

Appendix 5 to Resolution No. 15630 to Resolution No. 15630
of Senate of Wroclaw MedicalQLAWELSIAF dyczny we wroclaw of 30 March 2016

WYCHOWANIA FIZYCZNEGO I SPORTU
ul. Wojciecha z Brudzewa 12a, 51-601 Wroclaw

| | | | | | | | 19/202 | | | | | tel. | 71.348 | 65 09 |
|------------------------|--------------|----------|-------------------------------------|--------------------------------------|-----------------------|-------------------------|--|---|--|----------------------------------|--------------------|--------------------------|-----------------------|-----------------|
| | | | | | | | f the co | | | | | | | |
| Module/Course | | | Selected forms of physical activity | | | | Gr | Group of detailed | | | | | | |
| | | | in health prevention. | | | | ed | education results | | | | | | |
| | | | | | | | Gre | Group name | | name | | | | |
| | | | | | | | | | cod | code B, D Scientific | | | | |
| | | | | | | | | | | | | edicine | • | |
| | | | | | | | | | | | | ehavior ocial sci | | |
| | | | | | | | | | | | 30 | ociai sci | ciices | |
| Faculty | | | Medicine | | | | | | | | | | | |
| Major | | | med | licine | | | | | | | | | | |
| Specialties | | | Not | applic | able | | | | | | | | | |
| Level of studies | | | Unif | orm n | nagist | er stu | udies X | * | | | | | | |
| | | | 1 st d | legree | studi | es 🗌 | | | | | | | | |
| | | | 2 nd (| degree | stud | ies 🗆 | | | | | | | | |
| | | | 3 rd c | legree | stud | ies 🗆 | | | | | | | | |
| | | | post | tgradu | ate si | tudies | s 🗆 | | | | | | | |
| Form of studies | | - | | ıll-tim | | | -time | | | | | | | |
| Year of studies | | | 1-3 | | | Semester | | | | | | | | |
| | | | | | | | | | | X Summer | | | | |
| Type of course | | | | oligato | rv | | | | | | | | | |
| | | - 1 | ☐ limited choice | | | | | | | | | | | |
| | | | | X free choice / elective | | | | | | | | | | |
| Course | | | □ major X basic | | | | | | | | | | | |
| Language of instruc | tion | - | □ Polish X English □ other | | | | | | | | | | | |
| * mark with an X | | | | | | | | | | | | | | |
| mark a with an A | - | | | | Num | her c | of hours | | | | | | | |
| | | | | | | | ducatio | | | | | | | |
| | | | | | 01111 | OI EC | Jucatio | | Г | | <u> </u> | | | T - |
| | | | AC) | | | 9 | | ا ج | Ξ | urse | | (SP) | | |
| | | | ses (| ot 10t | () | Ses (| ated) | wit. | s (SC | S | 5 | <u>i</u> | ent's | |
| Unit teaching the | | (SE) | Auditorium classes (AC) | Major Classes – not clinical (MC) | Clinical Classes (CC) | Laboratory Classes (LC) | Classes in Simulated Conditions (CSC) | Practical Classes with Patient (PCP) | Specialist Classes – magister studies (SCM) | Foreign language Course (FLC) | Physical Education | Vocational Practice (VP) | Self-Study (Student's | |
| course | Lectures (L) | ars (| rium | Major Classe clinical (MC) | Clas | tony | in S | Practical Clas Patient (PCP) | list C er stu | lan, | Physical Educa | nati |) Apr | E-learning (EL) |
| course | sctur | Seminars | udito | lajor inica | inica | pora | asse | actic | ecial | Foreign (FLC) | lysica ligat | catic | Self-Study | earn |
| M* | ت ا | γχ | ₹ | ≥ ਹ | ਹ | و ا | 5 8 | F 8 | S E | 요프 | E 5 | 3 > | \ \mathred{\gamma} | <u>Б</u> |
| Winter Semester | | | | | | | | | | | | | | |
| | | | | | <u> </u> | | | | | | | | | 1 |
| | | | | | | | | | | | | | | |
| Summer Semester | I | | | | | | | | | | l | | | 1 |
| Department of Physical | | 30 | | | | | | | | | | 1 | | |
| Education and Sport | | | | | | | | | | | | | | |

| TOTAL per year: | | | | | |
|--|----|--|--|--|--|
| Department of Physical Education and Sport | 30 | | | | |

Educational objectives (max. 6 items)

- C 1. Shaping responsibility for the state of one's health and the health of others.
- C2. Motivation to undertake physical activity for health purposes.
- C3. Providing students with knowledge on methods of fighting stress through physical activity.

