



**Educational objectives:**

- C1. Shaping a conscious attitude towards physical culture.
- C2. Improving teamwork skills.
- C3. Shaping awareness of the impact of physical activity on health.

**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:	
3. Number of hours of student's own work:	0
4. Number of hours of directed self-study	
Total student's workload	60
ECTS points for course	0

**Content of classes:**

**Other**

1. Organizational classes, rules of the Study of Physical Education and Sport, health and safety regulations, filling out lifestyle questionnaires.
2. Measurements of body composition, completion of lifestyle questionnaires.
3. Rules of practicing correct warm-up.
4. Circuit training as a method of muscles strengthening and improving condition.
5. TRX - exercises on tapes.
6. Foam rollers- rules of practicing and basic techniques.
7. Basketball - learning passing and receiving the ball, team play
8. Volleyball - learning to hit the ball with both hands and the bottom.
9. Relaxation training.
10. Regeneration after physical effort- basic stretching exercises.
11. Exercises strengthening postural muscles - a healthy spine.
12. Badminton – introduction.
13. Table tennis – rules, individual and team play.
14. Floorball - presentation of the rules, ball handling exercises, team play.
15. TABATA as a form of Interval training.
16. Step - training on the platform.
17. Volleyball - improving techniques, team play.
18. Strength training with medicine balls.
19. Resistance training- strengthening corpse muscles.
20. Basketball - improving the technique of leading the ball, two-stroke, team play.
21. Hurdle training - presentation of basic athletics techniques.
22. Table tennis - improving the game, individual and team competition.
23. Training on rowing ergometers - improving physical efficiency.
24. Body pump - exercises with the use of barbells.
25. Rules for warm-up in Nordic walking. Work of arms and legs in the basic technique
26. Badminton - exercises to improve technique.
27. Trail running training. Presentation of the correct running technique.
28. Strength exercises in Nordic walking - individual and with partner.

29. Outdoor games and activities. 30. AMRAP training - basic principles and introduction to training.
<b>Basic literature</b> <ol style="list-style-type: none"> <li>1. Wilanowski A., "Nordic Walking dla każdego" wyd. Bukowy Las 2014</li> <li>2. Nelson A., Kokkonen J. "Anatomia stretchingu", Studio Astropsychologii 2010</li> <li>3. Nawara H., Badminton, Wydawnictwo AWF Wrocław, 2009.</li> </ol> <b>Additional literature and other materials</b> <ol style="list-style-type: none"> <li>1. Górski J. Fizjologiczne podstawy wysiłku fizycznego. Warszawa, Polska: Wydawnictwo Lekarskie PZWL; 2007.</li> </ol>
<b>Preliminary conditions:</b> (minimum requirements to be met by the student before starting the course) No health contraindications to participate in physical education classes.
<b>Conditions to receive credit for the course:</b> Active participation in physical education classes. In the case of absence from classes, the student must make up for it in a different form (written work, classes with another group, individual classes).

	Criteria for courses ending with a credit
<b>Credit</b>	
Unit realizing the course:	Studium Wychowania Fizycznego i Sportu
Unit address:	ul. Wojciecha z Brudzewa 12a, 51-601 Wrocław
Telephone:	71 348 65 09
E-Mail:	swf@umed.wroc.pl

Person responsible for the course:	<b>Aureliusz Kosendiak, PhD</b>			
Telephone:	<b>71 348 65 09</b>			
E-Mail:	<b>Aureliusz.kosendiak@umed.wroc.pl</b>			
<b>List of persons conducting specific classes:</b>				
Name and surname	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
<b>Aureliusz Kosendiak</b>	<b>PhD in Sport Sciences</b>	Medical and health sciences	<b>Academic teacher</b>	<b>Physical education</b>
<b>Jakub Kucharski</b>	<b>Master of Sport</b>	Medical and health sciences	<b>Academic teacher</b>	<b>Physical education</b>
<b>Dagmara Trzeciak</b>	<b>Master of Public Health</b>	Medical and health sciences	<b>Academic teacher</b>	<b>Physical education</b>



29.06.2021

Marek Miłucha

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

Dean's signature

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DZIEKAN

prof. dr hab. Marcin Mikulewicz

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dr Aureliusz Kosendiak