



Summer Semester														
Direct (contact) education												30		
Online learning (synchronous)														
Online learning (asynchronous)														
TOTAL per year:														
Direct (contact) education												60		
Online learning (synchronous)														
Online learning (asynchronous)														
Educational objectives (max. 6 items)														
C1. Shaping a conscious attitude towards physical culture.														
C2. Improving teamwork skills.														
C3. Shaping awareness of the impact of physical activity on health.														
Education result matrix for module/course in relation to verification methods of the intended education result and the type of class														
Number of course education result	Number of major education result	Student who completes the module/course knows/is able to	Methods of verification of intended education results (forming and summarising)	Form of didactic class <i>**enter the abbreviation</i>										
W 01	G.W3	Student knows and understands the basis of health prevention and health promotion.	Discussion											
W 02	G.W4	Student knows and understands basic concepts of health and lifestyle.	Observation	PE										
W 03	G.W15	Student knows and understands about disease prevention and improving health.	Discussion	PE										
W 04	G.W21	Student knows and understands sources of stress and ways to eliminate them.	Observation	PE										
U 01	G.U7	Student is able to plan activities in range of health prevention and health promotion and promote activities in population health.	Observation	PE										
K 01		Student readily takes part in health promotion activities, know how to work in group.	Observation	PE										
** 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: 3 Social competences:3														
Student's amount of work (balance of ECTS points)														
Student's workload			Student Workload (h)											



(class participation, activity, preparation, etc.)	
1. Contact hours:	60
2. Online learning hours (e-learning):	
3. Student's own work (self-study):	0
Total student's workload	60
ECTS points for module/course	0
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	
Practical classes	
Other	
<ol style="list-style-type: none">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 training4. Circuit training as a method of muscles strengthening and improving condition5. Rollers- rules of practicing and basic techniques6. Exercises strengthening postural muscles - a healthy spine7. Introduction to Interval training8. TABATA as a form of Interval training9. HIIT training10. Resistance training- strengthening corpse muscles11. Advantages of strength training12. Outdoor running- introducing correct running techniques13. What is AMRAP training?14. Relaxation training15. Reduction of muscle tension, breath regulation16. Stress reduction through physical activity17. Regeneration after physical effort- basic stretching exercises18. Basic rules of health training19. Whole- body training- basic rules and types20. Different forms of aerobic exercises in building physical efficiency21. NORDIC WALKING22. Body pump - exercises with the use of barbells.23. Basketball24. Badminton25. Table tennis26. Volleyball - learning to bounce the ball with both hands and bottom Table tennis27. Volleyball- team play	



28. TRX - exercises on tapes
29. Step - training on the platform
30. Strength exercises in Nordic walking - individual and with practicing

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

1. Nelson A.,Kokkonen J."Anatomia stretchingu", Studio Astropsychologii 2010
2. Rippetoe M., Programowanie Treningu Siłowego, wyd. Galakta 2019.
3. Chodinow W. Rola wypoczynku w treningu obwodowym. Physical Education, Sport and Health Culture in Modern Society. 2017;3:360-364.

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

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

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

Tanita measuring device, sports room, instruments and sporting goods, spinning bikes, indoor rowing machines.

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 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 (only for courses/modules ending with an examination)
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	
	Criteria (only for courses/modules ending with e credit)
Credit	



Grade:	Criteria (examination evaluation criteria)
Very Good (5.0)	
Good Plus (4.5)	
Good (4.0)	
Satisfactory Plus (3.5)	
Satisfactory (3.0)	
Unit realizing the subject	Department of Physical Education and Sport
Unit address	Wojciecha z Brudzewa St. 12a, 51-601 Wrocław
Telephone	71 348 65 09
E-Mail	swf@umed.wroc.pl

Person responsible for module	Aureliusz Kosendiak, PhD
Coordinator	Aureliusz Kosendiak, PhD
Telephone	tel.: 713486509,
E-Mail	swf@umed.wroc.pl

List of persons conducting specific classes				
Full name	Degree/scientific or professional title	Discipline	Performed profession	Form of classes
Sara Bajura	Master	Physiotherapy	Instructor	physical education
Jakub Kucharski	Master	Sport	Instructor	physical education
Adrian Drożdżowski	Master	Physical Education	Instructor	physical education
Marek Mikuła	Master	Physiotherapy	Assistant	Physical education
Paweł Marszałek	Master	Physical Education	Instructor	physical education



Date of Syllabus development

29.06.2020

Syllabus developed by

dr Aureliusz Kosendiak

Signature of Head of teaching unit

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Signature of Faculty Dean

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