



WNoŻiR



Field of study		Aquaculture and Fisheries				
Mode of study		stationary	Level	first cycle		
Graduate's qualification		inżynier				
Fields of science		agricultural sciences				
Disciplines of science		animal science and fisheries (100%)				
Educational profile		general academic				
Module						
Course unit		Physical education 1				
Code		WNOZIR/AQF/S1/				
Field of specialisation						
Administering faculty		Studium Wychowania Fizycznego i Sportu				
ECTS		0.0	ECTS (forms)	0.0		
Form of course credit		credits	Language	english		
Electives			Elective group			
Form of instruction		Cod	Semester	Hours	ECTS	Weight
lecturing course		A	1	30	0.0	1.00
Leading teacher		Trubińko Joanna (Joanna.Walczak@zut.edu.pl)				
Other teachers		Olszewska Tamara (Tamara.Olszewska@zut.edu.pl)				
Prerequisites						
W-1		no health contraindications for physical exercise				
Module/course unit objectives						
C-1		teaching technical elements for a selected sports discipline				
C-2		raising awareness of caring for own health through the use of exercises as a preventive measure against diseases of the following systems: motor, respiratory, circulatory, nervous and other. Mobilization for pro-health attitudes.				
C-3		adding value to motor characteristics: force, speed, endurance, agility, dexterity, power.				
C-4		developing habit of using physical exercises for recreational purposes. Providing information on physical culture, organization of sports events, tourism and the rules of the basic sports disciplines.				
C-5		counteracting social pathologies (alcoholism, drug addiction, smoking tobacco) by proposing participation in broadly understood physical activity.				
C-6		familiarizing students with the history of physical culture and sport, the regulations of the selected sports disciplines and providing the knowledge about the organization of sports, recreational and tourist events.				
Course content divided into various forms of instruction						Number of hours
T-A-1		<p>1. The content of the classes depends on the type of sports discipline and is in line with the syllabus. The student selects one of the available sport disciplines.</p> <p>2. Lectures for students with semester and year-long medical leave of absence:</p> <ul style="list-style-type: none"> - health effects of physical activity - physical activity and addictions - impact of physical activity on the physiological state of the body (heart rate, blood pressure, postural defects, immunity) - body weight control - the history of the Olympic Games - physical activity as a form of combating stress 				30
Student workload - forms of activity						Number of hours
A-A-1		<p>1. Exercises in groups, sports trainings, participation in tourist events and sports camps.</p> <p>2. Participation in classes for students with semester and year-long medical leave of absence</p>				30
Teaching methods / tools						
M-1		<p>method of teaching tasks: synthetic, analytical, mixed and comprehensive</p> <p>practical method: demonstration</p> <p>introductory method: lecture, description, discussion, explanation.</p> <p>activity method: discussion-didactic, task-oriented, direct intentionality of movement</p> <p>imitative method: task-focused</p> <p>circuit-station method</p> <p>training method</p>				
M-2		seminar, multimedia presentation.				
Evaluation methods (F - progressive, P - final)						
S-1		P	Student assessment based on their progress, involvement and participation during classes as well as movement skills in selected sports disciplines (tests, quiz)			



Evaluation methods (F - progressive, P - final)

S-2	P	test, quiz on physical culture.
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Designed learning outcomes	Reference to the learning outcomes designed for the fields of study	Reference to Learning Outcomes for qualifications at PQF 6, 7 or 8	Reference to learning outcomes for qualifications at level 6 or 7 that enable acquiring engineering competences	Course objectives	Course content	Teaching methods	Evaluation methods
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Knowledge

Skills

AQF_1A_A06a_U01 has motor skills in the scope of the selected forms of physical activity - is able to correctly perform technical elements from the selected sports disciplines.	AQF_1A_U01	P6S_UW	P6S_UW	C-1 C-3	T-A-1	M-1	S-1
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Social competences

