

# COURSE SYLLABUS AND SPECIFICATION

|                                                              |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|
| Curriculum title:<br><b>USKFZ-WF-P-I-S-23/24Z</b>            |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Course title:<br><b>antropologia<br/>(PODSTAWOWE)</b>        |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  | Course code:<br><b>KFZ25PIJ3451_23S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>        |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Mode and cycle of study:<br><b>first-degree, full - time</b> |                                                                                                                                                                                                                                                                                                                     | Profile of study:<br><b>practical</b> |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  | Specialty:                              |                              |
| Course / module status<br><b>obligatory</b>                  |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          | Language of instruction:<br><b>semester: 3 - polish language</b> |                                         |                              |
| Year                                                         | Semester                                                                                                                                                                                                                                                                                                            | Form of instruction                   | No. of hours                                                                                                                                                                                                                                                                                                                                                             |                                                                  | Type of credit                          | ECTS                         |
|                                                              |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          | including e-learning                                             |                                         |                              |
| 2                                                            | 3                                                                                                                                                                                                                                                                                                                   | laboratory                            | 15                                                                                                                                                                                                                                                                                                                                                                       | 0                                                                | pg                                      | 2                            |
|                                                              |                                                                                                                                                                                                                                                                                                                     | lecture                               | 10                                                                                                                                                                                                                                                                                                                                                                       | 0                                                                | pg                                      |                              |
| Total                                                        |                                                                                                                                                                                                                                                                                                                     |                                       | 25                                                                                                                                                                                                                                                                                                                                                                       |                                                                  |                                         | 2                            |
| Course / module coordinator                                  | dr hab. MONIKA CHUDECKA                                                                                                                                                                                                                                                                                             |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Course instructor                                            | dr hab. MONIKA CHUDECKA                                                                                                                                                                                                                                                                                             |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Course / module objectives                                   | Familiarizing the student with anthropology and its use in the work of a physical education teacher and trainer, as well as learning the basics of anthropogenesis, developing the skills of evaluation and proportion to the body in the selection and selection of sports, while maintaining professional ethics. |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Prerequisites                                                | Basic knowledge of human anatomy and biology                                                                                                                                                                                                                                                                        |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| LEARNING OUTCOMES                                            |                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                          |                                                                  |                                         |                              |
| Category                                                     | No.                                                                                                                                                                                                                                                                                                                 | Code                                  | Description                                                                                                                                                                                                                                                                                                                                                              |                                                                  |                                         | Ref. to programme benchmarks |
| knowledge                                                    | 1                                                                                                                                                                                                                                                                                                                   | EP1                                   | Describes the build of man taking into account body types, explains the importance of morphological features as an important determinant in various sports. Describes the state nutrition of the individual. Explains the concept of sexual dimorphism and its meaning in the work of a PE teacher and in sport, knows the concept of asymmetry and its meaning in sport |                                                                  |                                         | K_W01<br>K_W02               |
| skills                                                       | 1                                                                                                                                                                                                                                                                                                                   | EP2                                   | He can use specialized anthropometric equipment, correctly perform specialized body measurements (biometrics), and then calculate and interpret the results in the context of body proportions.                                                                                                                                                                          |                                                                  |                                         | K_U01                        |
|                                                              | 2                                                                                                                                                                                                                                                                                                                   | EP3                                   | Is able to choose body building features desired in a given sport, as well as classify and assess body types. Is able to perform functional and dynamic asymmetry tests and assess morphological asymmetries.                                                                                                                                                            |                                                                  |                                         | K_U01                        |
|                                                              | 3                                                                                                                                                                                                                                                                                                                   | EP4                                   | Is able to assess the nutritional status of an individual by calculating nutritional indicators, measuring the thickness of skin folds and describing the nutritional scale of the individual.                                                                                                                                                                           |                                                                  |                                         | K_U01                        |
|                                                              | 4                                                                                                                                                                                                                                                                                                                   | EP5                                   | He discusses, formulates opinions on topics related to the origin of man and his evolution, takes a position on this matter, knowing various concepts of human origin (he can argue for and against this issue).                                                                                                                                                         |                                                                  |                                         | K_U10                        |
| social competences                                           | 1                                                                                                                                                                                                                                                                                                                   | EP6                                   | The student is ready to follow the rules of professional ethics.                                                                                                                                                                                                                                                                                                         |                                                                  |                                         | K_K04                        |

| CONTENT                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | Semester           | No. of hours           |                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|--------------------|--------------------|------------------------|-------------------------------------------|
|                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        | including e-learning                      |
| Subject title: antropologia                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        |                                           |
| Format of instruction: lecture                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        |                                           |
| 1. Definitions of anthropology and its place among other sciences, in particular physical culture sciences. Anthropology departments.                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 2                      | 0                                         |
| 2. Anthropogenesis-human origin, mechanisms of evolution. Cells of evolution, characteristics. Negative effects of evolution. division of primates. Typical features for primates.                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 2                      | 0                                         |
| 3. Asymmetry and its types, manifestations in sport. Sex dimorphism, its role in PE teacher's work and in sport.                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 2                      | 0                                         |
| 4. Chronobiology and its importance in PE teacher's work and in sport. Characteristics of human biorhythms.                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 1                      | 0                                         |
| 5. Body structure as an important determinant in sport selection and selection. Body structure 5 representatives of various sports.                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 3                      | 0                                         |
| Format of instruction: laboratory                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        |                                           |
| 1. Research methods in anthropology. Anthropometric instruments. Organization of anthropometric research. Lines, planes, around the body.                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 3                      | 0                                         |
| 2. Anthropometric points - practical use. Anthropometric measurements of the head and face, calculation of racial indicators. Anthropometric measurements of the length, width, circumferences and thickness of skin-fat folds.     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 6                      | 0                                         |
| 3. Calculation of somatic and nutritional indicators and their interpretation. Body proportions, morphological features predisposing to practicing selected sport disciplines. The concept of body composition and body components. |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 2                      | 0                                         |
| 4. Somatic typologies theory and practice - enumeration of individual body types, interpretation in the context of suitability for specific sports disciplines, morphological selection in sport                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    | 3                  | 4                      | 0                                         |
| Modes of delivery                                                                                                                                                                                                                   | multimedia presentation, lecture, practical classes - specialized anthropometric and body composition measurements (bioimpedance), calculation of indicators and body types, body according to standards, work in teams.                                                                                                                                                                                                                                     |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                             |                    |                    |                        |                                           |
| Assessment methods                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        | No. of learning outcome from the syllabus |
|                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | KOŁOKWIUM                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                             |                    |                    |                        | EP1,EP2,EP3,EP4,EP5                       |
|                                                                                                                                                                                                                                     | SPRAWDZIAN                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                             |                    |                    |                        | EP2,EP3                                   |
|                                                                                                                                                                                                                                     | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                          |                             |                    |                    |                        | EP1,EP2,EP3,EP4,EP5,EP6                   |
|                                                                                                                                                                                                                                     | Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                                                                                                                                                                                                                                                         |                             |                    |                    |                        |                                           |
| Grading criteria                                                                                                                                                                                                                    | Completion of classes includes: colloquium, practical classes, active participation in classes. Completing lectures based on attendance.<br>Final exam in writing covering issues from exercises and lectures.                                                                                                                                                                                                                                               |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | The final grade is 50% grade from exercises and 50% grade from credit for grade.                                                                                                                                                                                                                                                                                                                                                                             |                             |                    |                    |                        |                                           |
| Final grade calculation method                                                                                                                                                                                                      | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                      | Type of credit     | Grade calc. method | Weight for the average |                                           |
|                                                                                                                                                                                                                                     | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                            | antropologia                |                    | Arytmetyczna       |                        |                                           |
|                                                                                                                                                                                                                                     | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                            | antropologia [wykład]       | zaliczenie z oceną |                    |                        |                                           |
|                                                                                                                                                                                                                                     | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                            | antropologia [laboratorium] | zaliczenie z oceną |                    |                        |                                           |
| Basic reading                                                                                                                                                                                                                       | Drozdowski Z. (1996): Antropologia sportowa, Wydawnictwo Naukowe AWF Poznań, Poznań                                                                                                                                                                                                                                                                                                                                                                          |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | Drozdowski Z. (2002): Antropologia dla nauczycieli wychowania fizycznego, Wydawnictwo Naukowe AWF Poznań, Poznań                                                                                                                                                                                                                                                                                                                                             |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | Drozdowski Z. (1998): Antropometria, Wydawnictwo Naukowe AWF Poznań, Poznań                                                                                                                                                                                                                                                                                                                                                                                  |                             |                    |                    |                        |                                           |
|                                                                                                                                                                                                                                     | Malinowski A. (1999): Wstęp do antropologii i ekologii człowieka, Wydawnictwo Uniwersytetu Łódzkiego, Łódź                                                                                                                                                                                                                                                                                                                                                   |                             |                    |                    |                        |                                           |