Education result matrix for module/course in relation to verification methods of the intended education result and the type of class

| | | education result and the type t | or class | |
|---------------|-----------|---|-------------------|----------------|
| | | | Methods of | |
| Number of | Number of | Student who completes the | verification of | Form of |
| course | major | module/course knows/is able | intended | didactic class |
| education | education | to | education results | **enter the |
| result result | | | (forming and | abbreviation |
| | | | summarising) | |
| K 01 | D.W10 | It justifies the influence of | Oral answer | SE |
| | | physical activity on reducing | Direct | |
| | | stress and improving well- | observation | |
| | | being. | Discussion | |
| K 02 | D.W12 | Has knowledge of the impact | | |
| K 02 | D.W12 | Has knowledge of the impact of motivation on pro-health | | |
| | | behavior. He knows how to | | |
| | | motivate and encourage | | |
| | | physical exercise of himself | | |
| | | and others. | | |
| | | and others. | | |
| K 03 | D.W15 | Is aware of the impact of | | |
| | | cooperation in a team on | | |
| | | achieving a common goal. | | |
| S 01 | D.U16 | He selects and applies the | Direct | SE |
| | | appropriate form of physical | observation | |
| | | activity to his abilities and | Questionnaire / | |
| | | needs. | questionnaire | |

| S 02 | B.U10 | It measures the body composition using the Tanita measuring device and interprets the obtained results in relation to standards. | Analysis of results | |
|------|-------|--|---------------------|--|
| S 03 | B.U11 | He/She can compare his test results with global results available on the Internet or other databases and draws conclusions about the level of his physical activity. | | |

** L - lecture; SE - seminar; AC - auditorium classes; MC - major classes (non-clinical); CC - clinical classes; LC - laboratory classes; SCM - specialist classes (magister studies); CSC - classes in simulated conditions; FLC - foreign language course; PCP practical classes with patient; PE - physical education (obligatory); VP - vocational practice; SS - self-study, EL - E-learning.

Please mark on scale 1-5 how the above effects place your classes in the following categories: communication of knowledge, skills or forming attitudes:

Knowledge: 3

Skills: 2

Student's amount of work (balance of ECTS points) 1.5

| Student's workload | Student Workload (h) | | |
|--|----------------------|--|--|
| (class participation, activity, preparation, etc.) | | | |
| 1. Contact hours: | 30 | | |
| 2. Student's own work (self-study): | 9 | | |
| Total student's workload | 39 | | |
| ECTS points for module/course | 1.5 | | |
| Comments | | | |

Content of classes (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

Lectures

Seminars

- 1. The role of strength training for health.
- 2. Rules, methods and goals of strength training.
- 3. Basic methods used in strength training.
- 4. Methodology of selecting training measures and laying training plans.
- 1. Safety rules in strength training.

- 2. Main goals and training principles used in strength training.
- 3. Adaptive method in strength training.
- 4. Individual and group exercises using external resistance.
- 5. Exercises using free weights.
- 6. Ascending and descending pyramid method as a more advanced form used in strength training.
- 7. Advanced methods in strength training (heavily athletic method, giant series method, eccentric method).
- 8. The use of medical balls in strength training.
- 9. The use of a body pump in strength training.
- 10. Strength training with the use of kettleballs.
- 11. Crossfit elements as a form of strength training.

