#### card of course

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| --- | --- |
| Subject name | PE – exercises |

1. The placement of the subject in the study system

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| --- | --- |
| 1.1. Field of study | Media and journalism |
| 1.2. Form and path of study | Stationary |
| 1.3. Level of education | First-cycle studies |
| 1.4. Study profile | Practical |

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| 1. 5. Specialty | - |
| 1.6. Subject Coordinator | Sports instructors |

2. General characteristics of the subject

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| --- | --- |
| 2.1. Belonging to a subject group | university-wide |
| 2.2. Number of ECTS | 0 |
| 2.3. Language of lectures | Polish |
| 2.4. Semesters in which the subject is taught | I, II |
| 2.5.Criteria for selecting course participants | - |

1. Learning outcomes and course delivery
   1. Subject Objectives

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| --- | --- |
| No. | Subject Objectives |
|
| C1 | Developing broadly understood sports skills. |
| C2 | Improving physical fitness and motor coordination, introducing an active lifestyle |
| C3 | Developing competences related to cooperation and teamwork as well as the organization of the learning process |

* 1. Subject-specific learning outcomes, divided into knowledge , skills and competences , with reference to the directional learning outcomes

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No. | Description of subject  learning outcomes | Reference to  directional effects  learning (symbols) | Method of implementation (mark "X") | |
| ST | NST |
| Activities at the sports club | Activities at the sports club |
| After passing the course, the student is **able** to: | | | | |
| U1 | Plan physical activity, properly select and perform exercises that shape specific body parts and muscle mass | FIR\_U15  INF\_U10  Z1\_U14 | X |  |
| U2 | plan team work and motivate team members to work during team games, take on specific roles in the team |
| U3 | promote an active lifestyle that is conducive to mental and physical health. |
| After completing the course, the student is ready to take part in **social competences.** | | | | |
| K1 | is motivated to lead an active lifestyle and focused on achieving intended results, both individually and as a team | FIR\_K07  INF\_K04  Z1\_K03 | X |  |

3.3. Forms of teaching and their number of hours - Full-time studies (ST), Part-time studies (NST)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Path | Lecture | Exercises | Design | Workshop | Laboratory | Seminar | Lecturer | Classes conducted using distance learning methods and techniques in the form of ………………. | Other | **ECTS points** |
| **ST** |  | 60 |  |  |  |  |  |  |  | 0 |
| **NST** |  |  |  |  |  |  |  |  |  |  |

3.4. Content of education (separately for each form of classes: (W, ĆW, PROJ, WAR, LAB, LEK, OTHER). It should be marked (X) how the given content will be implemented (classes at the university or classes on the e-learning platform conducted using distance learning methods and techniques)

TYPE OF CLASSES: EXERCISES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No. | Content of the course | Reference to  the effects in question  learning | Method of implementation (mark "X") | |
| ST | NST |
| **Activities at the sports club** | **Activities at the sports club** |
| 1. | Overall improvement in physical performance. | U1 | X |  |
| 2. | Building and shaping muscle mass. | U1 |
| 3. | Training planning. | U1 |
| 4. | Types of physical activity. Team games | U2, K1 |
| 5. | Active lifestyle. | U3 |

3.5 . Methods of verifying learning outcomes (indicating and describing methods of conducting classes and verifying the achievement of learning outcomes, e.g. debate, case study, preparation and defense of a project, complex multimedia presentation, solving problem-solving tasks, situation simulations, study visit, simulation games + description of a given method):

During classes, students learn how to properly select and perform exercises that shape individual body parts and muscle mass. They improve their physical fitness and plan training to maintain an active lifestyle. They also learn motivation to work and work in a team.

|  |  |  |  |
| --- | --- | --- | --- |
| Subject Effects | Teaching methods | Methods of verifying learning outcomes | Documentation methods |
| SKILLS | | | |
| U1-U3 | Practical exercises, group work | Observation of behavior (pass without grade) | Credit card |
| SOCIAL COMPETENCES | | | |
| K1 | Practical exercises, group work | Observation of behavior (pass without grade) | Credit card |

3.6. Assessment criteria for the achieved learning outcomes

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Learning effect** | **For a grade of 3 or "pass."**  **the student knows and understands/is able to/is ready to** | **For a grade of 3.5, the student knows and understands/is able to/is ready to** | **For a grade of 4, the student knows and understands/is able to/is ready to** | **For a grade of 4.5, the student knows and understands/is able to/is ready to** | **For a grade of 5, the student knows and understands/is able to/is ready to** |
| W | 51-60% of knowledge indicated in learning outcomes | 61-70% of knowledge indicated in learning outcomes | 71-80% of knowledge indicated in learning outcomes | 81-90% of knowledge indicated in learning outcomes | 91-100% of knowledge indicated in learning outcomes |
| U | 51-60% of skills indicated in learning outcomes | 61-70% of skills indicated in learning outcomes | 71-80% of skills indicated in learning outcomes | 81-90% of skills indicated in learning outcomes | 91-100% of skills indicated in learning outcomes |
| K | 51-60% of skills indicated in learning outcomes | 61-70% of skills indicated in learning outcomes | 71-80% of skills indicated in learning outcomes | 81-90% of skills indicated in learning outcomes | 91-100% of skills indicated in learning outcomes |

3.7. Literature

**Not applicable**

4. Student workload - ECTS points balance

|  |  |  |
| --- | --- | --- |
| **Types of student activity** | **Student Load** | |
| **ST** | **NST** |
| **Classes requiring direct contact between the student and the academic teacher at the university premises** | **60** |  |
| Classes included in the study plan | 60 |  |
| **Student's own work** | **-** |  |
| Ongoing preparation for classes, preparation of project work/presentations/etc. | - |  |
| Preparation for passing classes | - |  |
| **TOTAL STUDENT HOURLY LOAD** | **-** |  |
| **Number of ECTS points** | **0** |  |

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| Last change date | 30/09/2024 |
| The changes were introduced | ZAZ Education Quality Team |
| The changes were approved | Mgr Anna Bielak |