



Uniwersytet Medyczny we Wrocławiu

STUDIUM

WYCHOWANIA FIZYCZNEGO I SPORTU
ul. Wojciecha z Brudzewa 12a, 51-601 Wrocław
tel. 71 348 65 09

Syllabus for academic year: 2021/2022

Training cycle: 2021/2022-2026/2027

Description of the course

Course	Physical education	Group of detailed education results	
		Group code D	Group name Behavioral and social science with elements of professionalism
Faculty	Faculty of Medicine		
Major	medicine		
Level of studies	<input checked="" type="checkbox"/> uniform magister studies <input type="checkbox"/> 1 st degree studies <input type="checkbox"/> 2 nd degree studies <input type="checkbox"/> 3 rd degree studies <input type="checkbox"/> postgraduate studies		
Form of studies	<input checked="" type="checkbox"/> full-time <input type="checkbox"/> part-time		
Year of studies	I	Semester:	<input checked="" type="checkbox"/> winter <input checked="" type="checkbox"/> summer
Type of course	<input checked="" type="checkbox"/> obligatory <input type="checkbox"/> limited choice <input type="checkbox"/> free choice / optional		
Language of study	<input type="checkbox"/> Polish <input checked="" type="checkbox"/> English		

Number of hours

Form of education

	Lectures (L)	Seminars (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)	Foreign language Course (FLC)	Physical Education (PE)	Vocational Practice (VP)	Directed Self-Study (DSS)	E-learning (EL)
Winter semester:													
Department of Physical Education and Sport													
Direct (contact) education ¹										30			
Distance learning ²													
Summer semester:													
Department of Physical Education and Sport													
Direct (contact) education										30			

¹ Education conducted with direct participation of university teachers or other academics

² Education with applied methods and techniques for distance learning



Distance learning																			
TOTAL per year:																			
Department of Physical Education and Sport																			
Direct (contact) education																		60	
Distance learning																			
Educational objectives (max. 6 items)																			
C1. 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.																			
C4. Development social competences needed to practice the medical profession, in accordance with graduate's profile.																			
Education result for course in relation to verification methods of the intended education result and the type of class:																			
Number of detailed education result	Student who completes the course knows/is able to										Methods of verification of intended education results				Form of didactic class <i>*enter the abbreviation</i>				
D.W14.	Knows the rules of health promotion, its job and main direction of action with special consideration of knowledge of the role of healthy life-style.										Realization of commissioned tasks				PE				
D.W15.	Has knowledge of the impact of motivation on pro-health behavior. He knows how to motivate and encourage physical exercise of himself and others.										Realization of commissioned tasks				PE				
D.U9.	Student can give advices about undertaking physical activity and health behavior										Realization of commissioned tasks				PE				
* L- lecture; SE- seminar; AC- auditorium classes; MC- major classes (non-clinical); CC- clinical classes; LC- laboratory classes; CSC- classes in simulated conditions; PCP- practical classes with patient; FLC- foreign language course; PE- physical education; VP- vocational practice; DSS- directed self-study; EL- E-learning																			
Student's amount of work (balance of ECTS points):																			
Student's workload (class participation, activity, preparation, etc.)										Student Workload									
1. Number of hours of direct contact:										60									
2. Number of hours of distance learning:										0									
3. Number of hours of student's own work:										0									
4. Number of hours of directed self-study										n/a									
Total student's workload										60									
ECTS points for course										0									
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																			
Classes																			
Other																			
1. Organizational classes, rules of the Study of Physical Education and Sport, health and safety regulations, filling out lifestyle questionnaires.																			



2. Rules of practicing correct warm-up.
3. Rules of circuit training
4. Circuit training as a method of muscles strengthening and improving condition
5. Rollers- rules of practicing and basic techniques
6. Exercises strengthening postural muscles - a healthy spine
7. Introduction to Interval training
8. TABATA as a form of Interval training
9. HIIT training
10. Resistance training- strengthening corpse muscles
11. Advantages of strength training
12. Outdoor running- introducing correct running techniques
13. What is AMRAP training?
14. Relaxation training
15. Reduction of muscle tension, breath regulation
16. Stress reduction through physical activity
17. Regeneration after physical effort- basic stretching exercises
18. Basic rules of health training
19. Whole- body training- basic rules and types
20. Different forms of aerobic exercises in building physical efficiency
21. NORDIC WALKING
22. Body pump - exercises with the use of barbells.
23. Basketball
24. Badminton
25. Table tennis
26. Volleyball - learning to bounce the ball with both hands and bottom Table tennis
27. Volleyball- team play
28. TRX - exercises on tapes
29. Step - training on the platform

Strength exercises in Nordic walking - individual and with practicing

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

1. Z. Stawczyk, Ćwiczenia ogólnorozwojowe. AWF Poznań 2001.
2. F. Delavier „Atlas treningu siłowego” , Wydawnictwo lekarskie PZWL, 2011.
3. Łatyszkiewicz L.A., Worobjew M., Chromajew Z.M. Piłka ręczna, koszykówka, piłka siatkowa. Podstawy treningu i zasób ćwiczeń, Biblioteka trenera 1990.

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

1. L. Kuba, M. Paruzel-Dyja, Fitness. Nowoczesne formy gimnastyki. Podstawy teoretyczne, Katowice 2013.
2. K.W. Vopel, Umiejętność współpracy w grupach. Zabawy i improwizacje. Wydawnictwo Jedność 2002.
3. K. Schwanbeck, Nordic Walking – i o to chodzi! Wydawnictwo Helion 2013.

Preliminary conditions: (minimum requirements to be met by the student before starting the 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 course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades)

Attendance at the classes and performance of entrusted tasks.



Mastering knowledge and skills in the subject to the extent that they can be used in further forms of pro-health activity

Grade:	Criteria for courses ending with a grade ³
Very Good (5.0)	
Good Above (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	
	Criteria for courses ending with a credit ³
Credit	Accomplishing all the tasks commissioned by teacher, commitment during classes, punctuality in returning assignments. Attendance at all of the classes.

Grade:	Criteria for exam ³
Very Good (5.0)	
Good Above (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	

Department in charge of the course:	Department of Physical Education and Sport
Department address:	Wojciecha z Brudzewa St. 12a, 51-601 Wrocław
Telephone:	713486509
E-Mail:	swf@umed.wroc.pl

Person in charge for the course:	PhD Aureliusz Kosendiak
Telephone:	713486509
E-Mail:	swf@umed.wroc.pl

List of persons conducting specific classes:				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Aureliusz Kosendiak	PhD	Physical culture	Adjunct	Physical education
Sara Bajura	MA	Physiotherapy	Instructor	Physical education
Jakub Kucharski	MA	Sport	Instructor	Physical education
Dagmara Trzeciak	MA	Physical Education	Instructor	Physical education
Marek Miłucha	MA	Physiotherapy	Assistant	Physical education

³ The verification must cover all education results, which are realized in all form of classes within the course



Paweł Marszałek	MA	Physical Education	Instructor	Physical education
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Date of Syllabus development

24.06.2021

Syllabus developed by

PhD Aureliusz Kosendiak

Dean's signature

Wrocław Medical University
Faculty of Medicine
.....
prof. Beata Sobieszczanska, PhD

Signature of Head(s) of teaching unit(s)

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Kosendiak

dr Aureliusz Kosendiak