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|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Supplementary reading                 | Łaska-Mierzejewska T. (1999): Antropologia w sporcie i wychowaniu fizycznym, Wydawnictwo AWF Warszawa Biblioteka Trenera, Warszawa                                                                                                                                                  |                      |
|                                       | Trubiłko J., Kolano P., Sieńko-Awierianów E., Chudecka M. (2020): Morphological characteristics, assessment of hypermobility and pain threshold of rugby players. Central European Journal of Sport Sciences and Medicine, 2020. 31 (3), 107-113., Wydawnictwo Naukowe US, Szczecin |                      |
| STUDENT WORKLOAD                      |                                                                                                                                                                                                                                                                                     |                      |
|                                       | No. of hours                                                                                                                                                                                                                                                                        |                      |
|                                       |                                                                                                                                                                                                                                                                                     | including e-learning |
| Contact hours                         | 25                                                                                                                                                                                                                                                                                  | 0                    |
| Participation in test / exam          | 2                                                                                                                                                                                                                                                                                   | 0                    |
| Preparation for contact hours         | 6                                                                                                                                                                                                                                                                                   | 0                    |
| Private reading and studying          | 4                                                                                                                                                                                                                                                                                   | 0                    |
| Participation in tutorials            | 6                                                                                                                                                                                                                                                                                   | 0                    |
| Preparation of project / essay / etc. | 0                                                                                                                                                                                                                                                                                   | 0                    |
| Preparation for test / exam           | 7                                                                                                                                                                                                                                                                                   | 0                    |
| TOTAL workload                        | 50                                                                                                                                                                                                                                                                                  |                      |
| ECTS credits                          | 2                                                                                                                                                                                                                                                                                   |                      |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-II-S-23/24Z</b>            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|
| Course title:<br><b>podstawy samoobrony<br/>(KIERUNKOWE)</b>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           |                                                                  | Course code:<br><b>KFZ25PIIJ2982_6S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| Mode and cycle of study:<br><b>second degree, full - time</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Profile of study:<br><b>practical</b> |                                                                                                                                                                                                                           |                                                                  | Specialty:                              |                              |
| Course / module status<br><b>obligatory</b>                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           | Language of instruction:<br><b>semester: 4 - polish language</b> |                                         |                              |
| Year                                                          | Semester                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Form of instruction                   | No. of hours                                                                                                                                                                                                              |                                                                  | Type of credit                          | ECTS                         |
|                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           | including e-learning                                             |                                         |                              |
| 2                                                             | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | ćwiczenia specjalistyczne             | 15                                                                                                                                                                                                                        | 0                                                                | pg                                      | 2                            |
| <b>Total</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       | <b>15</b>                                                                                                                                                                                                                 |                                                                  |                                         | <b>2</b>                     |
| Course / module coordinator                                   | mgr RADOSŁAW SROKA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| Course instructor                                             | mgr RADOSŁAW SROKA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| Course / module objectives                                    | Getting to know specialist terminology in the field of self-defense and the methodology of teaching its individual elements.<br>Preparation for the safe conduct of self-defense classes, with particular emphasis on the correct selection of the scope of material, methods and forms of teaching, and to use the correct instruction. Acquiring the ability to analyze and synthesize individual movement combinations and to develop them creatively.<br>Orienting the student to taking care of safety during classes and taking care of hygiene of voice emission. |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| Prerequisites                                                 | lack                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| LEARNING OUTCOMES                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                           |                                                                  |                                         |                              |
| Category                                                      | No.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Code                                  | Description                                                                                                                                                                                                               |                                                                  |                                         | Ref. to programme benchmarks |
| knowledge                                                     | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP1                                   | The student knows the specialized names of techniques used in various areas of self-defense and knows the methodology of their teaching                                                                                   |                                                                  |                                         | K_W06                        |
| skills                                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP2                                   | The student is able to adapt the verbal message to the perception capabilities of students during self-defense classes                                                                                                    |                                                                  |                                         | K_U02                        |
|                                                               | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP3                                   | The student is able to adapt the methods and forms of teaching elements of self-defense depending on the level of physical fitness and the needs of students                                                              |                                                                  |                                         | K_U05                        |
|                                                               | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP4                                   | The student is able to anticipate and prevent the occurrence of dangerous situations during classes and shape positive habits related to safety in self-defense classes                                                   |                                                                  |                                         | K_U08                        |
|                                                               | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP5                                   | The student is able to teach the basic elements of self-defense by indicating the application of individual techniques, analyzing and synthesizing their movement content and indicating the most common technical errors |                                                                  |                                         | K_U10                        |
|                                                               | 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP6                                   | The student is able to promote the idea of ??caring for their own and other people's safety by organizing self-defense shows                                                                                              |                                                                  |                                         | K_U11                        |
|                                                               | 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | EP7                                   | The student is able to instruct students in accordance with the principles of proper voice emission                                                                                                                       |                                                                  |                                         | K_U15                        |

|                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           |                        |
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| social competences                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | EP8                                             | The student is ready to independently search for information using modern technologies                                                 |                    | K_K01                                     |                        |
|                                                                                                                                                                                                                         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | EP9                                             | The student cares about the safety of himself and other people acting as both lecturer and practitioner                                |                    | K_K03                                     |                        |
|                                                                                                                                                                                                                         | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | EP10                                            | The student is able to adequately assess their level of knowledge and the quality of information received in the field of self-defense |                    | K_K05                                     |                        |
| CONTENT                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | Semester           | No. of hours                              |                        |
|                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           | including e-learning   |
| Subject title: podstawy samoobrony                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           |                        |
| Format of instruction: ćwiczenia specjalistyczne                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           |                        |
| 1. Introduction to the subject of classes. Classification of techniques and methodology for conducting recreational and sports activities in self-defense. Learning the position to fight and move correctly in battle. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 2                                         | 0                      |
| 2. Blows and kicks used in self-defense. Active defense against kicking, punching.                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 4                                         | 0                      |
| 3. Technique and methodology of teaching the elements of combat on the ground floor - defense against a standing opponent and an attacker on the ground floor.                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 4                                         | 0                      |
| 4. Self-defense against movements that restrict movement, defense of a third person. Principles of teaching defense elements in typical threat situations.                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 2                                         | 0                      |
| 5. Introducing elements of motor training during the lesson - circuit with exercises focused on hand-to-hand combat.                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 2                                         | 0                      |
| 6. Demonstration of technical skills.                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        | 4                  | 1                                         | 0                      |
| Modes of delivery                                                                                                                                                                                                       | demonstration, pair exercises, simulation game, group work                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                 |                                                                                                                                        |                    |                                           |                        |
|                                                                                                                                                                                                                         | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.                                                                                                                                         |                                                 |                                                                                                                                        |                    |                                           |                        |
| Assessment methods                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           |                        |
|                                                                                                                                                                                                                         | PROJEKT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |                                                                                                                                        |                    | EP1,EP10,EP6,EP8,EP9                      |                        |
|                                                                                                                                                                                                                         | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                 |                                                                                                                                        |                    | EP2,EP3,EP4,EP5,EP6,EP7,EP9               |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                 |                                                                                                                                        |                    |                                           |                        |
| Grading criteria                                                                                                                                                                                                        | The condition of passing the course is attendance. The assessment is influenced by:<br>1. Assessment of practical credit covering knowledge of self-defense techniques exercised in class - correct performance with the participation of a partner, discussion of performance techniques, indication of use in emergency situations, discussion of the most common errors, teaching methodology and safety principles during individual exercises.<br>2. Group preparation of a self-defense show. The following are assessed: created choreography, music selection, compliance with safety rules. |                                                 |                                                                                                                                        |                    |                                           |                        |
|                                                                                                                                                                                                                         | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                 |                                                                                                                                        |                    |                                           |                        |
|                                                                                                                                                                                                                         | The grade for practical credit covering knowledge of self-defense techniques exercised in class constitutes 70% of the final grade.<br>The rating for preparing a group self-defense show is 30% of the final grade.                                                                                                                                                                                                                                                                                                                                                                                 |                                                 |                                                                                                                                        |                    |                                           |                        |
| Final grade calculation method                                                                                                                                                                                          | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Course                                          |                                                                                                                                        | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                                         | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | podstawy samoobrony                             |                                                                                                                                        |                    | Ważona                                    |                        |
|                                                                                                                                                                                                                         | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | podstawy samoobrony [ćwiczenia specjalistyczne] |                                                                                                                                        | zaliczenie z oceną |                                           | 1,00                   |

|                                       |                                                                                                                                           |                      |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Basic reading                         | Andre E. (2021): 100 sposobów samoobrony od napaści ulicznej, My Wojownicy, Głogów                                                        |                      |
|                                       | Dębczyńska-Wróbel I. (2013): WF (nie tylko) dla chłopców : samoobrona, judo, zapasy, minisumo, Dr Josef Raabe Spółka Wydawnicza, Warszawa |                      |
|                                       | Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen                                                                               |                      |
|                                       | Dougherty M. (2012): Walka wręcz, MAK Verlag , Bremen                                                                                     |                      |
|                                       | Muraszko J., Litewnicki T. (2016): Poradnik samoobrony, rozpisani.pl, Warszawa                                                            |                      |
|                                       | Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa                                    |                      |
| Supplementary reading                 | Kirby G. (1994): Podstawowe techniki łagodnej walki, Budo-Sport, Warszawa                                                                 |                      |
|                                       | McNab Ch. (2017): 501 sposobów samoobrony bez użycia broni : odbicia, chwyt, rzuty, ciosy i kopnięcia, Vesper, Czerwonak                  |                      |
|                                       | Soo-Warr L. (2000): Samoobrona dla kobiet, Oficyna Wydawnicza Delta W-Z, Warszawa                                                         |                      |
| STUDENT WORKLOAD                      |                                                                                                                                           |                      |
|                                       | No. of hours                                                                                                                              |                      |
|                                       |                                                                                                                                           | including e-learning |
| Contact hours                         | 15                                                                                                                                        | 0                    |
| Participation in test / exam          | 2                                                                                                                                         | 0                    |
| Preparation for contact hours         | 6                                                                                                                                         | 0                    |
| Private reading and studying          | 6                                                                                                                                         | 0                    |
| Participation in tutorials            | 6                                                                                                                                         | 0                    |
| Preparation of project / essay / etc. | 5                                                                                                                                         | 0                    |
| Preparation for test / exam           | 10                                                                                                                                        | 0                    |
| TOTAL workload                        | 50                                                                                                                                        |                      |
| ECTS credits                          | 2                                                                                                                                         |                      |

# COURSE SYLLABUS AND SPECIFICATION

|                                                                 |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|----------------------|
| Curriculum title:<br><b>USKFZ-WF-P-II-S-24/25Z</b>              |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Course title:<br><b>kulturystyka i fitness<br/>(KIERUNKOWE)</b> |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | Course code:<br><b>KFZ25PIIJ3451_3S</b> |                              |                      |
| Name of field of study:<br><b>wychowanie fizyczne</b>           |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Mode and cycle of study:<br><b>second degree, full - time</b>   |                                                                                                                                                                                         |                           | Profile of study:<br><b>practical</b>                                                                                                                        |                                                                  | Specialty:                              |                              |                      |
| Course / module status<br><b>obligatory</b>                     |                                                                                                                                                                                         |                           |                                                                                                                                                              | Language of instruction:<br><b>semester: 1 - polish language</b> |                                         |                              |                      |
| Year                                                            | Semester                                                                                                                                                                                | Form of instruction       | No. of hours                                                                                                                                                 |                                                                  | Type of credit                          | ECTS                         |                      |
|                                                                 |                                                                                                                                                                                         |                           |                                                                                                                                                              | including e-learning                                             |                                         |                              |                      |
| 1                                                               | 1                                                                                                                                                                                       | ćwiczenia specjalistyczne | 15                                                                                                                                                           | 0                                                                | pg                                      | 1                            |                      |
| Total                                                           |                                                                                                                                                                                         |                           | 15                                                                                                                                                           |                                                                  |                                         | 1                            |                      |
| Course / module coordinator                                     | dr MICHAŁ TARNOWSKI                                                                                                                                                                     |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Course instructor                                               | dr ADRIANNA BANIO-KRAJNIK                                                                                                                                                               |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Course / module objectives                                      | Acquisition by students of knowledge in the field of bodybuilding and fitness as well as competences in the field of performing, teaching and conducting basic forms of fitness classes |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Prerequisites                                                   | No prerequisites                                                                                                                                                                        |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| LEARNING OUTCOMES                                               |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Category                                                        | No.                                                                                                                                                                                     | Code                      | Description                                                                                                                                                  |                                                                  |                                         | Ref. to programme benchmarks |                      |
| knowledge                                                       | 1                                                                                                                                                                                       | EP1                       | Has an ordered and in-depth knowledge of terminology used in bodybuilding and fitness, and has knowledge of the methodology of fitness training.             |                                                                  |                                         | K_W01<br>K_W02<br>K_W06      |                      |
| skills                                                          | 1                                                                                                                                                                                       | EP2                       | Selects methods, forms and means to perform didactic tasks during fitness classes. Uses the devices necessary for the implementation of the teaching process |                                                                  |                                         | K_U05<br>K_U08<br>K_U10      |                      |
|                                                                 | 2                                                                                                                                                                                       | EP3                       | Has specialized movement skills in the field of modern forms of movement necessary in professional work in the field of physical culture                     |                                                                  |                                         | K_U06<br>K_U10               |                      |
| social competences                                              | 1                                                                                                                                                                                       | EP4                       | They are prepared to take care of their own and people's safety during classes, they can follow the rules of protection and safety applicable in fitness     |                                                                  |                                         | K_K03<br>K_K07               |                      |
| CONTENT                                                         |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | Semester                                | No. of hours                 |                      |
|                                                                 |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              | including e-learning |
| Subject title: <b>kulturystyka i fitness</b>                    |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| Format of instruction: <b>ćwiczenia specjalistyczne</b>         |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  |                                         |                              |                      |
| 1. History and definitions                                      |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 1                            | 0                    |
| 2. Forms of fitness classes and exercise equipment              |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 1                            | 0                    |
| 3. Theoretical basics of fitness training                       |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 2                            | 0                    |
| 4. Outdoor gym                                                  |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 1                            | 0                    |
| 5. Music and choreography in fitness. Steps and cueing.         |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 2                            | 0                    |
| 6. Anatomy of stretching exercises                              |                                                                                                                                                                                         |                           |                                                                                                                                                              |                                                                  | 1                                       | 4                            | 0                    |

