

## ITEM CARD (SYLLABUS)

### Description of the course

Code course	Course name	<i>PHYSICAL EDUCATION</i>		
<i>IBF/O/I/S/E2.50</i>		<i>WYCHOWANIE FIZYCZNE</i>		
Language	English			
Academic Year	2024/2025			
Direction of study	<i>International Business and Finance</i>			
Level of education (study)	<i>Level I</i>			
Profile of education (study)	<i>General academic</i>			
Form of study	<i>Stationary</i>			
Semester / semesters	<i>I, II</i>			
Belonging to a course groups	<i>E2-General university courses</i>			
Course status	<i>mandatory</i>			
Form of classes, hours, ECTS points	Form of classes	Number of hours	0 ECTS	
	Lecture			
	Exercises	60 [h]		
	Seminar			
Relationship of subject	with profile of education (study)	<i>Related to conducted scientific activity in the field of economics and finance</i>		0 ECTS
	with qualifications	-----		0 ECTS
	with discipline	Economics and finance		0 ECTS
Form of teaching	<i>traditional - classes organized at the University</i>			
The criterion for the selection of students	All students of International Business and Finance			
Unit running course	Physical Education and Sport Studies			
Coordinator	MSc Piotr Bartnik			
Faculty www address	<a href="http://weif.uniwersytetradom.pl">http://weif.uniwersytetradom.pl</a>			
E-mail, phone number of coordinator	<a href="mailto:p.bartnik@uthrad.pl">p.bartnik@uthrad.pl</a> (48) 361-7961			

### COURSE OUTCOMES, METHODS OF TEACHING AND VERIFICATION OF THE EFFECTS OF EDUCATION

Purpose of the course:	The aim of the course is to teaching basic forms of physical activity. To pass on knowledge about the health effects of sports in college and in the future.
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Course teaching content:	1. Diagnosis of physical fitness and physical development 2. Health training 3. Lifetime sports and leisure 4. Safe physical activity and personal hygiene 5. Sports
Method of teaching:	Analytic, synthetic, combined
Grading criteria, criteria for assessing learning outcomes, method of calculating the final grade:	The condition for passing the course is to achieve all the required learning outcomes specified for the subject. Grade point average from the fitness test of prof. Pilicz, attendance and active participation in the classes.

Education effects for the course in relation to the direction effects and form of classes				Verification methods of learning outcomes (form check)	
Number of education effect	Description effects of education for the subject (PEU) Student who has completed the course (W) knows and understands/(U) is able to /(K) is ready to:	Directional learning effect (KEU)	Form of realization of teaching	Examination form	Form check
W1	He knows how to work on his comprehensive, harmonious physical development		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
W2	Has the knowledge to actively participate in physical culture of a recreational, sporting or tourist nature throughout his or her life		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
W3	Knows the methods, means and forms of work on multiplying one's own health and physical fitness		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
U1	Knows how to work on his comprehensive, harmonious physical development		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
U2	Has the skills to participate actively in physical culture of a recreational, sporting or tourist nature throughout his/her life		Sports or other activities organized by Physical Education and Sport	Physical fitness test	Average grade point from the test and attendance at classes

			Studies		
K1	wants to work on his comprehensive, harmonious physical development		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes

**Recommended reading, literature supplement, teaching aids**

1. Ian Jones Research Methods for Sports Studies
2. Jennifer Hargreaves Sport, Culture and Ideology (RLE Sports Studies)
3. Łatyszewski L., Piłka ręczna, koszykówka, piłka siatkowa. Podstawy treningu, zasób ćwiczeń, Wyd. COS, Warszawa 1999.
4. Sozański H., Perkowski K., Śledziwski D. Efektywność systemów szkolenia w różnych dyscyplinach sportu. Warszawa 2000. Augustynek P. Opis zagrożeń i podstawy udzielania pomocy w wodzie płynącej, "Agment" Kraków 2001.

*A detailed list of additional literature, web sources and teaching aids will be provided by a teacher during the first class*

**Student workload needed to achieve the assumed learning outcomes - balance of ECTS points**

Participation in classes, activities	Student's working hours [h]		
	Other hours. Contact (IGK)	Classes without a teacher – student's own work (ZBN)	Classes
Participation in Lectures/ Seminars	X	X	X
Participation in Exercises/Laboratories	X	X	X
Participation in the Consultation	[h]	X	X
Preparing to lectures/ exercises/seminars Preparation for an examination	X	X	X
Participation in sport classes or other forms of classes organised by Physical Education and Sport Studies	X	X	60[h]
Summary of student's workload	[h]/ECTS	[h]/ECTS	60[h]/ 0 ECTS
Points of ECTS for subject	60[h] /0 ECTS		

**Additional information and remarks**

For students with special needs, including those with disabilities and chronic illnesses, the methods and forms of verifying learning outcomes specified above (in the course syllabus) are appropriately adjusted to meet the individual needs of these students.

"The detailed rules and rights of students with special needs, including those with disabilities and chronic illnesses, regarding participation, assessment, and examinations, are specified in the Study Regulations, Study Rules, and Procedures for Ensuring Accessibility of the Educational Process for Students with Special Needs, including those with disabilities and chronic illnesses."