



### MODULE SPECIFICATION

Module code	
Module title in Polish	<b>Wychowanie fizyczne</b>
Module title in English	<b>Physical Education</b>
Module running from the academic year	<b>2016/2017</b>

### A. MODULE IN THE CONTEXT OF THE PROGRAMME OF STUDY

Field of study	<b>Environmental Engineering</b>
Level of qualification	<b>first cycle</b> (first cycle, second cycle)
Programme type	<b>academic</b> (academic/practical)
Mode of study	<b>full-time</b> (full-time/part-time)
Specialism	All
Organisational unit responsible for module delivery	<b>Sports Centre</b>
Module co-ordinator	<b>Stanisław Hojda, PhD</b>
Approved by:	<b>Lidia Dąbek, PhD hab., Professor of the University</b>

### B. MODULE OVERVIEW

Module type	<b>core module</b> (core/programme-specific/elective HES*)
Module status	<b>compulsory module</b> (compulsory/optional)
Language of module delivery	<b>Polish/English</b>
Semester in the programme of study in which the module is taught	<b>semester 4</b>
Semester in the academic year in which the module is taught	<b>summer semester</b> (winter semester/summer semester)
Pre-requisites	<b>None</b> (module code/module title, where appropriate)
Examination required	<b>No</b> (Yes/No)
ECTS credits	<b>1</b>

\* elective HES – elective modules in the Humanities and Economic and Social Sciences



# Politechnika Świętokrzyska

## WYDZIAŁ INŻYNIERII ŚRODOWISKA, GEOMATYKI I ENERGETYKI

Mode of instruction	lectures	classes	laboratories	project	others
Total hours per semester		30			



### C. LEARNING OUTCOMES AND ASSESSMENT METHODS

<b>Module aims</b>	The aim of the module is to acquire technical and tactical skills concerning the disciplines of team games as well as individual disciplines. Another aim is to acquire basic theoretical information as regards the principles and regulations of given sports disciplines.
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Module outcome code	Module learning outcomes	Mode of instruction (l/c/lab/p/others))	Corresponding programme outcome code	Corresponding discipline-specific outcome code
W_01	A student has knowledge as regards the rules of basic team games and individual sports disciplines.	c		
U_01	A student can do basic technical elements of a given sports discipline and is able to pass basic fitness tests: Pilicz and Cooper tests.	c	IS_U03	TA1_U02 TA1_U08
U_02	A student is able to apply physical exercises depending on the aim that he/she wants to achieve (perfecting the functioning of the circulatory system, motor coordination, or strengthening muscles).	c	IS_U03	TA1_U02 TA1_U08
K_01	A student is aware of the level of his/her knowledge and skills as regards physical culture. A student complies with fair play principles while practising sport and in everyday life.	c	IS_K04	T1A_K05
K_02	A student promotes social and cultural significance of sport. A student fosters his/her individual preferences as regards physical culture and sport.	c	IS_K04	T1A_K05

#### Module content:

1. Topics to be covered in the lectures
2. Topics to be covered in the classes

No	Topics	Module outcome code
	The type of classes is chosen by a student (from 1 to 9).	
1.	<b>Football</b>  Football fitness course Exercises familiarising with a football Perfecting a kick and ball reception Perfecting the technique of driving a ball, dummies, and dribbling to order to possess the ball Perfecting the techniques of kicking a ball towards the goal for different positions on the pitch Basic principles of individual play in defence Man-to-man and zone marking in a simplified game Complex technical and tactical exercises finished with shots on goal Perfecting the elements of special technique during games Mini-games and support games used in football training Using the learnt techniques and tactics in the game The assessment of mastering given elements of special technique	W_01 U_01 U_02 K_01 K_02
2.	<b>Basketball</b>	W_01



