

Faculty of Civil and Environmental Engineering					
Study programme:	Environmental engineering		Degree level:	full-time/part-time programme: 1st degree, full-time programme	
Specialization			Diploma path:	-	
Module name:	Physical Education I				
Module type:	obligatory	Semester:	1	ECTS	0
				Module ID:	EE1S11059
No. of hrs in semester:	L - C - 30 LC- P- SW- S-				
Prerequisites:	Complete with prerequisites or "-"				
Aims and objectives:	Getting students intested in sport. Developing physical fitness; aquiring 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 teching activities:	classes	Assessment:	Evaluation must be relevant to the intended learning outcomes		
		tests			
Module content:	Futsal, volleyball, basketball, table tennis, aerobic, gym. How to prepare and warm-up correctly. Developing mobility. Learning and perfecting techniques and tactics required for afore mentioned disciplines. Sports' rules and laws. Participation in departamental competitions.				
Teaching methods:					
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	Familiar with health and safety rules.				
LO2	Familiar with techniques and tactics required for afore mentioned disciplines.				
LO3	Has practical abilities to use the techniques in sports, knows how to correctly warm-up				
LO4	Familiar with techniques to exercise target muscle groups and use gym equipment.				
LO5	Knows how to work in a team, participates in departamental competitions.				
LO6	Able to create a simplified training plan.				
LO7					
LO8					
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.				
LO2	Test.				
LO3	Test.				
LO4	Test.				
LO5	Test.				
LO6	Test				
LO7					
LO8					
rload (in hours)	lecture attendance				
	participation in classes, laboratory classes, etc.			15 x 2h	30
	preparation for classes, laboratoratory classes, projects, seminars, etc.				
	working on projects, reports, etc.				
	participation in student-teacher sessions related to the classes/seminar/project				
	implementation of project tasks				

Student workload	preparation for and participation in exams/tests		
		TOTAL:	
Quantitative indicators	Student workload – activities that require direct teacher participation:	30	ECTS
	Student workload – practical activities:		1
Basic references:	1. Delavier .F, Gundill M.: Modelowanie sylwetki metodą Delaviera: ćwiczenia i programy treningu siłowego. PZWL, Warszawa, 2012. 2. Grządziel G.: Piłka siatkowa. Wydawnictwo Akademii Wychowania Fizycznego im. Jerzego Kukuczki, Katowice, 2012. 3. Kuba L., Paruzel-Dyja M.: Fitness: nowoczesne formy gimnastyki: podstawy teoretyczne: podręcznik dla instruktorów, studentów i nauczycieli wychowania fizycznego. Wydawnictwo Akademii Wychowania Fizycznego im. Jerzego Kukuczki, Katowice, 2013. 4. Valdericeda F.: Futsal: taktyka i ćwiczenia taktyczne. MH, Ruda Śląska, 2012. 5. Wróblewski F.: Koszykówka (historia, zasady, trening). Dragon, Bielsko-Biała, 2011.		
Supplementary references:	1. Clemenceau J-P., Delavier F.: Stretching: ilustrowany przewodnik. PZWL, Warszawa, 2012. 2. Delavier F.: Atlas treningu siłowego. PZWL, Warszawa, 2011. 3. Wołyniec J. (red.): Przepisy gier sportowych w zakresie podstawowym. BK, Wrocław, 2006. 4. Wróblewski F.: Siatkówka, Dragon, Bielsko-Biała, 2010.		
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	evaluating the student's reports and preparation for the classes		
LO2	evaluating the student's reports and preparation for the classes, tests on the lecture content		
LO3	evaluating the student's reports, tests on the lecture content		
LO4	evaluating the student's reports, tests on the lecture content		
LO5	evaluating the student's reports and performance in classes		
LO6	discussion of the student's reports, evaluation of the student's performance in the classes		
LO7			
LO8			
Unit:	Centre for Physical Education and Sport		
Date of issuing the programme:	24.02.2020	Author of the programme:	Piotr Klimowicz PhD

L - lecture C - classes

SW - specialization workshop

LC - laboratory classes

S - seminar

P-project