|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    |                                           |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|--|--------------------|-------------------------------------------|------------------------|
| 7. Being fit. Facts and myths. Safe of fitness training.                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  | 1                  | 2                                         | 0                      |
| 8. Bodybuilding and fitness competitions                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  | 1                  | 2                                         | 0                      |
| Modes of delivery                                                                                                                                                                                    | Practical classes with the use of didactic methods from the group of reproductive methods, such as imitative-strict and task-strict, and from the group of self-empowering methods such as direct purposefulness of movement and play-classic                                                                                                                                                                                                                |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                                    |  |                    |                                           |                        |
| Assessment methods                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | KOLOKWIMUM                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                    |  |                    | EP1,EP2,EP4                               |                        |
|                                                                                                                                                                                                      | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                          |                                                    |  |                    | EP1,EP2,EP3,EP4                           |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego. |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    |                                           |                        |
| Grading criteria                                                                                                                                                                                     | The condition of passing the classes is attendance and evaluation of the test.                                                                                                                                                                                                                                                                                                                                                                               |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | The final grade is determined on the basis of the grade from the exam and student activity in the classroom. It may be increased in the range of 5-10% for student volunteering activity on the principles set out by the teacher and / or student activity in the class manifested by active involvement, creative own contribution classes and theoretical preparation for classes.                                                                        |                                                    |  |                    |                                           |                        |
| Final grade calculation method                                                                                                                                                                       | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                                             |  | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                            | kulturystyka i fitness                             |  |                    | Ważona                                    |                        |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                            | kulturystyka i fitness [ćwiczenia specjalistyczne] |  | zaliczenie z oceną |                                           | 1,00                   |
| Basic reading                                                                                                                                                                                        | Olex -Mierzejewska D. (2002): Fitness teoretyczne i metodyczne podstawy prowadzenia zajęć, AWF Katowice, Katowice                                                                                                                                                                                                                                                                                                                                            |                                                    |  |                    |                                           |                        |
| Supplementary reading                                                                                                                                                                                | Ambroży T., Kaganek K (2002): Fitness – ćwiczenia siłowe. Podręcznik dla instruktorów rekreacji ruchowej, TKKF, Warszawa                                                                                                                                                                                                                                                                                                                                     |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | Clemenceau J-P., Delavier F., Gundill M. (2017): Stretching. Ilustrowany przewodnik, Wydawnictwo Lekarskie PZWL                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | Delavier F. (2007): Atlas treningu siłowego, Wydawnictwo Lekarskie PZWL                                                                                                                                                                                                                                                                                                                                                                                      |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      | Grodzka-Kubiak E. (2002): Aerobik czy fitness. Podręcznik szkoleniowy, DDK Edition, Poznań                                                                                                                                                                                                                                                                                                                                                                   |                                                    |  |                    |                                           |                        |
| STUDENT WORKLOAD                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                    |  |                    |                                           |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | No. of hours                                       |  |                    |                                           |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | including e-learning                               |  |                    |                                           |                        |
| Contact hours                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15                                                 |  | 0                  |                                           |                        |
| Participation in test / exam                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                  |  | 0                  |                                           |                        |
| Preparation for contact hours                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                  |  | 0                  |                                           |                        |
| Private reading and studying                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                  |  | 0                  |                                           |                        |
| Participation in tutorials                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                  |  | 0                  |                                           |                        |
| Preparation of project / essay / etc.                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 3                                                  |  | 0                  |                                           |                        |
| Preparation for test / exam                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                  |  | 0                  |                                           |                        |
| TOTAL workload                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 25                                                 |  |                    |                                           |                        |
| ECTS credits                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                  |  |                    |                                           |                        |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-I-S-24/25Z</b>             |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
|---------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------|------------------------------|
| Course title:<br><b>zabawy i gry ruchowe<br/>(KIERUNKOWE)</b> |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        |                                                                  | Course code:<br><b>WF25PIJ3014_8S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>         |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| Mode and cycle of study:<br><b>first-degree, full - time</b>  |                                                                                                                                                                                                                                                                                         | Profile of study:<br><b>practical</b> |                                                                                                                                                                                                        |                                                                  | Specialty:                            |                              |
| Course / module status<br><b>obligatory</b>                   |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        | Language of instruction:<br><b>semester: 1 - polish language</b> |                                       |                              |
| Year                                                          | Semester                                                                                                                                                                                                                                                                                | Form of instruction                   | No. of hours                                                                                                                                                                                           |                                                                  | Type of credit                        | ECTS                         |
|                                                               |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        | including e-learning                                             |                                       |                              |
| 1                                                             | 1                                                                                                                                                                                                                                                                                       | ćwiczenia specjalistyczne             | 30                                                                                                                                                                                                     | 0                                                                | pg                                    | 2                            |
| Total                                                         |                                                                                                                                                                                                                                                                                         |                                       | 30                                                                                                                                                                                                     |                                                                  |                                       | 2                            |
| Course / module coordinator                                   | dr MACIEJ ZAWADZKI                                                                                                                                                                                                                                                                      |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| Course instructor                                             | dr MACIEJ ZAWADZKI                                                                                                                                                                                                                                                                      |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| Course / module objectives                                    | To acquaint students with the theory and practice of motor games and plays. Acquiring the skills to independently plan and conduct activities based on games and physical activities for schoolchildren. Acquisition of competences allowing for readiness to work with schoolchildren. |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| Prerequisites                                                 | Brak                                                                                                                                                                                                                                                                                    |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| LEARNING OUTCOMES                                             |                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                        |                                                                  |                                       |                              |
| Category                                                      | No.                                                                                                                                                                                                                                                                                     | Code                                  | Description                                                                                                                                                                                            |                                                                  |                                       | Ref. to programme benchmarks |
| knowledge                                                     | 1                                                                                                                                                                                                                                                                                       | EP1                                   | The student knows the needs resulting from the introduction of games and movement games in various age groups of school                                                                                |                                                                  |                                       | K_W03                        |
| skills                                                        | 1                                                                                                                                                                                                                                                                                       | EP2                                   | The student is able to skillfully use various methods in conducting games and movement activities.                                                                                                     |                                                                  |                                       | K_U01                        |
|                                                               | 2                                                                                                                                                                                                                                                                                       | EP3                                   | He can skillfully plan and implement games and games in various age groups.                                                                                                                            |                                                                  |                                       | K_U03                        |
|                                                               | 3                                                                                                                                                                                                                                                                                       | EP4                                   | Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.                                                                                  |                                                                  |                                       | K_U04                        |
|                                                               | 4                                                                                                                                                                                                                                                                                       | EP5                                   | The student is able to correctly apply the methodology of teaching games and movement games and correctly select them depending on the conditions, purpose, age and abilities of the participant.      |                                                                  |                                       | K_U05                        |
|                                                               | 5                                                                                                                                                                                                                                                                                       | EP6                                   | The student is able to plan and organize various types of games and physical activities in sports and recreational activities at school and outside.                                                   |                                                                  |                                       | K_U08                        |
|                                                               | 6                                                                                                                                                                                                                                                                                       | EP7                                   | The student is able to independently and in a team plan and conduct physical activities using the appropriate methods and organizational forms as well as various and unconventional sports equipment. |                                                                  |                                       | K_U09                        |
|                                                               | 7                                                                                                                                                                                                                                                                                       | EP8                                   | Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.                                                                              |                                                                  |                                       | K_U14                        |

|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           |                        |
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| social competences                                                                                                                                                                                   | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                            | EP9                                              | The student is ready to responsible and reliable work and solve various problems in working with children.                                                     |                    | K_K04                                     |                        |
|                                                                                                                                                                                                      | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                            | EP10                                             | He is ready to take care of the health and safety of his own work and that of people participating in physical activities and tourist and recreational events. |                    | K_K06                                     |                        |
| CONTENT                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | Semester           | No. of hours                              |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           | including e-learning   |
| Subject title: <b>zabawy i gry ruchowe</b>                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           |                        |
| Format of instruction: <b>ćwiczenia specjalistyczne</b>                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           |                        |
| 1. Theoretical and practical introduction to the subject matter.                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 2                                         | 0                      |
| 2. Integration fun and movement games.                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 3. Fun for preschool children.                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 4. Fun and movement games for younger school children.                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 5. Movement games and activities conducted in difficult conditions.                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 6. Outdoor games and activities.                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 7. Conducting movement games, scoring system, organizing sports games.                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| 8. Movement games and activities during themed events and recreational and sports festivals.                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                | 1                  | 4                                         | 0                      |
| Modes of delivery                                                                                                                                                                                    | Pokaz, gry symulacyjne, praca w grupach.                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                  |                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                                  |                                                                                                                                                                |                    |                                           |                        |
| Assessment methods                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | PROJEKT                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                  |                                                                                                                                                                |                    | EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9       |                        |
|                                                                                                                                                                                                      | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                          |                                                  |                                                                                                                                                                |                    | EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9      |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego. |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |                                                                                                                                                                |                    |                                           |                        |
| Grading criteria                                                                                                                                                                                     | The condition for passing the course is attendance at the classes. Any absences must be made up for according to the rules specified by the teacher. Completion of the exercises includes: project and practical classes.                                                                                                                                                                                                                                    |                                                  |                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                  |                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Calculating the grade for the subject: project execution (50% grade) and practical training (50% grade).                                                                                                                                                                                                                                                                                                                                                     |                                                  |                                                                                                                                                                |                    |                                           |                        |
| Final grade calculation method                                                                                                                                                                       | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                                           |                                                                                                                                                                | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                            | zabawy i gry ruchowe                             |                                                                                                                                                                |                    | Ważona                                    |                        |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                            | zabawy i gry ruchowe [ćwiczenia specjalistyczne] |                                                                                                                                                                | zaliczenie z oceną |                                           | 1,00                   |

