation in tutorials	6	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	7	0
TOTAL workload	50	
ECTS credits	2	