

1.	Field of study	not applicable
2.	Faculty	not applicable
3.	Academic year of entry	not applicable
4.	Level of qualifications/degree	not applicable
5.	Degree profile	not applicable
6.	Mode of study	not applicable

7.	General information about the module	
Module name		Physical education
Module code		WF-2023
Number of the ECTS credits		0
Language of instruction		
Purpose and description of the content of education		Academic physical culture should be an integral and complementary part of the general educational program of the university. Physical culture consists of physical education, recreation, sport and tourism. The physical education module is the only area that creates the opportunity for implementing the body- and health-related values and provides a counterbalance to the mental workload of university students. It responds to the changing reality and to a large extent participates in the process of preparing the student for professional adult life as well as the life in the family and in the society. The aim of the classes in this/her module is to become familiar with and to learn the technical elements of the selected sports discipline. Also, to possibly consolidate the skills acquired at a previous stage of education. Thus, the student becomes equipped with the necessary knowledge about physical culture, its history and specific regulations. He/she becomes familiar with the organization of competitions and the recreational and tourist events. Through group cooperation and discipline, the classes develop self-esteem and instill life-long health-promoting attitudes.
List of modules that must be completed before starting this module (if necessary)		not applicable

8.	Learning outcomes of the module			
Code	Description	Learning outcomes of the programme	Level of competence (scale 1-5)	
K01	The student observes the rules of "fair play" on the sports field and in everyday life. He/she promotes the social and cultural importance of sport and exercise and cultivates his/her own preferences related to physical culture.			
U01	The student uses sports facilities and equipment in a safe way, practices the correct warm-up and, if necessary, implements appropriate safety measures when exercising.			
U02	The student is able to properly analyze the level of their own physical fitness and motor skills.			
U03	The student is able to cooperate in a group and assume various roles: creating and supporting the attitudes of others, following the instructions of the coach or the teacher, as well as competition, rivalry and responsibility.			
W01	The student has knowledge pertaining to the impact of physical exercise on human health. He/she knows the body needs and the forms of physical activity needed to maintain health, as well as the consequences and risks associated with the lack of exercise.			
W02	The student knows the rules and regulation, rules of the games and the history of the chosen form of exercise.			

9. Methods of conducting classes		
Code	Category	Name (description)
b03	Problem-solving methods	Activating method – educational games <i>learning content in the guise of a rule- and/or principle-based game; conducted in a deliberately arranged situation based on the description of relevant facts and processes; learners compete with one another within the framework of rules laid down by the academic teacher; varieties include simulation games – involving a simulation of real situations; decision games – based on the decision-making process and the recognition of the consequences of the decisions made (e.g., a decision tree); psychological games – increasing the emotional-volitional component of the participants' attitudes</i>
c06	Demonstration methods	Demonstration-imitation <i>a presentation of a model way of performing specific activities accompanied by a commentary; it aims at triggering imitation activities in an individual or in a group of participants observing the activities of the person teaching the course until the right habit is formed through regular exercise; the demonstration-imitation method is combined with a physical practice of activities/behaviours</i>
e05	Practical methods	Internship <i>including professional and individual training; gaining skills and experience in real-life conditions, e.g., in the environment, institution or workplace the student is preparing for by following a specific study programme; training in real working conditions</i>
e06	Practical methods	Observation <i>also conducted as fieldwork; a method of watching phenomena, objects or people in a systematic/planned way in order to gain knowledge about them; perceptual separation of elements of a model action as an element of learning through imitation; a complex system of cognition based on sensory experiences</i>

10. Forms of teaching					
Code	Name	Number of hours	Assessment of the learning outcomes of the module	Learning outcomes of the module	Methods of conducting classes
01	practical classes	30	course work	K01, U01, U02, U03, W01, W02	b03, c06, e05, e06

11. The student's work, apart from participation in classes, includes in particular:			
Code	Category	Name (description)	Is it part of the BUNA?
b01	Consulting the curriculum and the organization of classes	Getting acquainted with the syllabus content <i>reading through the syllabus and getting acquainted with its content</i>	No

Information on the details of the module implementation in a given academic year can be found in the syllabus available in the USOS system: <https://usosweb.us.edu.pl>.