|                                       |                                                                                                                                   |                      |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Basic reading                         | Bondarowicz M. (2004): Zabawy w grach sportowych., Warszawa, Warszawa                                                             |                      |
|                                       | Bondarowicz M.,Staniszewski T. (2008): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa                               |                      |
|                                       | Flemming I. (1998): Gry i zabawy na wycieczkę szkolną., Kielce                                                                    |                      |
|                                       | Nawara H.,Nawara U. (1999): Gry i zabawy integracyjne., Wrocław                                                                   |                      |
|                                       | Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Starachowice                                           |                      |
|                                       | Węgrzyn E.,Umiastowska D., Pławińska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin |                      |
| Supplementary reading                 |                                                                                                                                   |                      |
| STUDENT WORKLOAD                      |                                                                                                                                   |                      |
|                                       | No. of hours                                                                                                                      |                      |
|                                       |                                                                                                                                   | including e-learning |
| Contact hours                         | 30                                                                                                                                | 0                    |
| Participation in test / exam          | 2                                                                                                                                 | 0                    |
| Preparation for contact hours         | 5                                                                                                                                 | 0                    |
| Private reading and studying          | 3                                                                                                                                 | 0                    |
| Participation in tutorials            | 2                                                                                                                                 | 0                    |
| Preparation of project / essay / etc. | 4                                                                                                                                 | 0                    |
| Preparation for test / exam           | 4                                                                                                                                 | 0                    |
| TOTAL workload                        | 50                                                                                                                                |                      |
| ECTS credits                          | 2                                                                                                                                 |                      |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-II-S-23/24Z</b>                                              |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    |                                          |                              |
|-------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|------------------------------|
| Unit:<br><b>Blok do wyboru A [moduł]</b>                                                        |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    |                                          |                              |
| Course title:<br><b>fundamentals of exercise immunology<br/>(POZOSTAŁE PRZEDMIOTY / MODUŁY)</b> |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    | Course code:<br><b>KFZ25PIIJ3451_11S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>                                           |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    |                                          |                              |
| Mode and cycle of study:<br><b>second degree, full - time</b>                                   |          | Profile of study:<br><b>practical</b>                                                                                                                                                                                                                                         |              |                                                                                                                                    | Specialty:                               |                              |
| Course / module status<br><b>elective</b>                                                       |          |                                                                                                                                                                                                                                                                               |              | Language of instruction:<br><b>semester: 4 - english language polish language</b>                                                  |                                          |                              |
| Year                                                                                            | Semester | Form of instruction                                                                                                                                                                                                                                                           | No. of hours |                                                                                                                                    | Type of credit                           | ECTS                         |
|                                                                                                 |          |                                                                                                                                                                                                                                                                               |              | including e-learning                                                                                                               |                                          |                              |
| 2                                                                                               | 4        | discussion classes                                                                                                                                                                                                                                                            | 15           | 0                                                                                                                                  | pg                                       | 4                            |
|                                                                                                 |          | lecture                                                                                                                                                                                                                                                                       | 15           | 0                                                                                                                                  | pg                                       |                              |
| <b>Total</b>                                                                                    |          |                                                                                                                                                                                                                                                                               | <b>30</b>    |                                                                                                                                    |                                          | <b>4</b>                     |
| Course / module coordinator                                                                     |          | dr hab. ROBERT NOWAK                                                                                                                                                                                                                                                          |              |                                                                                                                                    |                                          |                              |
| Course instructor                                                                               |          | dr hab. ROBERT NOWAK                                                                                                                                                                                                                                                          |              |                                                                                                                                    |                                          |                              |
| Course / module objectives                                                                      |          | <b>Obtaining knowledge of basic immunological concepts.<br/>Becoming familiar with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions.<br/>Gain of teamwork competence.</b> |              |                                                                                                                                    |                                          |                              |
| Prerequisites                                                                                   |          | <b>Basics of human physiology.</b>                                                                                                                                                                                                                                            |              |                                                                                                                                    |                                          |                              |
| LEARNING OUTCOMES                                                                               |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    |                                          |                              |
| Category                                                                                        |          | No.                                                                                                                                                                                                                                                                           | Code         | Description                                                                                                                        |                                          | Ref. to programme benchmarks |
| knowledge                                                                                       |          | 1                                                                                                                                                                                                                                                                             | EP1          | describes the most common post-effort changes at the level of human immunology                                                     |                                          | K_W01                        |
|                                                                                                 |          | 2                                                                                                                                                                                                                                                                             | EP2          | describes the importance of the immune system in maintaining homeostasis                                                           |                                          | K_W01<br>K_W07               |
|                                                                                                 |          | 3                                                                                                                                                                                                                                                                             | EP3          | is able to correctly describe the relationship between immunity and physical activity in a way accessible to various social groups |                                          | K_W07                        |
| skills                                                                                          |          | 1                                                                                                                                                                                                                                                                             | EP4          | demonstrates the skill of correct recognition of immune disorders and post-effort changes based on the obtained test results       |                                          | K_U01                        |
|                                                                                                 |          | 2                                                                                                                                                                                                                                                                             | EP5          | is able to correctly describe the relationship between immunity and physical activity speaking and writing in English              |                                          | K_U14                        |
| social competences                                                                              |          | 1                                                                                                                                                                                                                                                                             | EP6          | is ready to update his knowledge and possesses competences to demonstrate its practical significance                               |                                          | K_K05                        |
|                                                                                                 |          | 2                                                                                                                                                                                                                                                                             | EP7          | is ready to persistently update knowledge from the latest to achieve sport sciences                                                |                                          | K_K01                        |
|                                                                                                 |          | 3                                                                                                                                                                                                                                                                             | EP8          | possesses competences allowing to undertake teamwork as both a leader and a group member                                           |                                          | K_K08                        |
| CONTENT                                                                                         |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    | Semester                                 | No. of hours                 |
|                                                                                                 |          |                                                                                                                                                                                                                                                                               |              |                                                                                                                                    |                                          | including e-learning         |

|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|--|----------------------|-------------------------------------------|------------------------|
| Subject title: <b>fundamentals of exercise immunology</b>                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
| Format of instruction: <b>lecture</b>                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
| 1. <b>Main components and features of the immune response.</b>                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| 2. <b>null</b>                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| 3. <b>Psychoneuroimmunology.</b>                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| Format of instruction: <b>discussion classes</b>                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
| 1. <b>Immunological testing methods.</b>                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| 2. <b>Flow cytometry and ELISA tests.</b>                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| 3. <b>Interpretation of exercise test results used in immunology.</b>                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | 4                    | 5                                         | 0                      |
| Modes of delivery                                                                                                                                                                                    | <b>audiovisual presentation, work in groups, interpretation of basic laboratory test results, discussion, work with text</b>                                                                                                                                                                                                                                                                                                                                 |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                                 |  |                      |                                           |                        |
| Assessment methods                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | <b>PREZENTACJA</b>                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                 |  |                      | <b>EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8</b>    |                        |
|                                                                                                                                                                                                      | <b>ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)</b>                                                                                                                                                                                                                                                                                                                                                                                                  |                                                 |  |                      | <b>EP4,EP6,EP7,EP8</b>                    |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego. |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
| Grading criteria                                                                                                                                                                                     | <b>exercises: presentation (70%), acitvity during calsses (30%)<br/>lecture: passing the test</b>                                                                                                                                                                                                                                                                                                                                                            |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | <b>the final grade is the arithmetic average of the grades for classes and lectures</b>                                                                                                                                                                                                                                                                                                                                                                      |                                                 |  |                      |                                           |                        |
| Final grade calculation method                                                                                                                                                                       | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                                          |  | Type of credit       | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                      | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fundamentals of exercise immunology             |  |                      | Arytmetyczna                              |                        |
|                                                                                                                                                                                                      | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fundamentals of exercise immunology [wykład]    |  | zaliczenie z oceną   |                                           |                        |
|                                                                                                                                                                                                      | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fundamentals of exercise immunology [ćwiczenia] |  | zaliczenie z oceną   |                                           |                        |
| Basic reading                                                                                                                                                                                        | David C. Nieman, Bente K. Pedersen (2019): Nutrition and Exercise Immunology, Taylor&Francis Ltd., London                                                                                                                                                                                                                                                                                                                                                    |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | Michael Gleeson, Nicolette Bishop, Neil Walsh (2013): Exercise Immunology, Taylor&Francis Ltd., London                                                                                                                                                                                                                                                                                                                                                       |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | Peter Lydyard, Alex Whelan, Michael Fanger (2004): BIOS Instant Notes in Immunology, Taylor&Francis Ltd., London                                                                                                                                                                                                                                                                                                                                             |                                                 |  |                      |                                           |                        |
| Supplementary reading                                                                                                                                                                                | Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics, Champaign, IL, USA                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      | Michael Gleeson, British Association of Sport and Exercise Sciences (2006): Immune Function in Sport and Exercise, Churchill Livingstone Elsevier, London                                                                                                                                                                                                                                                                                                    |                                                 |  |                      |                                           |                        |
| <b>STUDENT WORKLOAD</b>                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  |                      |                                           |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | No. of hours                                    |  |                      |                                           |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                 |  | including e-learning |                                           |                        |
| Contact hours                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>30</b>                                       |  | <b>0</b>             |                                           |                        |
| Participation in test / exam                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>2</b>                                        |  | <b>0</b>             |                                           |                        |
| Preparation for contact hours                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>15</b>                                       |  | <b>0</b>             |                                           |                        |

