

Nazwa zajęć/ <i>Course title:</i>	<b>WF II</b>	<b>ECTS</b>	<b>0</b>
Nazwa zajęć w j. angielskim/ <i>Course title in English:</i>	<b>Physical education</b>		
Zajęcia dla kierunku studiów/ <i>Degree program name:</i>	<b>Biotechnologia</b>		

Język kursu/ <i>Course language:</i>		English		Poziom studiów/ <i>Study level:</i>		I	
Typ studiów/ <i>Form of studies:</i>	X intramural .. extramural	Status zajęć/ <i>Course status</i>	X podstawowe/ <i>Basic</i>	X obowiązkowe/ <i>mandatory</i>	Semestr/ <i>Semester:</i>	3	
			kierunkowe/ <i>major</i>	do wyboru/ <i>elective</i>		X semestr zimowy/ <i>winter semester</i>	
						semestr letni/ <i>summer semester</i>	
Rok akademicki/ <i>Academic year:</i>				<b>2022/2023</b>	Numer katalogowy/ <i>Catalogue number:</i>	<b>BBT_BTa-1S-3Z-20</b>	

Koordynator zajęć/ <i>Course coordinator:</i>	Mgr Tomasz Pietrasiński			
Prowadzący zajęcia/ <i>Teachers responsible for the course:</i>	Teachers employed in the Department of Physical Education and Sport			
Założenia, cele i opis zajęć/ <i>Aims, objectives and description of the course:</i>	<p>Preparation of the organism to undertake professional and non-professional tasks The subject is carried out on the basis of the teachers' authorial programs of the University of Life Sciences, based on the guidelines resulting from the goals of physical education and the PE framework program of the study. Students sign up for classes in their chosen sports disciplines (disciplines to choose from: aerobics, gym, team games, volleyball, basketball, football, floorball, table tennis, badminton, swimming, Latin American dances, judo, and rehabilitation classes for students during/after sick leave).</p> <p>Course content:</p> <ul style="list-style-type: none"> <li>• Shaping the attitude of students' conscious and permanent participation in various forms of sports and recreational activity during and after their studies in order to maintain their physical and mental health</li> <li>• Increasing general motor skills. Maintaining the proper condition of the body, familiarizing with the resources of physical exercises that shape the body posture, endurance and strength.</li> <li>• Acquiring knowledge about the human body and its objective development needs, and about shaping the fitness and physical capacity of a person, methods of personal fitness and physical fitness control</li> <li>• Learning and perfecting the elements of technique utilized in selected sports disciplines and mastering them at a recreational level.</li> </ul> <p>Participation in sports competition, mental relaxation, learning to cope with stress, and improving the ability to cooperate in a team.</p>			
Formy dydaktyczne, liczba godzin/ <i>Teaching forms, number of hours:</i>	Field exercises: 30h			
Metody dydaktyczne/ <i>Teaching methods:</i>	Demonstration, explanation, independent attempts to perform a given exercise, correction of errors, mastering the movement and stabilization of the technique, the repetition method, teaching the technique in a play, strict, task-based form, teaching tactics in parts of the game, school game and proper game, competition, the possibility of distance learning where necessary			
Wymagania formalne i założenia wstępne/ <i>Formal requirements and prerequisites</i>	There are no medical contraindications for physical education classes. Theoretical and rehabilitation groups are organized for students unable to exercise.			
Efekty uczenia się/ <i>Learning outcomes:</i>	treść efektu przypisanego do zajęć/ <i>the content of the effect assigned to the course:</i>		Odniesienie do efektu kierunkowego/ <i>/Relation to the course outcomes</i>	Siła dla ef. kier* <i>/Impact on the course outcomes*</i>
Wiedza (absolwent zna i rozumie) <i>/Knowledge:</i> (the graduate knows and understands)	W1	knows the rules of the game and the history of the chosen form of movement.	K_W10	2
	W2	has knowledge related to the impact of physical exercise on health, knows the needs of the body and forms of physical activity in maintaining health, as well as the consequences and risks associated with the lack of physical activity.	K_W10 K_W11	2 2
Umiejętności (absolwent potrafi) <i>/Skills:</i> (the graduate is able to)	U1	uses sports facilities and equipment in a safe way, uses the correct belaying during exercise.	K_U01	2
	U2	performs a proper warm-up, arranges and performs a simple set of exercises.	K_U01	2
			K_U14	2
			K_U20	2
U3	analyzes the level of one's own physical fitness	K_U10 K_U05	2 2	
U4	demonstrates selected technical and tactical elements of individual sports (to choose from: aerobics, judo, table tennis, badminton, volleyball, basketball, football, swimming, gym, Latin American dances), defines the rules and rules of the game in selected forms of movement, referees during games.	K_U03	2	
		K_U14	2	
		K_U18	2	
		K_U20	2	
Kompetencje (absolwent jest gotów do)	K1	is able to interact in a group and assume various roles - creating and supporting the attitudes of others, following the instructions of the trainer, teacher, as well as competition, rivalry and	K_K 02	2

/Competences: (The graduate is ready to)		responsibility		
	K2	correctly interprets and identifies problems while performing tasks and makes the right decisions to solve them.	K_K 06	2
<i>Treści programowe zapewniające uzyskanie efektów uczenia się:</i> <i>/Program contents ensuring the achievement of the learning outcomes:</i>		Shaping a conscious attitude towards physical culture and creating the image of physical activity as an element of human life necessary for the proper functioning of the body. Increasing physical fitness and the body's efficiency.		
<i>Sposób weryfikacji efektów uczenia się/</i> <i>Methods of the verification of the learning outcomes:</i>		test of individual technical and practical skills systematic and active participation in classes possibility of distance learning when necessary		
<i>Szczegóły dotyczące sposobów weryfikacji i form dokumentacji osiągniętych efektów uczenia się</i> <i>/Details on the verification methods and of the ways of documenting the learning outcomes:</i>		A test of skills Participation in classes possibility of distance learning when necessary		
<i>Elementy i wagi mające wpływ na ocenę końcową/Elements and weights influencing the final grade:</i>		Active and conscientious participation in classes - 60% Positive result of technical and fitness tests related directly to the chosen form of activity - 40%		
<i>Miejsce realizacji zajęć/</i> <i>Teaching place:</i>		Sports facilities of the Warsaw University of Life Sciences		
<i>Literatura/Literature:</i> Methodological manuals and rules of sports disciplines provided by teachers in the author's programs				
<i>UWAGI/ANNOTATIONS</i>				

\* ) 3 – zaawansowany i szczegółowy, 2 – znaczący, 1 – podstawowy/ 3 – significant and detailed, 2 – considerable, 1 – basic,

Wskaźniki ilościowe charakteryzujące moduł/przedmiot/*Quantitative summary of the course:*

Szacunkowa sumaryczna liczba godzin pracy studenta (kontaktowych i pracy własnej) niezbędna dla osiągnięcia zakładanych dla zajęć efektów uczenia się - na tej podstawie należy wypełnić pole ECTS <i>/Estimated number of work hours per student (contact and self-study) essential to achieve the presumed learning outcomes - basis for the calculation of ECTS credits:</i>	....h
Łączna liczba punktów ECTS, którą student uzyskuje na zajęciach wymagających bezpośredniego udziału nauczycieli akademickich lub innych osób prowadzących zajęcia/ <i>Total number of ECTS credits accumulated by the student during contact learning:</i>	1,2 ECTS