



Faculty of Civil and Environmental Engineering			
Study programme:	<b>Construction and Building Systems Engineering</b>	Degree level:	full-time/part-time programme: <b>Bachelor's degree</b>
Specialization		Diploma path:	
Module name:	<b>Physical education I</b>		
Module type:	<b>obligatory</b>	Semester: <b>I</b>	ECTS <b>0</b> Module ID: <b>CBSE1106</b>
No. of hrs in semester:	L -	C - 30	LC- P- SW- S-
Prerequisites:	Complete with prerequisites or "-"		
Aims and objectives:	Description of the assumed knowledge, skills and social competence the student should have acquired after the completion of the module: Getting students interested in sport. Developing physical fitness; acquiring positive habits for active and healthy lifestyle; learning and perfecting techniques and tactics required for selected sport disciplines. Gym health and safety rules.		
Forms of teaching activities:	classes	Assessment:	Evaluation must be relevant to the intended learning outcomes
		tests	
Module content:	Futsal, volleyball, basketball. How to prepare and warm-up correctly. Developing mobility. Learning and perfecting techniques and tactics required for aforementioned disciplines. Sports rules and laws. Participation in departmental competitions.		
Teaching methods:	Demonstration, observation, visualization		
Learning outcome	Specify min. 4, max. 8 learning outcomes in the following order: knowledge – skills – competence. Each learning outcome must be verifiable		Reference to the programme learning outcomes
LO1	Student is familiar with health and safety rules.		CBSE_K02
LO2	Student is familiar with techniques and tactics required for aforementioned disciplines.		CBSE_K02
LO3	Student has practical abilities to use the techniques in sports, knows how to warm-up correctly.		CBSE_K02
LO4	Student is familiar with techniques to exercise target muscle groups and use gym equipment.		CBSE_K02
LO5	Student knows how to work in a team, participates in departmental competitions.		CBSE_K02
LO6	Student is able to create a simplified training plan.		CBSE_K02, CBSE_K03
No. of learning outcome	Methods of assessing the learning outcome		Type of teaching activities (if more than one) during which the outcome is assessed
LO1	Test. Essay about sport for students unable to participate in class.		C
LO2	Test. Essay about sport for students unable to participate in class.		C
LO3	Test. Essay about sport for students unable to participate in class.		C
LO4	Test. Essay about sport for students unable to participate in class.		C
LO5	Test. Essay about sport for students unable to participate in class.		C
LO6	Test. Essay about sport for students unable to participate in class.		C
Student workload (in hours)	lecture attendance		
	participation in classes, laboratory classes, etc.		15 x 2 30
	preparation for classes, laboratory classes, projects, seminars, etc.		
	working on projects, reports, etc.		
	participation in student-teacher sessions related to the classes/seminar/project		
	implementation of project tasks		
	preparation for and participation in exams/tests		
	TOTAL:		30
Quantitative indicators	Student workload – activities that require direct teacher participation: 30		30 ECTS 0
	Student workload – practical activities: 30		30 0
Basic references:	Barani A., Bambaiechi E., Rahnama N.: Incidence and characteristics of ankle injuries in professional female futsal, basketball, volleyball and handball players. British Journal of Sports Medicine 44(1) 2010, 2. Sands W.A., Wurth J., Hewit J.K.: Basics of strength and conditioning manual. National Strength and Conditioning Association 2012.		
Supplementary references:	1. www.exercise.com, 2. www.fifa.com, 3. www.fiba.com, 4. www.fivb.com, 5. www.futsal.com		
Unit:	Department/Division/etc.	Physical Education an Sport Centre	
Date of issuing the programme:	2017-02-01	Author of the programme: Piotr Klimowicz, PhD	