|                                       |            |          |
|---------------------------------------|------------|----------|
| Private reading and studying          | <b>11</b>  | <b>0</b> |
| Participation in tutorials            | <b>12</b>  | <b>0</b> |
| Preparation of project / essay / etc. | <b>15</b>  | <b>0</b> |
| Preparation for test / exam           | <b>15</b>  | <b>0</b> |
| <b>TOTAL workload</b>                 | <b>100</b> |          |
| <b>ECTS credits</b>                   | <b>4</b>   |          |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-I-S-23/24Z</b>            |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        |                              |
|--------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------|------------------------------|
| Course title:<br><b>human physiology<br/>(PODSTAWOWE)</b>    |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  | Course code:<br><b>KFZ25PIJ3451_9S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>        |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        |                              |
| Mode and cycle of study:<br><b>first-degree, full - time</b> |          |                                                                                                                                                                                                                                                                                                             | Profile of study:<br><b>practical</b>                                                                                                                        |                                                                  | Specialty:                             |                              |
| Course / module status<br><b>obligatory</b>                  |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              | Language of instruction:<br><b>semester: 4 - polish language</b> |                                        |                              |
| Year                                                         | Semester | Form of instruction                                                                                                                                                                                                                                                                                         | No. of hours                                                                                                                                                 |                                                                  | Type of credit                         | ECTS                         |
|                                                              |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              | including e-learning                                             |                                        |                              |
| 2                                                            | 4        | laboratory                                                                                                                                                                                                                                                                                                  | 30                                                                                                                                                           | 0                                                                | pg                                     | 4                            |
|                                                              |          | lecture                                                                                                                                                                                                                                                                                                     | 10                                                                                                                                                           | 0                                                                | e                                      |                              |
| Total                                                        |          |                                                                                                                                                                                                                                                                                                             | 40                                                                                                                                                           |                                                                  |                                        | 4                            |
| Course / module coordinator                                  |          | dr JAROSŁAW MURACKI                                                                                                                                                                                                                                                                                         |                                                                                                                                                              |                                                                  |                                        |                              |
| Course instructor                                            |          | prof. dr hab. OLEKSANDR PRYIMAKOV                                                                                                                                                                                                                                                                           |                                                                                                                                                              |                                                                  |                                        |                              |
| Course / module objectives                                   |          | The aim of the course is to equip students with knowledge about the functions of internal organs and systems at rest, physical effort and restitution. In addition, knowledge is provided about the differences between young and old people, as well as between women and men in terms of physical effort. |                                                                                                                                                              |                                                                  |                                        |                              |
| Prerequisites                                                |          | Basic knowledge of human anatomy, biochemistry and biology (at level 5 of the Polish Qualifications Framework)                                                                                                                                                                                              |                                                                                                                                                              |                                                                  |                                        |                              |
| LEARNING OUTCOMES                                            |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        |                              |
| Category                                                     | No.      | Code                                                                                                                                                                                                                                                                                                        | Description                                                                                                                                                  |                                                                  |                                        | Ref. to programme benchmarks |
| knowledge                                                    | 1        | EP1                                                                                                                                                                                                                                                                                                         | the student knows the structure and functioning of the human body at the physiological level during rest, physical effort and physical inactivity            |                                                                  |                                        | K_W01                        |
|                                                              | 2        | EP2                                                                                                                                                                                                                                                                                                         | the student knows the interactions of individual human systems at the physiological level depending on human physical activity                               |                                                                  |                                        | K_W02                        |
| skills                                                       | 1        | EP3                                                                                                                                                                                                                                                                                                         | the student analyzes the course of physiological reactions of the human body based on simple physiological tests performed under the guidance of the teacher |                                                                  |                                        | K_U02<br>K_U10               |
|                                                              | 2        | EP4                                                                                                                                                                                                                                                                                                         | the student performs measurements of basic physiological parameters                                                                                          |                                                                  |                                        | K_U02                        |
|                                                              | 3        | EP5                                                                                                                                                                                                                                                                                                         | the student interprets the results of physiological tests, including in the context of planned physical effort                                               |                                                                  |                                        | K_U15                        |
| social competences                                           | 1        | EP6                                                                                                                                                                                                                                                                                                         | the student is aware of the importance of physiological research in promoting health-promoting behaviors in various social groups                            |                                                                  |                                        | K_K06                        |
|                                                              | 2        | EP7                                                                                                                                                                                                                                                                                                         | the student is actively involved in the assigned tasks and projects                                                                                          |                                                                  |                                        | K_K05                        |
| CONTENT                                                      |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  | Semester                               | No. of hours                 |
|                                                              |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        | including e-learning         |
| Subject title: <b>human physiology</b>                       |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        |                              |
| Format of instruction: <b>lecture</b>                        |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  |                                        |                              |
| 1. Elements of cytophysiology                                |          |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                              |                                                                  | 4                                      | 2 0                          |

|                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                    |                    |                                           |
|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|--------------------|--------------------|-------------------------------------------|
| 2. Physiological basis of functioning of selected human systems, including the influence of physical effort |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 6                  | 0                                         |
| 3. Physiological mechanisms of maintaining homeostasis in the human body                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 2                  | 0                                         |
| Format of instruction: <b>laboratory</b>                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                    |                    |                                           |
| 1. Wstęp do fizjologii                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 1                  | 0                                         |
| 2. The physiology of excitable tissues                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 3                  | 0                                         |
| 3. Neuromuscular physiology                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 4                  | 0                                         |
| 4. The physiology of the nervous system                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 6                  | 0                                         |
| 5. Cardiovascular physiology                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 8                  | 0                                         |
| 6. Respiratory and cardiovascular physiology                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 4                  | 0                                         |
| 7. Exercise physiology                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     | 4                  | 4                  | 0                                         |
| Modes of delivery                                                                                           | Multimedia presentation, Group and individual work, Performing experiments, Discussion                                                                                                                                                                                                                                                                                                                                                                       |                                     |                    |                    |                                           |
|                                                                                                             | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                     |                    |                    |                                           |
| Assessment methods                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                    |                    | No. of learning outcome from the syllabus |
|                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                    |                    |                                           |
|                                                                                                             | EGZAMIN PISEMNY                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                     |                    |                    | EP1,EP2,EP3,EP4,EP5                       |
|                                                                                                             | KOŁOKWIUM                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                     |                    |                    | EP1,EP2,EP3,EP4,EP5                       |
|                                                                                                             | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                         |                                     |                    |                    | EP4,EP5,EP6,EP7                           |
|                                                                                                             | Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                                                                                                                                                                                                                                                         |                                     |                    |                    |                                           |
| Grading criteria                                                                                            | 1. Execution and discussion of experiments as well as a positive grade from the final colloquium covering the topics covered during the classes constitute 50% of the final grade for the course.<br>2. The written exam constitutes 50% of the final grade and covers knowledge of the subject taught in the form of lectures.                                                                                                                              |                                     |                    |                    |                                           |
|                                                                                                             | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                     |                    |                    |                                           |
|                                                                                                             | The conditions set out in points 1 and 2 must be met for the evaluation of min. sufficient.                                                                                                                                                                                                                                                                                                                                                                  |                                     |                    |                    |                                           |
| Final grade calculation method                                                                              | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                              | Type of credit     | Grade calc. method | Weight for the average                    |
|                                                                                                             | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fizjologia człowieka                |                    | Arytmetyczna       |                                           |
|                                                                                                             | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fizjologia człowieka [laboratorium] | zaliczenie z oceną |                    |                                           |
|                                                                                                             | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | fizjologia człowieka [wykład]       | egzamin            |                    |                                           |
| Basic reading                                                                                               | Górski J. (2010): Fizjologia człowieka., PZWL, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                      |                                     |                    |                    |                                           |
|                                                                                                             | Jaskólski A, Jaskólska A (2006): Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka, AWF Wrocław, Wrocław                                                                                                                                                                                                                                                                                                                                 |                                     |                    |                    |                                           |
|                                                                                                             | Konturek S. (1999): Fizjologia człowieka, Elsevier Urban & Partner, Wrocław                                                                                                                                                                                                                                                                                                                                                                                  |                                     |                    |                    |                                           |
|                                                                                                             | Tkaczyk W. (1999): Zarys fizjologii człowieka, PZWL, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                |                                     |                    |                    |                                           |
| Supplementary reading                                                                                       | Górski J. (2011): Fizjologia wysiłku i treningu fizycznego., PZWL, Warszawa                                                                                                                                                                                                                                                                                                                                                                                  |                                     |                    |                    |                                           |
|                                                                                                             | Silbernagl S., Despopoulos A. (2010): Ilustrowana fizjologia człowieka, PZWL, Warszawa                                                                                                                                                                                                                                                                                                                                                                       |                                     |                    |                    |                                           |
|                                                                                                             | Zawadzki M., Szafranec R., Murawska-Ciałowicz E. (2006): Fizjologia człowieka - podręcznik dla studentów wydziałów kosmetologii,, Górnicki Wydawnictwo Medyczne, Wrocław                                                                                                                                                                                                                                                                                     |                                     |                    |                    |                                           |

| STUDENT WORKLOAD                      |              |                      |
|---------------------------------------|--------------|----------------------|
|                                       | No. of hours |                      |
|                                       |              | including e-learning |
| Contact hours                         | 40           | 0                    |
| Participation in test / exam          | 6            | 0                    |
| Preparation for contact hours         | 14           | 0                    |
| Private reading and studying          | 10           | 0                    |
| Participation in tutorials            | 10           | 0                    |
| Preparation of project / essay / etc. | 10           | 0                    |
| Preparation for test / exam           | 10           | 0                    |
| <b>TOTAL workload</b>                 | <b>100</b>   |                      |
| <b>ECTS credits</b>                   | <b>4</b>     |                      |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-II-S-23/24Z</b>                                                        |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------|------------------------------|
| Unit:<br><b>Blok do wyboru C [moduł]</b>                                                                  |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Course title:<br><b>molecular basis of physical activity<br/>(POZOSTAŁE PRZEDMIOTY / MODUŁY)</b>          |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | Course code:<br><b>KFZ25PIIJ3451_13S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>                                                     |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Mode and cycle of study:<br><b>second degree, full - time</b>                                             |                                                                                                                                                                                      | Profile of study:<br><b>practical</b> |                                                                                                                                                     |                                                                                   | Specialty:                               |                              |
| Course / module status<br><b>elective</b>                                                                 |                                                                                                                                                                                      |                                       |                                                                                                                                                     | Language of instruction:<br><b>semester: 4 - english language polish language</b> |                                          |                              |
| Year                                                                                                      | Semester                                                                                                                                                                             | Form of instruction                   | No. of hours                                                                                                                                        |                                                                                   | Type of credit                           | ECTS                         |
|                                                                                                           |                                                                                                                                                                                      |                                       |                                                                                                                                                     | including e-learning                                                              |                                          |                              |
| 2                                                                                                         | 4                                                                                                                                                                                    | discussion classes                    | 15                                                                                                                                                  | 0                                                                                 | pg                                       | 4                            |
|                                                                                                           |                                                                                                                                                                                      | lecture                               | 15                                                                                                                                                  | 0                                                                                 | e                                        |                              |
| Total                                                                                                     |                                                                                                                                                                                      |                                       | 30                                                                                                                                                  |                                                                                   |                                          | 4                            |
| Course / module coordinator                                                                               | dr hab. MAREK SAWCZUK                                                                                                                                                                |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Course instructor                                                                                         | dr n. med. PATRYCJA TOMASIAK                                                                                                                                                         |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Course / module objectives                                                                                | Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity.<br>Acquiring basic laboratory skills.<br>Acquiring readiness for teamwork. |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Prerequisites                                                                                             | Knowledge of the basics of human biology                                                                                                                                             |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| LEARNING OUTCOMES                                                                                         |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Category                                                                                                  | No.                                                                                                                                                                                  | Code                                  | Description                                                                                                                                         |                                                                                   |                                          | Ref. to programme benchmarks |
| knowledge                                                                                                 | 1                                                                                                                                                                                    | EP1                                   | Student knows and understands basic terms of human genetics                                                                                         |                                                                                   |                                          | K_W01<br>K_W07               |
| skills                                                                                                    | 1                                                                                                                                                                                    | EP2                                   | Student can choose and plan to utilize adequate molecular methods                                                                                   |                                                                                   |                                          | K_U01<br>K_U14               |
|                                                                                                           | 2                                                                                                                                                                                    | EP3                                   | Student can serach for, select and analyze data and information within molecular research in sport and interpret the results of some of the studies |                                                                                   |                                          | K_U01<br>K_U14               |
|                                                                                                           | 3                                                                                                                                                                                    | EP4                                   | Student can use research equipment typical for molecular research                                                                                   |                                                                                   |                                          | K_U01                        |
| social competences                                                                                        | 1                                                                                                                                                                                    | EP5                                   | Student is aware of dangers the use of genetics in sport can bring                                                                                  |                                                                                   |                                          | K_K01                        |
| CONTENT                                                                                                   |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | Semester                                 | No. of hours                 |
|                                                                                                           |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Subject title: <b>molecular basis of physical activity</b>                                                |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| Format of instruction: <b>lecture</b>                                                                     |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| 1. Introduction to genetics and molecular biology                                                         |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | 4                                        | 5 0                          |
| 2. Changes in some gene expressions as a response to given effort                                         |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | 4                                        | 5 0                          |
| 3. The review of various marker genes having influence on physiological reactions of the body to 5 effort |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | 4                                        | 5 0                          |
| Format of instruction: <b>discussion classes</b>                                                          |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   |                                          |                              |
| 1. The methodology of selected routine sport diagnostic test.                                             |                                                                                                                                                                                      |                                       |                                                                                                                                                     |                                                                                   | 4                                        | 5 0                          |