	<p>Familiarising students with the principles of basketball. Teaching how to move on the basketball court</p> <p>Teaching how to pass and catch the ball. Perfecting the skills of moving on the course</p> <p>Teaching dribbling. Perfecting passes and catches.</p> <p>Teaching defence position in basketball. Perfecting dribbling skills.</p> <p>Teaching a jump shot. Perfecting the learnt elements in games involving physical movement</p> <p>Teaching body dummies. Perfecting jump shots</p> <p>Teaching one-to-one game. Perfecting jump shots</p> <p>Teaching screens, guards, and moving without the ball in an offensive game.</p> <p>A school game.</p> <p>Teaching zone defence. Perfecting one-on-one game</p> <p>Teaching how to play in a half-court offence (pick-and-roll/back door).</p> <p>Perfecting jump shots.</p> <p>Teaching one-arm shots. Perfecting half-court offence</p> <p>Teaching man-to-man defence. A proper game.</p> <p>A test on the learnt elements (obstacle course)</p> <p>An intra-group tournament of three-player basketball teams</p>	<p>U_01 U_02 K_01 K_02</p>
3.	<p>Volleyball</p> <p>Fitness tests</p> <p>Volleyball stance and the methods of moving on the court</p> <p>Basic elements as regards game techniques</p> <p>Technical skills used in attack</p> <p>Technical skills used in defence</p> <p>Individual tactics of attack and defence play</p> <p>Team tactics of attack play (team co-operation in various forms of attack)</p> <p>Team tactics of defence play (team co-operation in defence against various forms of attack by the opponent)</p> <p>Mini-games, a school game, and a proper game.</p>	<p>W_01 U_01 U_02 K_01 K_02</p>
	<p>4. Bodybuilding</p> <p>Safety rules in a gym</p> <p>Training principles for beginners</p> <p>Notions: intensity, series, repetitions, weights, and breaks.</p> <p>Sex differences in relation to "Weider's training system"</p> <p>Weight training of chest muscles</p> <p>Exercises of back and arm muscles</p> <p>Exercises of leg muscles</p> <p>Bodybuilding in other sports disciplines</p> <p>The principles of isolating muscle groups</p> <p>Bodybuilding methods</p> <p>Split training system</p> <p>Super strength and super mass training programmes</p> <p>Preparing individualised training programmes</p> <p>Obtaining a credit as regards theory and practice</p>	<p>W_01 U_01 U_02 K_01 K_02</p>
	<p>5. Nordic walking</p> <p>Developmental stretching with and without poles</p> <p>The principles of selecting poles and equipment (a kit, boots)</p> <p>Teaching the correct technique of arm work in place and while marching</p> <p>Marching exercises individually and in groups</p>	<p>W_01 U_01 U_02 K_01 K_02</p>



	Covering particular distances with intensity measurement (pulse and time measurement)	
6.	<b>Handball</b>  Teaching handball in play Preparatory exercises with a ball Passes and catches – half-upper one-hand pass, upper catch, lower catch, a catch from the ground The rules and regulations of the game Shots – basic techniques. A jump shot, a set shot, a shot in place The elements of moving individually in attack Dribbling Feints – with a ball and without a ball. Learning a feint with a feint pass and a single front feint Practical skills of organizing, refereeing, and taking the minutes of handball games Goalkeeper's play technique Individual play in defence – a drawing step, jump-in and jump-off Basic defence system – discussion and presentation Basic methods of realising a fast attack. Fast attack on two-on-one and three-on-two situations The tactics of team handball in positional attack – systems and placing Game tactics on different positions	W_01 U_01 U_02 K_01 K_02
7.	<b>Table tennis</b>  Different methods of holding a bat – selecting the methods depending on individual predispositions Teaching adopting a ready position at the table Teaching and perfecting attacking strokes Teaching and perfecting defence strokes Undercut forehand/backhand diagonal and straight stroke and into the specific place of the table; long exchanges of the ball stroke with a forehand or backhand undercut Lob forehand and backhand defence stroke in the 2 <sup>nd</sup> and 3 <sup>rd</sup> game zones. Teaching and perfecting indirect strokes Teaching and perfecting serves – passes	W_01 U_01 U_02 K_01 K_02
8.	<b>Fitness</b>  Theoretical fundamentals of fitness and recreation Anatomical and physiological fundamentals of fitness Pilates Explaining the following notions: fitness, Welles, and aerobics – their modern meaning and short historical outline The criteria of fitness classes division – modern types of fitness, their structure and division Music and its significance in fitness classes: the notion of a beat, tact, phrase, and block. Verbal and visual signalisation – basic principles of their application during a didactic process The technique of doing basic steps, the names of basic steps – flat aerobics, and step Variants and combinations of basic steps Transitions – transition and non-transition steps The methods of teaching choreography – the division of methods according	W_01 U_01 U_02 K_01 K_02



