

ITEM CARD

Attachment No. 1 into Regulation No 3/07/2020
of 13 July 2020 *on the model card*
subject at the Higher School of Management
in Warsaw

PI. GENERAL BASIC INFORMATION ABOUT THE SUBJECT (MODULE)										
ITEM NAME Physical education										
Name of the organizational unit leading the course:		Faculty of Management and Technical Sciences								
Name of the field of study, level of education:		Management I degree								
Learning profile:		General academic								
Name of the specialty:		-								
Type of learning module:		cross-directional								
Year/Semester:		Year 1, semester 1, 2								
Person coordinating the subject:		Paweł Rękas, M.A.								
Prerequisites (resulting from the succession of items):		For team games and swimming, basic skills and knowledge of the discipline are required. Other disciplines are learned from scratch. In addition, in the field of social competences, the student must present such attitudes as honesty, responsibility, perseverance, cognitive curiosity, creativity, personal culture, respect for other people								
II. FORMS OF CLASSES AND NUMBER OF HOURS										
	Lecture	Exercise	Seminar	Laboratory	Workshop	Project	Seminar	Consultation	Exam/Passing	Total hours
Full-time studies		60								60
Part-time studies										
III. METHODS OF TEACHING ACTIVITIES										
Forms of classes			Didactic methods							
Lecture										
Practiceda			Physical culture classes, team games.							
IV. OBJECTIVE LEARNING OUTCOMES IN RELATION TO LEARNING OUTCOMES FOR THE FIELD OF STUDY AND AREAS										
Lp.	Description of the learning outcomes in question								Directional effect reference	
Knowledge:										
1	The student has knowledge of different types of human sports activities (sports disciplines)								Z01_W01 P6S_WG	

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2	The student has basic knowledge about man, in particular as an entity that improves comprehensive motor skills in the field of various sports and creates the rules applicable in these disciplines	Z01_W05 P6S_WG P6S_WK
3	The student has knowledge of the norms and rules of sports and recreational games and the rules of their refereeing	Z01_W07 P6S_WG
Abilities:		
1	The student is able to use basic knowledge of the norms and rules in the field of sports and recreational games and the rules of their refereeing and properly uses them	Z01_U05 P6S_UW
2	The student uses the acquired knowledge to develop physical fitness, to improve his health	Z01_U06 P6S_UW P6S_UK
3	The student has the ability to understand the importance of applying the principle of a healthy lifestyle in everyday life	Z01_U09 P6S_UW
Social competences:		
1	The student understands the need to maintain the proper condition of the body and develop a habit for systematic sports throughout life	Z01_K08 P6S_KR, P6S_KO
2	The student is able to cooperate in a group using the principles of fair play and developing positive social attitudes such as competition, competition and responsibility	Z01_K01 P6S_KK
3	The student is able to determine priorities in the forms of spending free time, taking into account their own health and that of others	Z01_K02 P6S_KO
V. CURRICULAR CONTENT (LEARNING)		

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Lp.	Lecture:	Reference to the learning outcomes in question
Lp.	Exercise	Reference to the learning outcomes in question
1.	Organizational and cleaning classes. Discussion of order, discipline and subject matter of classes. Discussion of the conditions for passing and the assessment system.	Z01_W01, Z01_W05, Z01_W07, Z01_U06, Z01_U05, Z01_U09, Z01_K01, Z01_K02 , Z01_K08
	Athletics. General development exercises with an emphasis on: strength, speed, jumping, endurance, agility, flexibility and dexterity.	
	Basketball: passes and catches, throw from place and jump, throw from the run, dribble, tactics: defense of each one's own, attack according to the rules, simplified and proper game.	
	Volleyball: receiving and passing the ball with both hands with both hands and with both hands, serve, receiving serve, putting the ball, attacking and playing with a block, tactics: basic positioning on the pitch with your own serve, belaying the block in the middle of defense and own attack, playing proper.	
	Football: receiving the ball in place and on the run, hitting the ball: the inside of the foot, instep, hitting the head, driving the ball, taking the ball away from the opponent, tactics: playing set pieces of the game; Free kick, corner kick, penalty, simplified play.	
	Developing the ability to cooperate in a team	
	Strengthening all muscle groups	
	Work on strength, endurance, speed, agility, jumping and flexibility of the body	
	Improving overall motor performance	
	Consolidation of healthy patterns of behavior, care for one's own body and fitness	
	Basic, at the recreational level, ability to play volleyball and basketball	
	Familiarization with modern forms of movement – fitness, gym.	
VI. METHODS OF ASSESSMENT OF LEARNING OUTCOMES		
Learning outcomes	Verification method	Form of classes in which EUS is verified (Learning outcome)
Knowledge:		
Z01_W01, Z01_W05 Z01_W07	Measurable assessment of fitness progress and physical culture knowledge	exercise
Abilities:		