|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  |                    |                                           |                        |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--|--------------------|-------------------------------------------|------------------------|
| 2. The methodology of genetic research in sport |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  | 4                  | 5                                         | 0                      |
| 3. The methodology of protein research in sport |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  | 4                  | 5                                         | 0                      |
| Modes of delivery                               | audiovisual equipment-based lectures                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                  |  |                    |                                           |                        |
|                                                 | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                                  |  |                    |                                           |                        |
| Assessment methods                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  |                    | No. of learning outcome from the syllabus |                        |
|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  |                    |                                           |                        |
|                                                 | EGZAMIN PISEMNY                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  |                    | EP1,EP2,EP5                               |                        |
|                                                 | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                          |                                                  |  |                    | EP2,EP3,EP4,EP5                           |                        |
|                                                 | Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                                                                                                                                                                                                                                                         |                                                  |  |                    |                                           |                        |
| Grading criteria                                | Written exam covers lectures material, students take single choice tests.                                                                                                                                                                                                                                                                                                                                                                                    |                                                  |  |                    |                                           |                        |
|                                                 | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                  |  |                    |                                           |                        |
|                                                 | Test results of exam constitute 90% of final grade.                                                                                                                                                                                                                                                                                                                                                                                                          |                                                  |  |                    |                                           |                        |
| Final grade calculation method                  | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                                           |  | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                 | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | molecular basis of physical activity             |  |                    | Ważona                                    |                        |
|                                                 | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | molecular basis of physical activity [wykład]    |  | egzamin            |                                           | 0,90                   |
|                                                 | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | molecular basis of physical activity [ćwiczenia] |  | zaliczenie z oceną |                                           | 0,10                   |
| Basic reading                                   | Juleen R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise , Cold Spring Harbor Laboratory Press                                                                                                                                                                                                                                                                                               |                                                  |  |                    |                                           |                        |
|                                                 | Thomas D. Pollard , William C. Earnshaw , Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology, , Elsevier                                                                                                                                                                                                                                                                                                                                      |                                                  |  |                    |                                           |                        |
| Supplementary reading                           | Christine GoetzChristopher HammerbeckJody Bonnevier (2019): Flow Cytometry Basics for the Non-Expert, Springer Nature, Switzerland AG                                                                                                                                                                                                                                                                                                                        |                                                  |  |                    |                                           |                        |
|                                                 | Lloyd R. Snyder Joseph J. Kirkland John W. Dolan (2009): Introduction to Modern Liquid Chromatography, John Wiley & Sons, Inc.                                                                                                                                                                                                                                                                                                                               |                                                  |  |                    |                                           |                        |
|                                                 | Nessa Carey (2012): The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance, Columbia University Press                                                                                                                                                                                                                                                                                           |                                                  |  |                    |                                           |                        |
|                                                 | Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, Mcgraw-Hill College                                                                                                                                                                                                                                                                                                                                                                |                                                  |  |                    |                                           |                        |
| STUDENT WORKLOAD                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                  |  |                    |                                           |                        |
|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | No. of hours                                     |  |                    |                                           |                        |
|                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | including e-learning                             |  |                    |                                           |                        |
| Contact hours                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 30                                               |  | 0                  |                                           |                        |
| Participation in test / exam                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                |  | 0                  |                                           |                        |
| Preparation for contact hours                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 16                                               |  | 0                  |                                           |                        |
| Private reading and studying                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 16                                               |  | 0                  |                                           |                        |
| Participation in tutorials                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 12                                               |  | 0                  |                                           |                        |
| Preparation of project / essay / etc.           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 0                                                |  | 0                  |                                           |                        |
| Preparation for test / exam                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 24                                               |  | 0                  |                                           |                        |
| TOTAL workload                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 100                                              |  |                    |                                           |                        |
| ECTS credits                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 4                                                |  |                    |                                           |                        |

# COURSE SYLLABUS AND SPECIFICATION

|                                                                     |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|----------------------|
| Curriculum title:<br><b>USKFZ-WF-P-I-S-23/24Z</b>                   |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Course title:<br><b>Multimedia techniques in sport (KIERUNKOWE)</b> |                                                                                                                                         |                                       |                                                                                                     |                                                                  | Course code:<br><b>KFZ25PIJ3451_23S</b> |                              |                      |
| Name of field of study:<br><b>wychowanie fizyczne</b>               |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Mode and cycle of study:<br><b>first-degree, full - time</b>        |                                                                                                                                         | Profile of study:<br><b>practical</b> |                                                                                                     |                                                                  | Specialty:                              |                              |                      |
| Course / module status<br><b>obligatory</b>                         |                                                                                                                                         |                                       |                                                                                                     | Language of instruction:<br><b>semester: 4 - polish language</b> |                                         |                              |                      |
| Year                                                                | Semester                                                                                                                                | Form of instruction                   | No. of hours                                                                                        |                                                                  | Type of credit                          | ECTS                         |                      |
|                                                                     |                                                                                                                                         |                                       |                                                                                                     | including e-learning                                             |                                         |                              |                      |
| 2                                                                   | 4                                                                                                                                       | ćwiczenia specjalistyczne             | 15                                                                                                  | 0                                                                | pg                                      | 1                            |                      |
| Total                                                               |                                                                                                                                         |                                       | 15                                                                                                  |                                                                  |                                         | 1                            |                      |
| Course / module coordinator                                         | dr MIŁOSZ STĘPIŃSKI                                                                                                                     |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Course instructor                                                   | mgr ROBERT TERCZYŃSKI                                                                                                                   |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Course / module objectives                                          | The aim is for the student to acquire knowledge and skills related to the use of multimedia resources in work of a teacher and trainer. |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Prerequisites                                                       | Prerequisites: Basic computer knowledge                                                                                                 |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| LEARNING OUTCOMES                                                   |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Category                                                            | No.                                                                                                                                     | Code                                  | Description                                                                                         |                                                                  |                                         | Ref. to programme benchmarks |                      |
| skills                                                              | 1                                                                                                                                       | EP1                                   | He can create and edit multimedia materials.                                                        |                                                                  |                                         | K_U05                        |                      |
|                                                                     | 2                                                                                                                                       | EP2                                   | He can use the basic computer programs necessary for the work of a teacher and trainer              |                                                                  |                                         | K_U07                        |                      |
|                                                                     | 3                                                                                                                                       | EP3                                   | Is able to prepare and present an e-outline of training activities                                  |                                                                  |                                         | K_U13                        |                      |
| social competences                                                  | 1                                                                                                                                       | EP4                                   | Is capable of self-evaluation and evaluation of other people's work in a creative and inspiring way |                                                                  |                                         | K_K01                        |                      |
|                                                                     | 2                                                                                                                                       | EP5                                   | He is ready to present his opinions in a cultural way in the environment                            |                                                                  |                                         | K_K07                        |                      |
| CONTENT                                                             |                                                                                                                                         |                                       |                                                                                                     |                                                                  | Semester                                | No. of hours                 |                      |
|                                                                     |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              | including e-learning |
| Subject title: <b>Multimedia techniques in sport</b>                |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| Format of instruction: <b>ćwiczenia specjalistyczne</b>             |                                                                                                                                         |                                       |                                                                                                     |                                                                  |                                         |                              |                      |
| 1. Learning to use graphic programs                                 |                                                                                                                                         |                                       |                                                                                                     |                                                                  | 4                                       | 2                            | 0                    |
| 2. Working with a video camera and editing video files              |                                                                                                                                         |                                       |                                                                                                     |                                                                  | 4                                       | 4                            | 0                    |
| 3. Designing e-outlines in MS Word and Power Point                  |                                                                                                                                         |                                       |                                                                                                     |                                                                  | 4                                       | 4                            | 0                    |
| 4. Live observation of training classes                             |                                                                                                                                         |                                       |                                                                                                     |                                                                  | 4                                       | 2                            | 0                    |
| 5. Presentation of e-outlines in MS Power Point.                    |                                                                                                                                         |                                       |                                                                                                     |                                                                  | 4                                       | 3                            | 0                    |

