

## MODULE DESCRIPTION

Module code	<b>Z-ZIP-1015</b>
Module name	<b>Wychowanie fizyczne</b>
Module name in English	<b>Physical Education</b>
Valid from academic year	<b>2016/2017</b>

## A. MODULE PLACEMENT IN THE SYLLABUS

Field of study	<b>Management and Production Engineering</b>
Level of education	<b>1st degree</b> <i>(1st degree / 2nd degree)</i>
Studies profile	<b>General</b> <i>(general / practical)</i>
Form and method of conducting classes	<b>Full-time</b> <i>(full-time / part-time)</i>
Specialisation	<b>All</b>
Unit conducting the module	<b>Sports Centre</b>
Module co-ordinator	<b>Stanisław Hojda, PhD</b>
Approved by:	

## B. MODULE OVERVIEW

Type of subject/group of subjects	<b>Other</b> <i>(basic / major / specialist subject / conjoint / other HES)</i>
Module status	<b>Compulsory</b> <i>(compulsory / non-compulsory)</i>
Language of conducting classes	<b>English</b>
Module placement in the syllabus - semester	<b>3rd semester</b>
Subject realisation in the academic year	<b>Winter semester</b> <i>(winter / summer)</i>
Initial requirements	<b>No requirements</b> <i>(module codes / module names)</i>
Examination	<b>No</b> <i>(yes / no)</i>
Number of ECTS credit points	<b>1</b>

<b>Method of conducting classes</b>	<b>Lecture</b>	<b>Classes</b>	<b>Laboratory</b>	<b>Project</b>	<b>Other</b>
<b>Per semester</b>		<b>30</b>			

## C. TEACHING RESULTS AND THE METHODS OF ASSESSING TEACHING RESULTS

<b>Module target</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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Effect symbol	Teaching results	Teaching methods (l/c/lab/p/other)	Reference to subject effects	Reference to effects of a field of study
W_01	A student has knowledge as regards the rules of basic team games and individual sports disciplines.	c		
W_02	A student has basic knowledge as regards physical culture, physical activity, nutrition, and health.	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	K_U01 K_U02	TA1_U01 TA1_U02
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	K_U01 K_U02	TA1_U01 TA1_U02
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	K_K03	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	K_K03	T1A_K05

### Teaching contents:

#### 1. Teaching contents as regards lectures

Lecture number	Teaching contents	Reference to teaching results for a module
	The type of classes is chosen by a student (from 1 to 9).	
	<p>1. Football</p> <p>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.</p>	
	<p>2. Basketball</p> <p>Familiarising students with the principles of basketball. Teaching how to move on the basketball court. Teaching how to pass and catch the ball. Perfecting the skills of moving on</p>	

	<p>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. 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). 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>3. 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>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>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>Covering particular distances with intensity measurement (pulse and time measurement).</p>	
	<p>6. Handball</p> <p>Teaching handball in play.</p> <p>Preparatory exercises with a ball.</p> <p>Passes and catches – half-upper one-hand pass, upper catch, lower catch, a catch from the ground.</p> <p>The rules and regulations of the game.</p> <p>Shots – basic techniques. A jump shot, a set shot, a shot in place.</p>	

	<p>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.</p>	
	<p>7. Table tennis</p> <p>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.</p>	
	<p>8. Fitness</p> <p>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 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.  Basic principles of creating choreography and the methods of registering it  Physiological fundamentals of fitness training.  The issues of functional anatomy for fitness classes – muscle attachments and functions.  The types of muscle work.  The technique of basic strengthening exercises for particular groups of muscles – with own weight and with equipment.  Basic stretching exercises for particular groups of muscles.  Stretching - stretching exercises for particular groups of muscles – the technique of performing them, the most common errors and the methods of eliminating them.  Preparing choreography for a credit.</p>	

	A credit	
	<p>9. Shooting</p> <p>The principles of safe use of weapon.  The principles of safe behaviour on a shooting range.  The work, destination and technical characteristics of weapon (of the selected shooting discipline).  Disassembling and assembling a given type of weapon – cleaning and conservation.  The most common reasons and manifestations of weapon jamming and the methods of removing them.  The fundamentals of accurate shooting.  Shooting positions.  Shooting technique of a given discipline.  Improving the level of motricity.  Shaping general and specific fitness.  Initial teaching of tactics and shaping basic mental features.  Shaping special fitness, preparation for control starts.  Comprehensive theoretical and practical knowledge as regards and the techniques of selected disciplines.  Mental preparation for a start in a competition.  Conducting an in-depth and accurate analysis of competitions on the basis of entries in the training register.</p>	

#### 2. Teaching contents as regards classes

Class number	Teaching contents	Reference to teaching results for a module

#### 3. Teaching contents as regards laboratory classes

Laboratory class number	Teaching contents	Reference to teaching results for a module

#### 4. The characteristics of project assignments

### The methods of assessing teaching results

Effect symbol	<b>Methods of assessing teaching results</b> <i>(assessment method, including skills – reference to a particular project, laboratory assignments, etc.)</i>
W_01	A theoretical test.
W_02	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.

K\_02

Observing a student's involvement during the classes.

## D. STUDENT'S INPUT

ECTS credit points		
	Type of student's activity	Student's workload
1	Participation in lectures	
2	Participation in classes	<b>30</b>
3	Participation in laboratories	
4	Participation in tutorials (2-3 times per semester)	
5	Participation in project classes	
6	Project tutorials	
7	Participation in an examination	
8		
9	<b>Number of hours requiring a lecturer's assistance</b>	<b>30</b> <i>(sum)</i>
10	<b>Number of ECTS credit points which are allocated for assisted work</b> <i>(1 ECTS point=25-30 hours)</i>	<b>1</b>
11	Unassisted study of lecture subjects	
12	Unassisted preparation for classes	
13	Unassisted preparation for tests	
14	Unassisted preparation for laboratories	
15	Preparing reports	
15	Preparing for a final laboratory test	
17	Preparing a project or documentation	
18	Preparing for an examination	
19		
20	<b>Number of hours of a student's unassisted work</b>	<b>0</b> <i>(sum)</i>
21	<b>Number of ECTS credit points which a student receives for unassisted work</b> <i>(1 ECTS point=25-30 hours)</i>	<b>0</b>
22	<b>Total number of hours of a student's work</b>	<b>30</b>
23	<b>ECTS points per module</b> <i>1 ECTS point=25-30 hours</i>	<b>1</b>
24	<b>Work input connected with practical classes</b> <i>Total number of hours connected with practical classes</i>	<b>30</b>
25	<b>Number of ECTS credit points which a student receives for practical classes</b> <i>(1 ECTS point=25-30 hours)</i>	<b>1</b>

## E. LITERATURE

Literature list	
Module website	<a href="http://www.cs.tu.kielce.pl">www.cs.tu.kielce.pl</a>