AQF_1A_A06a_K01 is able to pursue healthy lifestyle; knows the relationship between physical activity and health; can adjust physical activity to health condition, age, gender and promote it.	AQF_1A_K05	P6S_KK P6S_KR		C-2 C-4	T-A-1	M-1 M-2	S-1 S-2
AQF_1A_A06a_K02 can apply the acquired motor, technical and tactical skills can be applied in various sports disciplines and tourist and recreational activities; can work and cooperate in a group in line with the rules of "fair play" both on the pitch and in everyday life.	AQF_1A_K02	P6S_KO P6S_KR		C-2 C-3 C-4	T-A-1	M-1 M-2	S-1 S-2
AQF_1A_A06a_K03 is able to organize and co-organize sports, recreation and tourist events using their knowledge in the field of physical culture, history of sport, regulations of sports disciplines; is able to organize and co-organize sports, recreation and tourist events; actively participate in sports life at the University and own environment; nurtures own preferences in physical culture.	AQF_1A_K03	P6S_KO P6S_KR		C-4 C-5 C-6	T-A-1	M-1 M-2	S-1 S-2

Outcomes	Grade	Evaluation criterion
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Knowledge

Skills

AQF_1A_A06a_U01	2,0	
	3,0	the student has basic technical skills in various sports disciplines exercises with technical errors
	3,5	
	4,0	
	4,5	
	5,0	

Other social competences

AQF_1A_A06a_K01	2,0	does not attend classes
	3,0	- has very general knowledge of the basic concepts and issues relating to health promotion - is not able to apply skills in practice
	3,5	knows basic concepts and issues regarding health promotion
	4,0	is able to pursue healthy lifestyles able to adjust physical activity to health condition
	4,5	- is able to adjust physical activity to health condition and age-contributes to the promotion of a healthy lifestyle-mobilizes others to pro-health attitude.
	5,0	- is able to apply appropriate type of physical activity depending on the needs, age, gender, health status - individually develops own talents - mobilizes themselves and others to pro-health attitudes.
AQF_1A_A06a_K02	2,0	does not attend classes
	3,0	has certain shortcomings in terms of social attitudes the exercises with massive technical errors and show little progress in mastering simple technical elements
	3,5	has certain shortcomings in terms of social attitudes and is not always able to integrate with the group knows basic concepts and aspects of selected sports disciplines and various form of activity
	4,0	can work together in a group applying the principle of fair play has good level of physical fitness has mastered the rules of sports games with minor errors
	4,5	can work, cooperate and compete in a group applying the principle of fair play develops individual interests has a high level of physical fitness is able to select an appropriate motor activity depending in the needs has mastered the technique and tactical assumptions as well as the regulations of selected sports disciplines
	5,0	is able to work, cooperate and compete in a group applying the principle of fair play develops individual interests and sports talents has a very high level of motor efficiency has mastered the technique very well, knows the tactical assumptions and regulations of sports disciplines has practical skills in refereeing and umpiring selected sports disciplines



Other social competences

AQF_1A_A06a_K03	2,0	does not attend classes treats the subject with disregard has no knowledge of physical culture
	3,0	is not involved in the sports life of the University does not show interest in various forms of physical activity knows a minimum set of concepts and has a minimum knowledge relating to physical culture
	3,5	shows deficiencies in the social attitude has indifferent attitude towards classes does not take part in the sports life of the University, neither joins nor helps in organizing events is not able to apply the knowledge of physical culture in practice on their own
	4,0	occasionally participates in the sports life of the University helps in the organisation of sport and leisure events is able (with the help of teacher) to apply the knowledge in the field of physical culture in practise
	4,5	participates in organisation of sport and leisure events is an active participant sports life of the University leads a hygienic, sporty lifestyle develops own sports interests outside the syllabus has knowledge of physical culture an applies it in practice
	5,0	is able to undertake varioussports and leisure activities for the benefit of the academic community indyvidually develops their own interests and sports talents promotes and leads a healthy, sporty lifestyle has extensive knowledge of physical culture and applies it in practice skilfully.

Supplementary reading

1. w. Larry Kenney, Jack H. Wilmore, physiology of sport and exercise, Human Kinetics, 2018
2. Claude Borchard, Steven N. Blair, Physical Activity and Health, Human Kinetics, 2018
3. Frederic Delavier, Strengh Training Anatomy, Human Kinetics, 2011