University of Silesia in Katowice

1.	Field of study	Pedagogy: Pre-School Education and Early School Education
2.	Faculty	Faculty of Fine Arts and Educational Science
3.	Academic year of entry	2025/2026 (winter term)
4.	Level of qualifications/degree	long-cycle studies
5.	Degree profile	general academic
6.	Mode of study	part-time

7.	General information about the module	
Module name		Fundamentals of Physical Culture Education
Module code		PP-B9-PKKF
Number of the ECTS credits		2
Language of instruction		Polish
Purpose and description of the content of education		Moduł przygotowuje osoby studiujące do zapoznania z podstawowymi wiadomościami w zakresie kultury fizycznej, wychowania fizycznego w pedagogice przedszkolnej i wczesnoszkolnej. Nakreśla biologiczne i kulturowe uwarunkowania aktywności ruchowej. Zwraca uwagę na wiedzę dziecka jako warunek dbania o sprawność i potrzeby zdrowotne. Przedstawia wskazania do pracy z dziećmi ze względu na potrzeby, a także zaburzenia i dysfunkcje. Zapoznaje z zasadami kształcenia i wychowania w zajęciach ruchowych małego dziecka i podkreśla znaczenie zajęć pozalekcyjnych.
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 competenc (scale 1-5)
PP-B9-PKKF_1	studentka/student zna i rozumie terminologię z zakresu aktywności i sprawności fizycznej, wybrane współczesne koncepcje i modele wychowania fizycznego w Polsce i na świecie, związki aktywności i sprawności fizycznej ze zdrowiem, zaburzenia postawy ciała i prawidłowe wzorce ruchu oraz formy aktywności fizycznej dostosowane do potrzeb i możliwości dzieci/uczniów, zachęcające ich aktywności fizycznej, a także proces uczenia się i nauczania czynności ruchowych (B.9.W1; B.9.W2; B.9.W3; B.9.W4; B.9.W5; B.9.W6)		PP_W_02 PP_W_06 PP_W_09 PP_W_10 PP_W_11 PP_W_13	4 2 3 4 3 4
PP-B9-PKKF_2	studentka/student potrafi zaplanować zajęcia ruchowe w określonych warunkach i zachęcić dzieci/uczniów do podejmowania aktywności fizycznej oraz wspierać działania przeciwdziałające nabywaniu wad postawy ciała przez uczniów (B.9.U1; B.9.U2; B.9.U3)		PP_U_03 PP_U_06 PP_U_10 PP_U_11	4 3 5 3
PP-B9-PKKF_3	studentka/student przejawia gotowość do krzewienia postawy dbałości o aktywność fizyczną (B9.K1)		PP_K_02	3

9.	Methods of conducting classes		
Code	**Category**		**Name (description)**
a01	Lecture methods / expository methods		Formal lecture/ course-related lecture *a systematic course of study involving a synthetic presentation of an academic discipline; its implementation assumes a passive reception of the information provided*
b02	Problem-solving methods		Lecture-discussion *transmission of content involving interaction with the lecture audience; discussion of lecture-related issues is one of its elements or constitutes its follow-up*
b07	Problem-solving methods		Activating methods: a case study *a comprehensive description of a phenomenon connected with the selected discipline; reflecting the reality, presenting the 'what', 'where' and 'how' of the phenomenon, i.e., all of its key aspects to be discussed in class; used as a reproduction, presentation, discussion or diagnosis of factors that shape the phenomenon or interact with it; an in-depth qualitative analysis and evaluation of a selected phenomenon*
c02	Demonstration methods		Video show *reproducing a film or video material in its entirety or in fragments in order to illustrate the content taught in class, to submit it to analysis and evaluation or to use it as an exercise in image perception; a film/video can be a work of art, an illustration (also technical illustration) of a content/phenomenon/object, a private record of an action, a media image, etc.*
c06	Demonstration methods		Demonstration-imitation *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*
c07	Demonstration methods		Screen presentation *a presentation of synthetic image content using computer graphics, e.g., a series of slides or other multimedia forms, usually accompanied by a commentary; typical components of a screen presentation include text organized into bulleted points, charts, images and animations, sometimes sound effects or music; a multimedia illustration of course content presented in the form of a projected image*
f03	Methods of self-learning		Conceptual work *a (mainly intellectual) activity carried out independently (or in a selected group) resulting in the creation of a concept, idea or project; creating a plan based on a vision; developing a general outline of a project; producing a simplified sketch of the variant versions of a procedure/product/work*

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**
PP-B9-PKKF_fns_1	practical classes	10	course work	PP-B9-PKKF_1, PP-B9-PKKF_2, PP-B9-PKKF_3	a01, b02, b07, c02, c06, c07, f03

11.	The student's work, apart from participation in classes, includes in particular:		
Code	**Category**	**Name (description)**	**Is it part of the BUNA?**
a04	Preparation for classes	Consulting materials complementary to those indicated in the syllabus *agreeing on materials complementary to those indicated in the syllabus, supporting the implementation of tasks resulting from or necessary for class participation*	Yes

b01	Consulting the curriculum and the organization of classes	Getting acquainted with the syllabus content *reading through the syllabus and getting acquainted with its content*	No
b02	Consulting the curriculum and the organization of classes	Verification / adjustment / discussion of syllabus provisions *consulting the content of the syllabus, possibly in the presence of the year tutor or members of the class group, and, if necessary, reassessing the provisions concerning special conditions for class participation, e.g., space and time requirements, technical and other requirements, including conditions for participation in classes outside the walls of the university, classes organized in blocks, organized online, etc.*	Yes
c01	Preparation for verification of learning outcomes	Determining the stages of task implementation contributing to the verification of learning outcomes *devising a task implementation strategy embracing the division of content, the range of activities, implementation time and/or the method(s) of obtaining the necessary materials and tools, etc.*	Yes
c02	Preparation for verification of learning outcomes	Studying the literature used in and the materials produced in class *exploring the studied content, inquiring, considering, assimilating, interpreting it, or organizing knowledge obtained from the literature, documentation, instructions, scenarios, etc., used in class as well as from the notes or other materials/artifacts made in class*	No
c03	Preparation for verification of learning outcomes	Implementation of an individual or group assignment necessary for course/phase/examination completion *a set of activities aimed at performing an assigned task, to be executed out of class, as an obligatory phase/element of the verification of the learning outcomes assigned to the course*	No
d01	Consulting the results of the verification of learning outcomes	Analysis of the corrective feedback provided by the academic teacher on the results of the verification of learning outcomes *reading through the academic teacher's comments, assessments and opinions on the implementation of the task aimed at checking the level of the achieved learning outcomes*	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.