Practical classes

Basic literature (list according to importance, no more than 3 items)

- Stefaniak T. Atlas uniwersalnych ćwiczeń siłowych cz II, Wydawnictwo BK 2011, Warszawa
- 2. Demeilles L, Kruszewski M. Kulturystyka dla każdego. Wydawnictwo Siedmiogród 2017
- 3. Michael J. Burke, PhD, Sue Ann Sarpy, PhD, Kristin Smith-Crowe, PhD, Suzanne Chan-Serafin, BA, Rommel O. Salvador, MBA, and Gazi Islam, B Relative Effectiveness of Worker Safety and Health Training Methods
- 4. Paul K. Drain, MPH, Aron Primack, MD, MA, D. Dan Hunt, MD, MBA, Wafaie W. Fawzi, MB, DrPH, King K. Holmes, MD, PhD, and Pierce Gardner, MD Global Health in Medical Education: A Call for More Training and Opportunities

Additional literature and other materials (no more than 3 items)

1. L. Kuba, M. Paruzel-Dyja, Fitness. Nowoczesne formy gimnastyki. Podstawy teoretyczne, Katowice 2013.

Didactic resources requirements (e.g. laboratory, multimedia projector, other...)

Tanita measuring device, sports hall, projector, screen, gym, instruments and sporting goods, medical balls, bodypumps, kettballs

Preliminary conditions (minimum requirements to be met by the student before starting the module/course)

No health contraindications to participate in physical education classes.

Conditions to receive credit for the course (specify the form and conditions of receiving credit for classes included in the module/course, admission terms to final theoretical or practical examination, its form and requirements to be med by the student to pass it and criteria for specific grades)

1. Active participation in classes.

- 2. Participation in body composition tests and filling out a healthy lifestyle questionnaire.
- 3. Planning a simple cycle of strength training.
- 4. Compulsory attendance on every classes.

| Grade: | Criteria (only for courses/modules ending with an examination) |
|-------------------|---|
| Very Good | He is able to show the technique of exercising and assuring himself very |
| (5.0) | well. He knows the goals and tasks of physical culture very well. He knows |
| | rules and health method training Main goals and training principles used |
| | in strength training very well. |
| Good Plus | He is able to show the technique of exercising and assuring himself well. |
| (4.5) | He knows the goals and tasks of physical culture very well. He knows rules |
| | and health method training Main goals and training principles used in |
| | strength training very well. |
| Good | He is able to show the technique of exercising and assuring himself. He |
| (4.0) | knows the goals and tasks of physical culture He knows rules and health |
| | method training Main goals and training principles used in strength |
| | training |
| Satisfactory Plus | He is able to show correct the technique of exercising and assuring himself |
| (3.5) | He knows the goals and tasks of physical culture He knows rules and |
| | health method training Main goals and training principles used in strength |
| | training correct |
| Satisfactory | He is able to show correct the technique of exercising and assuring himself |
| (3.0) | He knows the goals and tasks of physical He knows rules and health |
| | method training Main goals and training principles used in strength |
| | training correct |

| Name and address of module/cours teaching uni | Department of Physical Education and Sport | | | | | | | |
|--|--|--|----------------------|-----------------|--|--|--|--|
| Address | ul. Wojciecha z Br | ul. Wojciecha z Brudzewa 12a, 51-601 Wrocław | | | | | | |
| Telephone | tel. 71 348 65 09 | | | | | | | |
| E-mail address | swf@umed.wroc.p | swf@umed.wroc.pl | | | | | | |
| Manager | PhD Aureliusz Kos | hD Aureliusz Kosendiak | | | | | | |
| Phone | tel. 71 3486509 | el. 71 3486509 | | | | | | |
| E-mail | aureliusz.kosendial | @umed.wroc.pl | | | | | | |
| List of persons conducting specific classes/ full name | degree | scientific or professional title | performed profession | form of classes | | | | |
| Gabriela Jednorał | PhD | Science of Physical culture | Assistant | SE | | | | |
| Marek Mikuła | MA | Physiotherapy | Assistant | SE | | | | |
| Sara Bajura | MA | Physiotherapy | Instructor | SE | | | | |



| Emilia Kozłowska | MA | Dietetics | Assistant | SE |
|---------------------|-----|-----------------------------|-----------|----|
| Aureliusz Kosendiak | PhD | Science of Physical culture | Adjunct | SE |

Data opracowania sylabusa

15.02.2020

Sylabus opracował(a)

PhD Aureliusz Kosendiak

.....kierownik....

Podpis Kierownika jednostki prowadzącej zajęcia

Uniwersytet Medyczny we Wrociawiu STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU

of Aureliusz Kosendiak

Podpis Dziekana właściwego wydziału

Wroclaw Medical University Faculty of Medicine Vice-Dean for English Studies

prof. Beata Sobleszczańska, PhD