|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                              |                    |                    |                                           |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------|--------------------|-------------------------------------------|
| Modes of delivery                     | Ćwiczenia praktyczne, praca w grupach                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                              |                    |                    |                                           |
|                                       | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course. |                                                              |                    |                    |                                           |
| Assessment methods                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                              |                    |                    | No. of learning outcome from the syllabus |
|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                              |                    |                    |                                           |
|                                       | PREZENTACJA                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                              |                    |                    | EP1,EP2,EP3,EP4,EP5                       |
|                                       | Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                                                                                                                                                                                                                                                         |                                                              |                    |                    |                                           |
| Grading criteria                      | Completion of the course includes: attendance, activity and a positive assessment of the preparation and presentation of a group project.                                                                                                                                                                                                                                                                                                                    |                                                              |                    |                    |                                           |
|                                       | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                              |                    |                    |                                           |
|                                       | Assessment of the preparation and presentation of a group project 100% assessment                                                                                                                                                                                                                                                                                                                                                                            |                                                              |                    |                    |                                           |
| Final grade calculation method        | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Course                                                       | Type of credit     | Grade calc. method | Weight for the average                    |
|                                       | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | techniki multimedialne w sporcie                             |                    | Ważona             |                                           |
|                                       | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                            | techniki multimedialne w sporcie [ćwiczenia specjalistyczne] | zaliczenie z oceną |                    | 1,00                                      |
| Basic reading                         | Jerzy Rzedowski, Agata Rzedowska (2018): Mówca doskonały. Wystąpienia publiczne w praktyce,, OnePress, Warszawa                                                                                                                                                                                                                                                                                                                                              |                                                              |                    |                    |                                           |
|                                       | Praca zbiorowa (2007): Pedagogika medialna, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                         |                                                              |                    |                    |                                           |
|                                       | Zimek R. (2010): PowerPoint 2010 Pl. Ilustrowany przewodnik, Helion, Warszawa                                                                                                                                                                                                                                                                                                                                                                                |                                                              |                    |                    |                                           |
| Supplementary reading                 | Blein B. (2009): Sztuka prezentacji i wystapien publicznych, RM, Warszawa                                                                                                                                                                                                                                                                                                                                                                                    |                                                              |                    |                    |                                           |
|                                       | Pikon K. (2011): ABC Internetu, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                              |                    |                    |                                           |
| STUDENT WORKLOAD                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                              |                    |                    |                                           |
|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | No. of hours                                                 |                    |                    |                                           |
|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | including e-learning                                         |                    |                    |                                           |
| Contact hours                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 15                                                           |                    | 0                  |                                           |
| Participation in test / exam          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 4                                                            |                    | 0                  |                                           |
| Preparation for contact hours         |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 0                                                            |                    | 0                  |                                           |
| Private reading and studying          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                            |                    | 0                  |                                           |
| Participation in tutorials            |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                            |                    | 0                  |                                           |
| Preparation of project / essay / etc. |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 0                                                            |                    | 0                  |                                           |
| Preparation for test / exam           |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2                                                            |                    | 0                  |                                           |
| TOTAL workload                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 25                                                           |                    |                    |                                           |
| ECTS credits                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 1                                                            |                    |                    |                                           |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-I-S-24/25Z</b>             |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------|------------------------------|
| Course title:<br><b>muzyka, rytm, taniec<br/>(KIERUNKOWE)</b> |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               |                                                                  | Course code:<br><b>WF25PIJ2982_7S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>         |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| Mode and cycle of study:<br><b>first-degree, full - time</b>  |                                                                                                                                                                                                                                                                                                                                                                                                              | Profile of study:<br><b>practical</b> |                                                                                                                                                                                                                                               |                                                                  | Specialty:                            |                              |
| Course / module status<br><b>obligatory</b>                   |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               | Language of instruction:<br><b>semester: 1 - polish language</b> |                                       |                              |
| Year                                                          | Semester                                                                                                                                                                                                                                                                                                                                                                                                     | Form of instruction                   | No. of hours                                                                                                                                                                                                                                  |                                                                  | Type of credit                        | ECTS                         |
|                                                               |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               | including e-learning                                             |                                       |                              |
| 1                                                             | 1                                                                                                                                                                                                                                                                                                                                                                                                            | ćwiczenia specjalistyczne             | 30                                                                                                                                                                                                                                            | 0                                                                | pg                                    | 2                            |
| <b>Total</b>                                                  |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       | <b>30</b>                                                                                                                                                                                                                                     |                                                                  |                                       | <b>2</b>                     |
| Course / module coordinator                                   | dr hab. JOANNA KRUK                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| Course instructor                                             | dr hab. JOANNA KRUK                                                                                                                                                                                                                                                                                                                                                                                          |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| Course / module objectives                                    | Acquisition of skills related to the adaptation of methods of assessment and conducting classes with music appropriate for a given group.<br>Familiarizing students with the correct performance technique and methodology of teaching basic dance steps in the field of folk, ballroom, integration and rhythmic dances.<br>Preparation for independent planning and conducting music and movement classes. |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| Prerequisites                                                 | none                                                                                                                                                                                                                                                                                                                                                                                                         |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| LEARNING OUTCOMES                                             |                                                                                                                                                                                                                                                                                                                                                                                                              |                                       |                                                                                                                                                                                                                                               |                                                                  |                                       |                              |
| Category                                                      | No.                                                                                                                                                                                                                                                                                                                                                                                                          | Code                                  | Description                                                                                                                                                                                                                                   |                                                                  |                                       | Ref. to programme benchmarks |
| knowledge                                                     | 1                                                                                                                                                                                                                                                                                                                                                                                                            | EP1                                   | Explains and describes the performance and methods of teaching rhythmic exercises and dance systems using specialized terminology specific to rhythmic exercises and dance.                                                                   |                                                                  |                                       | K_W06                        |
| skills                                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                            | EP2                                   | Is able to plan and conduct classes based on the use of rhythm, music, dance, demonstrates individual rhythmic exercises, in pairs or in groups, which are possible to use in classes with music and in teaching simple dance arrangements.   |                                                                  |                                       | K_U03                        |
|                                                               | 2                                                                                                                                                                                                                                                                                                                                                                                                            | EP4                                   | Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.                                                                                         |                                                                  |                                       | K_U05                        |
|                                                               | 3                                                                                                                                                                                                                                                                                                                                                                                                            | EP5                                   | Demonstrates the ability to supervise, lead, engage in team forms of music classes, demonstrates individual, pairs or group rhythmic exercises, which can be used in music classes and in teaching simple dance routines.                     |                                                                  |                                       | K_U09                        |
|                                                               | 4                                                                                                                                                                                                                                                                                                                                                                                                            | EP7                                   | Is able to plan individually or in a group physical activities with music, taking into account the appropriate selection of methods, techniques and forms appropriate for a given age group, with specific dance skills and physical fitness. |                                                                  |                                       | K_U09                        |

|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------------------------------------------|------------------------|
| social competences                                                                                                                                                                                   | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | EP6                                              | With commitment and responsibility, she works in a group of dancing people, paying attention to the technique and aesthetics of elements performed with music, the correctness of maintaining the figure and the right pace of movement, understanding the problem of group responsibility in a dance team, as well as the importance of the role played by the teacher in the group in classes with children. |                    | K_K04                                     |                        |
| CONTENT                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                | Semester           | No. of hours                              |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           | including e-learning   |
| Subject title: muzyka, rytm, taniec                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| Format of instruction: ćwiczenia specjalistyczne                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| 1. The values of dance in terms of upbringing and pedagogy                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                | 1                  | 2                                         | 0                      |
| 2. Use of rhythmic exercises in classes with children.                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                | 1                  | 1                                         | 0                      |
| 3. Short dance themes performed individually and in pairs. Developing skills to combine movement with music and performance aesthetics.                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                | 1                  | 14                                        | 0                      |
| 4. Theory, teaching methodology, technique of performing selected folk and social dances.                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                | 1                  | 13                                        | 0                      |
| Modes of delivery                                                                                                                                                                                    | Restorative didactic methods: mimicry-close, task-close; independent didactic methods: direct purposeful movement, play-classical.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.                                                                                                                                                                |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| Assessment methods                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | SPRAWDZIAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    | EP1,EP4,EP5,EP6                           |                        |
|                                                                                                                                                                                                      | PROJEKT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    | EP1,EP2,EP4,EP6,EP7                       |                        |
|                                                                                                                                                                                                      | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    | EP1,EP5,EP6                               |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| Grading criteria                                                                                                                                                                                     | The condition for passing the classes is attendance. For the final grade in the subject affect:<br>1. Practical test based on demonstration of knowledge of eight selected systems dances in the field of folk and ballroom dances, danced according to music, from the right technique performance and movement aesthetics (90% of the final grade).<br>2. Student activity during classes manifested by active and creative involvement own ideas during the classes and theoretical preparation for classes (10% of the grade terminal).<br>The mark for each of the nine evaluated elements must be minimum sufficient. |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | The final grade is determined on the basis of the arithmetic average calculated from the grades of practical credits, the grade for student's activity in class and may be increased in 5-10% for the student's voluntary activity on the principles set out by the teacher.                                                                                                                                                                                                                                                                                                                                                |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| Final grade calculation method                                                                                                                                                                       | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Course                                           |                                                                                                                                                                                                                                                                                                                                                                                                                | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | muzyka, rytm, taniec                             |                                                                                                                                                                                                                                                                                                                                                                                                                |                    | Ważona                                    |                        |
|                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | muzyka, rytm, taniec [ćwiczenia specjalistyczne] |                                                                                                                                                                                                                                                                                                                                                                                                                | zaliczenie z oceną |                                           | 1,00                   |
| Basic reading                                                                                                                                                                                        | Jakubowski K. (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Kowalik B., Fredyk A., Barańska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Siedlecka B., Biliński W. (2003): Taniec w edukacji dzieci i młodzieży - podręcznik dla nauczycieli., AWF Wrocław, Wrocław                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
| Supplementary reading                                                                                                                                                                                | Fredyk A., Kowalik B., Barańska-Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Graczykowska B. (2003): Tańce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |
|                                                                                                                                                                                                      | Siedlecka B., Biliński (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji., AWF Wrocław, Wrocław                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                |                    |                                           |                        |

| STUDENT WORKLOAD                      |              |                      |
|---------------------------------------|--------------|----------------------|
|                                       | No. of hours |                      |
|                                       |              | including e-learning |
| Contact hours                         | 30           | 0                    |
| Participation in test / exam          | 2            | 0                    |
| Preparation for contact hours         | 4            | 0                    |
| Private reading and studying          | 3            | 0                    |
| Participation in tutorials            | 3            | 0                    |
| Preparation of project / essay / etc. | 4            | 0                    |
| Preparation for test / exam           | 4            | 0                    |
| <b>TOTAL workload</b>                 | <b>50</b>    |                      |
| <b>ECTS credits</b>                   | <b>2</b>     |                      |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-II-S-24/25Z</b>                    |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
|-----------------------------------------------------------------------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|----------------------|
| Course title:<br><b>turystyka szkolna i ekologia<br/>(KIERUNKOWE)</b> |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  | Course code:<br><b>KFZ25PIIJ3451_5S</b> |                              |                      |
| Name of field of study:<br><b>wychowanie fizyczne</b>                 |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| Mode and cycle of study:<br><b>second degree, full - time</b>         |          |                                                                                                                                                                                                                                                                                                                                                                                                              | Profile of study:<br><b>practical</b>                                                                                                                              |                                                                  | Specialty:                              |                              |                      |
| Course / module status<br><b>obligatory</b>                           |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    | Language of instruction:<br><b>semester: 1 - polish language</b> |                                         |                              |                      |
| Year                                                                  | Semester | Form of instruction                                                                                                                                                                                                                                                                                                                                                                                          | No. of hours                                                                                                                                                       |                                                                  | Type of credit                          | ECTS                         |                      |
|                                                                       |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    | including e-learning                                             |                                         |                              |                      |
| 1                                                                     | 1        | discussion classes                                                                                                                                                                                                                                                                                                                                                                                           | 15                                                                                                                                                                 | 0                                                                | pg                                      | 3                            |                      |
|                                                                       |          | lecture                                                                                                                                                                                                                                                                                                                                                                                                      | 10                                                                                                                                                                 | 0                                                                | pg                                      |                              |                      |
| Total                                                                 |          |                                                                                                                                                                                                                                                                                                                                                                                                              | 25                                                                                                                                                                 |                                                                  |                                         | 3                            |                      |
| Course / module coordinator                                           |          | dr MICHAŁ TARNOWSKI                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| Course instructor                                                     |          | dr MICHAŁ TARNOWSKI                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| Course / module objectives                                            |          | Providing the student with basic knowledge on the development of programs, organization and running of tourist events for school children and youth.<br>Acquisition by the student of skills in the organization of school tourism, including elements of environmental education.<br>Making students ready to educate themselves and their students to protect nature and to educate themselves in tourism. |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| Prerequisites                                                         |          | Hiking clothes and shoes. Compass.                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| LEARNING OUTCOMES                                                     |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  |                                         |                              |                      |
| Category                                                              | No.      | Code                                                                                                                                                                                                                                                                                                                                                                                                         | Description                                                                                                                                                        |                                                                  |                                         | Ref. to programme benchmarks |                      |
| knowledge                                                             | 1        | EP1                                                                                                                                                                                                                                                                                                                                                                                                          | The student knows the methodological and organizational principles of preparing and conducting selected forms of tourism and organizing events                     |                                                                  |                                         | K_W08                        |                      |
|                                                                       | 2        | EP2                                                                                                                                                                                                                                                                                                                                                                                                          | It identifies and qualifies the tourist values (mainly cultural and natural) of Poland and the Szczecin region                                                     |                                                                  |                                         | K_W08                        |                      |
| skills                                                                | 1        | EP3                                                                                                                                                                                                                                                                                                                                                                                                          | Can evaluate the usefulness of given sightseeing values for programming selected forms of school tourism and ecological education                                  |                                                                  |                                         | K_U12                        |                      |
|                                                                       | 2        | EP4                                                                                                                                                                                                                                                                                                                                                                                                          | He can prepare, in the basic scope, selected events of various nature                                                                                              |                                                                  |                                         | K_U05<br>K_U08               |                      |
|                                                                       | 3        | EP5                                                                                                                                                                                                                                                                                                                                                                                                          | The student is able to use basic tourist equipment for selected forms of tourism                                                                                   |                                                                  |                                         | K_U12                        |                      |
| social competences                                                    | 1        | EP7                                                                                                                                                                                                                                                                                                                                                                                                          | It is focused on the need for proper organization of tourist forms and events of various types and taking into account elements of environmental education in them |                                                                  |                                         | K_K08                        |                      |
|                                                                       | 2        | EP8                                                                                                                                                                                                                                                                                                                                                                                                          | Is geared to the need to organize task groups and is ready to cooperate within them to solve problems                                                              |                                                                  |                                         | K_K08<br>K_K09               |                      |
| CONTENT                                                               |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  | Semester                                | No. of hours                 |                      |
|                                                                       |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  |                                         |                              | including e-learning |
| Subject title: <b>turystyka szkolna i ekologia</b>                    |          |                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                    |                                                                  |                                         |                              |                      |