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Z01_U06, Z01_U05, Z01_U09,	Active participation in activities, Sports achievements	exercise		
Social competences:				
Z01_K01, Z01_K02, Z01_K08	Participation in sports competitions	exercise		
VII. CRITERIA FOR ASSESSING ACHIEVED LEARNING OUTCOMES				
Learning outcomes	Unsatisfactory assessment The student does not know and does not understand/cannot/is not ready:	Grade range 3.0-3.5 The student knows and understands / can / is ready:	Grade range 4.0-4.5 The student knows and understands / can / is ready:	Very good rating The student knows and understands / can / is ready:
For each of the learning outcomes identified for the Knowledge, Skills and Competences module	The student obtains less than 50% max. the number of points for a given effect	The student gets from 50 to 59% max. the number of points for a given effect on a grade of 3 and The student gets from 60 to 69% max. the number of points for a given effect per grade 3.5	The student gets from 70 to 79% max. the number of points for a given effect per grade 4, and The student obtains from 80 to 89% max. the number of points for a given effect per rating 4.5	The student obtains more than 89% max. the number of points for a given effect
VIII. STUDENT'S WORKLOAD – NUMBER OF HOURS AND BALANCE OF ECTS CREDITS				
Type of activity ECTS		Student load		
		Studies Stationary	Part-time studies	
Participation in didactic activities (lectures, exercises, tutorials, project, laboratories, workshops, seminars) – SUM of hours – from point II		60		
Exam/Passing				
Participation in the consultation				
Project / Essay				
Independent preparation for didactic classes				
Preparing to pass a teaching class				
Total student workload (25h = 1 ECTS) TOTAL hours/ECTS		0 ECTS		
Student load in classes in direct contact with the teacher		60		
Student load in practical classes				
Student load in practical vocational preparation classes				
Student load in research preparation classes				
IX. LITERATURE AND OTHER DIDACTIC MATERIALS				
Basic literature:				
[1] J. Bielski, Basic problems of the theory of physical education, Oficyna Wydawnicza Impuls, Kraków 2012				

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[2] Z. Dziubiński, B. Górski B. (oprac.), Physical culture of students in the period of transformation of higher education in Poland, Warsaw, Oficyna Wydawnicza Politechniki Warszawskiej, Warsaw 2000

Supplementary literature:

[1] L. Jaczynowski, Organizational techniques in theory and practice of physical culture, AWF, Warsaw 2005

[2] E. Madejski, Selected issues of contemporary methodology of physical education: a textbook for teachers and students, Oficyna Wydawnicza Impuls, Kraków 2008

[3] Z. Dziubiński, M. Lenartowicz (eds.), Physical culture and mass culture, Józef Piłsudski University of Physical Education: Salesian Sports Organization of the Republic of Poland, Warsaw: 2011

[4] Z. Dziubiński, P. Rymarczyk (eds.), Physical culture and globalization: collective work, Academy of Physical Education: Salesian Sports Organization of the Republic of Poland, Warsaw 2010

[5] J. Kudowicz, P. Rąglewska (eds.), Physical activity as health promotion, University of Education and Therapy, Poznań 2010

Other teaching materials:

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