



Fundusze Europejskie  
dla Rozwoju Społecznego



Rzeczpospolita  
Polska

Dofinansowane przez  
Unię Europejską



## COURSE SPECIFICATION

Course code	full-time programme:	<b>M#2-S1-ME-313</b>
	part-time programme:	
Course title in Polish	<b>Wychowanie fizyczne</b>	
Course title in English	<b>Physical Education</b>	
Valid from (academic year)	<b>2024/2025</b>	

## GENERAL INFORMATION

Programme of study	<b>MECHANICAL ENGINEERING</b>
Level of qualification	<b>first-cycle</b>
Type of education	<b>academic</b>
Mode of study	<b>full-time programme</b>
Specialism	<b>all</b>
Department responsible	<b>Sport Center</b>
Course leader	<b>mgr Marek Kalwat</b>
Approved by	<b>dr hab. Jakub Takosoglu, prof. PŚk, Dean of the Faculty of Mechatronics and Mechanical Engineering</b>

## COURSE OVERVIEW

Course type		basic
Course status		compulsory
Language of instruction		English
Semester of delivery	full-time programme	Semester III
	part-time programme	
Pre-requisites		
Examination required (YES/NO)		NO
ECTS value		0



Politechnika Świętokrzyska  
Kielce University of Technology

Projekt „Dostosowanie kształcenia w Politechnice  
Świętokrzyskiej do potrzeb współczesnej gospodarki”  
nr FERS.01.05-IP.08-0234/23



Wydział Mechatroniki  
i Budowy Maszyn

Mode of instruction		lecture	class	laboratory	project	seminar
No. of hours per semester	full-time programme	0	30	0	0	0
	part-time programme					

### EFEKTY UCZENIA SIĘ

Category of outcome	Outcome code	Course learning outcomes	Corresponding programme outcome code
Knowledge	W01	Has knowledge of the rules of basic team games and individual sports.	
	W02	Has basic knowledge of physical culture, physical activity, nutrition and health.	
Skills	U01	Is able to perform basic technical elements of a chosen sports discipline and is able to pass basic physical fitness tests, e.g. Pilicz Test, Cooper Test.	
	U02	Has the ability to use physical exercises depending on the goal they want to achieve (improving the functioning of the circulatory system, improving respiratory efficiency, coordination of movement and strengthening muscles).	
Competence	K01	Is aware of the level of their knowledge and skills in the field of physical culture. Adheres to the principles of "fair play" when practicing sports and in everyday life.	
	K02	Promotes the social and cultural importance of sport. Nurtures individual preferences in the field of physical culture and sports.	

### COURSE CONTENT

Type of instruction	Topics covered
lecture	
class	1. Football. 2. Basketball. 3. Volleyball. 4. Strength sports. 5. Nordic walking. 6. Handball. 7. Table tennis. 8. Fitness. 9. Badminton. 10. Athletics.

### ASSESSMENT METHODS

Outcome code	Methods of assessment (Mark with an X where applicable)					
	Oral examination	Written examination	Test	Project	Report	Other
W01						X
W02						X
U01						X

U02						X
K01						X
K02						X

## ASSESSMENT TYPE AND CRITERIA

Mode of instruction	Assessment type	Assessment criteria
class	non-examination assessment	Passing practical tests in sports disciplines conducted in the semester

\*) zostawić tylko realizowane formy zajęć

## OVERALL STUDENT WORKLOAD

ECTS weighting												
No.	Activity type	Student workload										Unit
		full-time program- me					part-time program- me					
1.	Scheduled contact hours	L	C	Lb	P	S	L	C	Lb	P	S	h
			30									
2.	Other contact hours (office hours, ex- amination)											h
3.	Total number of contact hours	30										h
4.	Number of ECTS credits for contact hours	0,0										ECTS
5.	Number of independent study hours	0										h
6.	Number of ECTS credits for inde- pendent study hours	0,0										ECTS
7.	Number of practical hours	30										h
8.	Number of ECTS credits for practi- cal hours	0,0										ECTS
9.	Total study time	30										h
10.	ECTS credits for the course <i>1 ECTS credit = 25-30 hours of study time</i>	0										ECTS

## READING LIST