

<b>1. Field of study</b>	<b>International Studies in Political Science and Diplomacy</b>	
2. Faculty	Faculty of Social Sciences	
3. Academic year of entry	2022/2023 (winter term), 2023/2024 (winter term)	
4. Level of qualifications/degree	first-cycle studies	
5. Degree profile	general academic	
6. Mode of study	full-time	

**Module:** Physical Education

**Module code:** PE

**1. Number of the ECTS credits:** null

<b>2. Learning outcomes of the module</b>			
<b>code</b>	<b>description</b>	<b>learning outcomes of the programme</b>	<b>level of competence (scale 1-5)</b>
PE_K_1	Observes the rules of 'fair play' on the playing field and in everyday life.	MS_1_K03	5
PE_K_2	Promotes the social and cultural importance of sport and physical activity and nurtures personal tastes in physical culture.	MS_1_K01	4
PE_U_1	He/she can correctly perform the technical elements of the selected sport discipline. Can successfully pass a general fitness test (Pilich test, Cooper test).	MS_1_U04	4
PE_U_2	Can apply the appropriate type of training depending on the objective to be achieved (improve cardiovascular function, improve motor coordination, strengthen muscles, improve respiratory capacity).	MS_1_U06	4
PE_W_1	Knows the rules of basic team games or another sport of choice and has a basic knowledge of organising sports competitions.	MS_1_W16	4
PE_W_2	Has basic knowledge about physical culture. Knows the relationship between physical activity and proper nutrition and future health and well-being. Can explain the essence of sport.	MS_1_W16	4

<b>3. Module description</b>	
<b>Description</b>	The university's physical culture should be an integral and complementary part of the university's general educational programme. Physical culture consists of: physical education, recreation, sport and tourism. It is the only area creating the possibility of realisation of values referring to the body and health, and it constitutes a counterbalance to the mental workload of academic youth. It should take into account the changing reality and participate to a large extent in the process of preparing the student for adult professional life and for family and society. The aim of classes in this module is to teach technical elements of a selected sports discipline. To consolidate skills acquired at the previous stage of teaching. To provide with necessary knowledge about physical culture. To get to know history and regulations. You learn how to organise competitions and recreational and tourist events. Developing self-esteem. Mobilising health-oriented attitudes. Cooperation in a group and discipline. Demonstrate the impact of physical activity on the human body, its health and hygiene (work - leisure).
<b>Prerequisites</b>	

Applicable to students actively participating in classes:  
 The main requirement for admission to the group is that there are no health contraindications.  
 Swimming ability is not required.  
 or  
 The main requirement for admission to the group is a medical indication for a specific activity.

#### 4. Assessment of the learning outcomes of the module

code	type	description	learning outcomes of the module
PE_w_1	Credit	The verification of learning outcomes is precisely defined in the syllabus created for the module.	PE_K_1, PE_K_2, PE_U_1, PE_U_2, PE_W_1, PE_W_2

#### 5. Forms of teaching

code	form of teaching			required hours of student's own work		assessment of the learning outcomes of the module
	type	description (including teaching methods)	number of hours	description	number of hours	
PE_fs_1	practical classes	Classes are conducted using the following methods: 1. Observational (demonstration, observation) 2. Verbal (description, explanation, clarification) 3. Practical activities: - synthetic - teaching the whole movement, - analytical - breaking down the exercise into fragments, - Complex - dividing the whole into fragments and, after mastering them, combining into a whole.	30			PE_w_1