



Course name	Physical education
Entity running the course	Institute of History of Art, Philosophy and Sport
Entity for which the course has been prepared	
Course type	Compulsory course, core course.
Year of study / semester; Type of studies	Year I, sem. 1 and 2; full time bachelor's degree studies
ECTS credits	0
Academic tutor	M.A. Bronisław Hendzel
Aim of the course	Introduction of the problem of caring about physical fitness, proper development, physical, mental and social health and understanding of the connection between physical activity and health, shaping and strengthening the student's harmonious physical development, developing the student's sense of responsibility for their own health, popularization of team games and swimming, inspiring to participation in recreational and sports events, shaping of desired attitudes.
Prerequisites	The desire to improve physical fitness and readiness to understand the relationship between physical activity and health, along with the willingness to participate in sports and recreational forms of the physical activity.
Learning outcomes:	
– <i>knowledge</i>	The student knows the process of harmonious physical development, they have the ability to increase and control their physical fitness, they consciously participate in recreational events and actively spend their leisure time.
– <i>skills</i>	The student is able to perform basic elements of the techniques of team sports games /volleyball, basketball, football / and uses those techniques during the games; they can move to the music /aerobics/, swim properly /swimming strokes/ in three styles.
– <i>personal and social competence</i>	The student can interact in a group / team /, respect the principle of "fair play", develop the principle of responsibility for the health of their own and of their partners, they propagate the positive aspects of sport and recreation in their family life.
Course content	Sports classes : 1. Team sports games / basketball, volleyball, football / - basic technical and tactical elements, school games with assumptions, intergroup games. 2. Aerobic - the ability to do exercises to the music, acquisition of the skill to exercise in a team. 3. Swimming – improvement of the swimming technique in three strokes / the breaststroke, freestyle stroke the backstroke/ competition during sports contests.
Course form and number of course hours	The classes during which team sports games are played are in the form of sports training. 2 hrs./week, 30 hrs/ semestr
Assessment methods and criteria	100% participation in classes, fitness tests.
Assessment type	Semester 1: pass Semester 2: pass
Literature	
Teaching aids	Classes are held in the gym and indoor pool.
Language of instruction	Polish