



DEPARTMENT OF PHYSICAL EDUCATION - LUBLIN UNIVERSITY OF TECHNOLOGY PL LUBLIN03

Physical Education - F01

General Rules:

1. Maximum number of students in a group - 30
2. Number of groups per semester - 2
3. Respect the rules of sports facilities
4. Enrollment: on a 'first come, first served' basis.

FACULTY: DEPARTMENT OF PHYSICAL EDUCATION	CLASS TYPE: Sport classes
NUMBER OF HOURS: 30 h	ECTS: - 1
SEMESTER: Winter/Summer	CLASS LEVEL: -
MINIMAL NUMBER OF STUDENTS: 24 * should the number be smaller, the course may not be opened	

LANGUAGE OF INSTRUCTION: English/Polish

PRELIMINARY REQUIREMENTS: None

CONTENTS:

- Training of selected activities, team games and individual disciplines
- Familiarization with the physical exercises that shapes the correct body postures and organism condition
- Developing a habit of active and healthy lifestyle among adults
- Familiarization students with organizations promoting physical culture: sport associations, clubs, etc.

EFFECTS OF EDUCATION PROCESS:

- Student has the knowledge of the impact of exercise on the human body, ways of sustaining health and fitness, as well as rules of organization of physical activities;
- Student identifies relationships between age, health, physical activity and motor skills of men and women;
- Student masters the mobility skills of team games, individual sports, tourism, as well as qualities that are useful for organizing and participating in sports, sports games and outdoor activities;
- Student is able to apply the acquired motor potential for performing particular technical tasks and tactics in particular sports disciplines, tourism and leisure activities;
- Student adopts a healthy lifestyle and shapes the attitudes that foster physical activity;
- Student promotes the social and cultural significance of sport and physical activity, shapes its own preferences in the field of physical culture;
- Student undertakes the organization of all forms of physical activity, sport competitions in his/her place of residence, workplace or region;
- Student is aware of the importance of spending his/her leisure time actively through implementing various forms of physical activity.

LITERATURE (OPTIONAL): -

TEACHING METHODS:

- Synthetic, analytical, mixed, complex are used for teaching movement tasks
- Performance of activities : creative, proactive, creative

ASSESSMENT METHODS: 80% presence

TEACHER (NAME, EMAIL CONTACT):

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