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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

tei. /1 348 65 09		Train	ing cy	cle: 20)21/20)22-20	024/20	25					
2			Des	criptio	n of the	e cour	se						
	Physical education								Group of detailed education results Group code Group name				
Course			Phys	ical ed	ucation	n		GI	Group code		Group hame		16
Faculty	Dentistry												
Major	dentistry												
Level of studies	X uniform magister studies												
Form of studies	X full-time ☐ part-time												
Year of studies	Semeste					ster:	X winter X summer						
Type of course	X obligatory												
Language of study	X Eng	glish											
	1			Numb	er of h	ours							
				Form o	of educ	cation							
	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:													T
Department of Physical													
Education and Sport Direct (contact) education	-			+		1				30			
Distance learning													
Summer semester:								1					
Department of Physical Education and Sport										20			
Direct (contact) education										30	-		-
Distance learning													
TOTAL per year:										Т	1		
Department of Physical Education and Sport													
Direct (contact) education										60			
Distance learning													

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	Student Workload				
(class participation, activity, preparation, etc.)					
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				

Other

Content of classes:

- 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.

Basic literature

- 1. Wilanowski A., "Nordic Walking dla każdego" wyd. Bukowy Las 2014
- 2. Nelson A., Kokkonen J. "Anatomia stretchingu", Studio Astropsychologii 2010
- 3. Nawara H., Badminton, Wydawnictwo AWF Wrocław, 2009.

Additional literature and other materials

1. Górski J. Fizjologiczne podstawy wysiłku fizycznego. Warszawa, Polska: Wydawnictwo Lekarskie PZWL; 2007.

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:

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				
Credit					
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:		Aureliusz Kosendiak, PhD							
Telephone:	71 348 65 09								
E-Mail:	Aureliusz.kosendiak@umed.wroc.pl								
List of persons conduction	ng specific	classes:							
Name and surname		scientific or	Discipline	Performed profession	Form of classes				
Aureliusz Kosendiak	PhD in Sport Sciences		Medical and health sciences	Academic teacher	Physical education				
Jakub Kucharski	Master	of Sport	Medical and health sciences	Academic teacher	Physical education				
Dagmara Trzeciak	Master of Public Health		Medical and health sciences	Academic teacher	Physical education				



29.06.2021

Marek Mikuła

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

Uniwersytet Medyczny we Wrocławiu STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU kierownik

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dr Aureliusz Kosendiak

Dean's signature

Uniwersytet Mediczny we Wrocławiu W DZIAŁ LEKARSKO LIAWIJCLOGICZNY

prof dr hab. Marcin Mikulewicz