	<p>to a group's advancement level; the use of space; pyramids; asymmetry of the classes: the linear progression method, substitution, step isolation, common base, and various types of combining possibilities concerning particular methods</p> <p>Basic principles of creating choreography and the methods of registering it</p> <p>Physiological fundamentals of fitness training</p> <p>The issues of functional anatomy for fitness classes – muscle attachments and functions</p> <p>The types of muscle work</p> <p>The technique of basic strengthening exercises for particular groups of muscles – with own weight and with equipment</p> <p>Basic stretching exercises for particular groups of muscles</p> <p>Stretching - stretching exercises for particular groups of muscles – the technique of performing them, the most common errors and the methods of eliminating them</p> <p>Preparing choreography for a credit</p> <p>A credit</p>	
	<p>9. Shooting</p> <p>The principles of safe use of weapon</p> <p>The principles of safe behaviour on a shooting range</p> <p>The work, destination and technical characteristics of weapon (of the selected shooting discipline)</p> <p>Disassembling and assembling a given type of weapon – cleaning and conservation</p> <p>The most common reasons and manifestations of weapon jamming and the methods of removing them</p> <p>The fundamentals of accurate shooting</p> <p>Shooting positions</p> <p>Shooting technique of a given discipline</p> <p>Improving the level of motricity</p> <p>Shaping general and specific fitness</p> <p>Initial teaching of tactics and shaping basic mental features</p> <p>Shaping special fitness, preparation for control starts</p> <p>Comprehensive theoretical and practical knowledge as regards and the techniques of selected disciplines</p> <p>Mental preparation for a start in a competition</p> <p>Conducting an in-depth and accurate analysis of competitions on the basis of entries in the training register</p>	<p>W_01</p> <p>U_01</p> <p>U_02</p> <p>K_01</p> <p>K_02</p>

### 3. Topics to be covered in the laboratories

### Assessment methods

Module outcome code	Assessment methods <i>(Method of assessment; for module skills – reference to specific project, laboratory and similar tasks)</i>
W_01	A theoretical test
U_01	A practical test on the taught and perfected physical skills
U_02	A practical test on the taught and perfected physical skills
K_01	Observing a student's involvement during the classes



# Politechnika Świętokrzyska

## WYDZIAŁ INŻYNIERII ŚRODOWISKA, GEOMATYKI I ENERGETYKI

K\_02

Observing a student's involvement during the classes



### D. STUDENT LEARNING ACTIVITIES

ECTS summary		
	Type of learning activity	Study time/ credits
1	Contact hours: participation in lectures	
2	Contact hours: participation in classes	<b>30</b>
3	Contact hours: participation in laboratories	
4	Contact hours: attendance at office hours (2-3 appointments per semester)	
5	Contact hours: participation in project-based classes	
6	Contact hours: meetings with a project module leader	
7	Contact hours: attendance at an examination	
8		
9	<b>Number of contact hours</b>	<b>30</b> <i>(total)</i>
10	<b>Number of ECTS credits for contact hours</b> <i>(1 ECTS credit = 25-30 hours of study time)</i>	<b>1</b>
11	Private study hours: background reading for lectures	
12	Private study hours: preparation for classes	
13	Private study hours: preparation for tests	
14	Private study hours: preparation for laboratories	
15	Private study hours: writing reports	
16	Private study hours: preparation for a final test in laboratories	
17	Private study hours: preparation of a project/a design specification	
18	Private study hours: preparation for an examination	
19		
20	<b>Number of private study hours</b>	<i>(total)</i>
21	<b>Number of ECTS credits for private study hours</b> <i>(1 ECTS credit = 25-30 hours of study time)</i>	
22	<b>Total study time</b>	<b>30</b>
23	<b>Total ECTS credits for the module</b> <i>(1 ECTS credit = 25-30 hours of study time)</i>	<b>1</b>
24	<b>Number of practice-based hours</b> <i>Total practice-based hours</i>	
25	<b>Number of ECTS credits for practice-based hours</b> <i>(1 ECTS credit = 25-30 hours of study time)</i>	

### E. READING LIST

References	
Module website	