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| **Syllabus 2020/2021****training cycle:** |
| **Description of the course** |
| **Module/Course** | **Physical education** |
| **Faculty** | Dentistry |
| **Major**  | Dentistry |
| **Specialties** | Not applicable |
| **Level of studies** | Uniform magister studies X\*1st degree studies 2nd degree studies 3rd degree studies postgraduate studies  |
| **Form of studies** |  full-time part-time |
| **Year of studies**  | I | **Semester** | X WinterX Summer |
| **Type of course** | X obligatory limited choice free choice / elective  |
| **Course** |  major basic |
| **Language of instruction** |  Polish English other |
| \* mark with an **X** |
| **Number of hours** |
| Form of education |
| Unit teaching the course | 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) | Specialist Classes – magister studies (SCM) | Foreign language Course (FLC) | Physical Education obligatory (PE) | Vocational Practice (VP) | Self-Study (Student's own work) | E-learning (EL) |
| **Winter Semester** |
|  |  |  |  |  |  |  |  |  |  |  | 30 |  |  |  |
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| **Summer Semester** |
|  |  |  |  |  |  |  |  |  |  |  | 30 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOTAL per year:** |
|  |  |  |  |  |  |  |  |  |  | 60 |  |  |  |
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| **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*\*\*enter the abbreviation* |
| **W 01** | **G.W3** | Student knows and understands the basis of health prevention and health promotion. | Discussion | PE |
| **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: 3Skills: 3Social competences: 3 |
| **Student's amount of work (balance of ECTS points)** |
| **Student's workload** (class participation, activity, preparation, etc.) | **Student Workload (h)** |
| 1. Contact hours: | 60 |
| 2. 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****Winter Semester**1. Organizational classes, rules of the Study of Physical Education and Sport, health and safety regulations. Body composition measurements, filling out lifestyle questionnaires. 2. Exercises strengthening postural muscles - a healthy spine. 3. Correction exercises using ladders, benches. 4. Bodyball - exercises with the use of large therapeutic balls.5. Exercises using gymnastic sticks with music.6. Aerobic TBC exercise with medical balls.7. Circuit training as a method of strengthening muscles and improving the overall condition.8. Step - training on the platform.9. Volleyball - learning to bounce the ball with both hands and bottom. School game.10. Table tennis - game rules, individual and team competition.11. Badminton - taming exercises with a racket and aileron. Conquering the shuttlecock.12. Badminton - learning training elements - hitting with forehand and backhand. Learning to serve.13. Badminton. Improvement of technical elements. Game rules - game for points.14. Basketball - learning the basic elements of the game.15. Unihockey - familiarization with the rules and rules of the unihockey game learning applications, basic elements of the game - school game.**Summer Semester**1. Body pump - exercises with the use of barbells.2. TRX - exercises on tapes.3. Games and motion games as a form of integration and development of physical fitness.4. Volleyball - learning to bounce the ball with both hands and bottom. School game.5. Individual technique in the Volleyball - improving the ball's reflections. Learning to play. School game.6. Basketball - Games that tame basketball. Learning the passing and admission of the ball.7. Table tenis - game rules, individual and team competition.8. Badminton - taming exercises with a racket and aileron. Conquering the shuttlecock.9. TBC aerobic exercise with medical balls.10. Circuit training as a method of strengthening muscles and improving the overall condition11. Nordic walking. Rules for selecting poles, learning basic techniques.12. Principles of running a warm-up in Nordic walking. Work of arms and legs in the basic technique13. Strength exercises in nordic walking - individual and with practicing - playing with poles.14. Fun and field games15. Body composition measurements, filling out lifestyle questionnaires. |
| **Basic literature** (list according to importance, no more than 3 items)1. A. Wilanowski “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** (no more than 3 items)1. E. Mleczko, Lekkoatletyka, Wydawnictwo AWF Kraków 20152. T. Arlet, Koszykówka – Podstawowe techniki i taktyki, 2001. |
| **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 med by the student to pass it and criteria for specific grades)IMPORTANT! Class attendance cannot be a condition for passing the subject.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. |
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| **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) |  |
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| **Name and address of module/course teaching unit, contact: telephone and e-mail address****Study of Physical Education and Sport**Wojciecha z Brudzewa St. 12a, 51-601 Wrocławphone: 71 348 65 09e-mail: swf@umed.wroc.pl**Coordinator / Person responsible for module/course, contact: telephone and e-mail address**Aureliusz Kosendiak, PhD, 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**.Gabriela Jednorał, PhD, assistant, physical educationSara Bajura, MA, instructor, physical educationJakub Kucharski, MA, instructor, physical educationAdrian Drożdżowski**,** MA, instructor, physical educationPaweł Marszałek, MA, instructor, physical education

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| **Date of Syllabus development**  | **Syllabus developed by**  |
| ………………………………………….. | PhD Aureliusz Kosendiak |
| **Signature of Head of teaching unit** |
| …………………………………………………… |

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