|                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    |                                           |                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|--------------------|-------------------------------------------|------------------------|
| Format of instruction: <b>lecture</b>                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    |                                           |                        |
| 1. Tourism, recreation, sightseeing, tourism geography, ecological education - selected issues.                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 4                                         | 0                      |
| 2. Szczecin - an outline of history (depending on the conditions and possibilities in a given academic year).                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 4                                         | 0                      |
| 3. Conducting tourist events with particular emphasis on trips as the basic form of sightseeing activity and taking into account aspects of nature protection (basic methodological and legal issues). |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 2                                         | 0                      |
| Format of instruction: <b>discussion classes</b>                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    |                                           |                        |
| 1. Selection of values ??for selected types of trips. Preparation of a school coach trip (depending on the conditions and possibilities in a given academic year).                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 2                                         | 0                      |
| 2. Organization of school events of a selected nature - basic methodological and legal issues.                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 2                                         | 0                      |
| 3. Selected sightseeing natural values ??of the region. Preparation and participation.                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          | 1                  | 11                                        | 0                      |
| Modes of delivery                                                                                                                                                                                      | field exercises, movie, the presentation, multimedia program, teamwork                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                          |                    |                                           |                        |
| Assessment methods                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    | No. of learning outcome from the syllabus |                        |
|                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | SPRAWDZIAN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                          |                    | EP1,EP2                                   |                        |
|                                                                                                                                                                                                        | PROJEKT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                          |                    | EP1,EP2,EP3,EP4,EP8                       |                        |
|                                                                                                                                                                                                        | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                          |                    | EP3,EP4,EP5,EP7,EP8                       |                        |
| Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                          |                    |                                           |                        |
| Grading criteria                                                                                                                                                                                       | <b>Credit with grade.</b><br><b>Completion of exercises on the basis of:</b><br><b>1. Control of attendance during exercises; one unexcused absence is allowed. In the case of a greater number of students, the student must make up for the absence from the classes according to the rules specified by the teacher.</b><br><b>2. Credits for all exercises.</b><br><b>3. Continuous assessment (current preparation for classes and activity); it concerns especially field activities.</b><br><b>The knowledge obtained during the lectures is necessary to complete the exercises and implement the project.</b><br><b>4. Assessment of final papers (also requiring knowledge from lectures - test).</b><br><b>The selection of forms, level of advancement and place of field classes is each time adjusted to the group's fitness level and to the organizational possibilities in a given academic year.</b> |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | <b>The final grade is the average of the grades obtained for individual elements in the points listed.</b><br><b>All items listed in point 2-4 must be passed with a satisfactory grade.</b><br><b>The final credit grade may be increased by one grade for the voluntary activity of the student on the terms specified by the teacher.</b><br><b>The final grade may be increased by one grade for attendance at lectures.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                          |                    |                                           |                        |
| Final grade calculation method                                                                                                                                                                         | Sem.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Course                                   | Type of credit     | Grade calc. method                        | Weight for the average |
|                                                                                                                                                                                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | turystyka szkolna i ekologia             |                    | Arytmetyczna                              |                        |
|                                                                                                                                                                                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | turystyka szkolna i ekologia [wykład]    | zaliczenie z oceną |                                           |                        |
|                                                                                                                                                                                                        | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | turystyka szkolna i ekologia [ćwiczenia] | zaliczenie z oceną |                                           |                        |
| Basic reading                                                                                                                                                                                          | Domerecka B. (2008): Jak organizować szkolną turystykę., Municipium SA, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Głabiński Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania tożsamości regionalnej, Forum Turystyki Regionów, Szczecin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Klawender J. (2007): Wybrane zagadnienia z zakresu prowadzenia wycieczek., AWF J. Piłsudskiego, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Kruczek Z. (2003): Krajoznawstwo. Zarys teorii i metodyki., Proksenia, Kraków                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Marciniak L., Piotrowska-Albin E. (2016): Organizacja wycieczek szkolnych oraz wypoczynku dzieci i młodzieży. Nowe zasady, Wolters Kluwer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                          |                    |                                           |                        |
|                                                                                                                                                                                                        | Zaręba D. : Ekoturystyka. Wyzwania i nadzieje, Wydawnictwo Naukowe PWN, Warszawa                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                          |                    |                                           |                        |

|                                       |                                                                                                                                                               |                      |
|---------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| Supplementary reading                 | Lijewski T., Mikułowski B., Wyrzykowski J. (2008): Geografia turystyki Polski, Polskie Wydawnictwo Ekonomiczne, Warszawa                                      |                      |
|                                       | Tarnowski M. (2009): Uwarunkowania aktywności turystycznej młodzieży szczecińskich szkół średnich., Wydawnictwo Naukowe Uniwersytetu Szczecińskiego, Szczecin |                      |
|                                       | Mapa Szczecina i okolic.                                                                                                                                      |                      |
| STUDENT WORKLOAD                      |                                                                                                                                                               |                      |
|                                       | No. of hours                                                                                                                                                  |                      |
|                                       |                                                                                                                                                               | including e-learning |
| Contact hours                         | 25                                                                                                                                                            | 0                    |
| Participation in test / exam          | 2                                                                                                                                                             | 0                    |
| Preparation for contact hours         | 10                                                                                                                                                            | 0                    |
| Private reading and studying          | 10                                                                                                                                                            | 0                    |
| Participation in tutorials            | 12                                                                                                                                                            | 0                    |
| Preparation of project / essay / etc. | 6                                                                                                                                                             | 0                    |
| Preparation for test / exam           | 10                                                                                                                                                            | 0                    |
| TOTAL workload                        | 75                                                                                                                                                            |                      |
| ECTS credits                          | 3                                                                                                                                                             |                      |

# COURSE SYLLABUS AND SPECIFICATION

| Curriculum title:<br><b>USKFZ-WF-P-II-S-24/25Z</b>                     |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
|------------------------------------------------------------------------|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------|------------------------------|
| Course title:<br><b>wychowanie fizyczne specjalne<br/>(KIERUNKOWE)</b> |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                  | Course code:<br><b>KFZ25PIIJ3451_2S</b> |                              |
| Name of field of study:<br><b>wychowanie fizyczne</b>                  |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| Mode and cycle of study:<br><b>second degree, full - time</b>          |          | Profile of study:<br><b>practical</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                       |                                                                  | Specialty:                              |                              |
| Course / module status<br><b>obligatory</b>                            |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       | Language of instruction:<br><b>semester: 1 - polish language</b> |                                         |                              |
| Year                                                                   | Semester | Form of instruction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | No. of hours                                                                                                                                                                                                          |                                                                  | Type of credit                          | ECTS                         |
|                                                                        |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       | including e-learning                                             |                                         |                              |
| 1                                                                      | 1        | discussion classes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 15                                                                                                                                                                                                                    | 0                                                                | pg                                      | 4                            |
|                                                                        |          | lecture                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 15                                                                                                                                                                                                                    | 0                                                                | e                                       |                              |
| <b>Total</b>                                                           |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>30</b>                                                                                                                                                                                                             |                                                                  |                                         | <b>4</b>                     |
| Course / module coordinator                                            |          | dr hab. JOANNA KRUK                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| Course instructor                                                      |          | dr hab. JOANNA KRUK , mgr RADOSŁAW SROKA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| Course / module objectives                                             |          | Familiarizing students with problems occurring while working with people with various types of disabilities and with issues related to the social maladjustment of children and adolescents.<br>Acquisition of skills and competences related to taking up responsible work with disabled people using appropriate methods, means, forms and principles.<br>Preparation for the design and implementation of safe sports activities for children with reduced fitness.<br>Acquiring the skills of proper communication and cooperation during individual and group classes in special and integrated schools. |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| Prerequisites                                                          |          | lack                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| LEARNING OUTCOMES                                                      |          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                       |                                                                  |                                         |                              |
| Category                                                               | No.      | Code                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Description                                                                                                                                                                                                           |                                                                  |                                         | Ref. to programme benchmarks |
| knowledge                                                              | 1        | EP1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Knows and understands teaching methods adapted to work in the field of physical culture with people with various disorders, dysfunctions and diseases.                                                                |                                                                  |                                         | K_W05                        |
|                                                                        | 2        | EP2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | The student knows the types and mechanisms of developing difficult behaviors in people with various disabilities and defines the importance of physical effort in the process of extinguishing undesirable behaviors. |                                                                  |                                         | K_W04                        |
|                                                                        | 3        | EP3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | He knows the basic terminology related to social rehabilitation, revalidation in connection with basic diseases and dysfunctions that affect the physical and mental health of a person.                              |                                                                  |                                         | K_W06                        |
|                                                                        | 4        | EP4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | He knows the specifics of individual sports for people with various disabilities.                                                                                                                                     |                                                                  |                                         | K_W09                        |

|                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 |                                           |
|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| skills                                                                                                                  | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP5  | He discusses the revalidation possibilities of children and young people with various disabilities during sports activities.                                                    | K_U02                                     |
|                                                                                                                         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP6  | Is able to undertake a discussion on topics related to social maladjustment, revalidation of children and adolescents with various disabilities, using specialized terminology. | K_U03                                     |
|                                                                                                                         | 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP7  | Is able to plan and organize sports activities so that they have both a rehabilitating, educational and rehabilitative effect.                                                  | K_U04                                     |
|                                                                                                                         | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP8  | Is able to create and adapt to the diverse needs of a child with disabilities methods of work during sports and recreational activities.                                        | K_U11                                     |
| social competences                                                                                                      | 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP9  | It is prepared to take care of the safety of children requiring special care.                                                                                                   | K_K03                                     |
|                                                                                                                         | 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | EP10 | Is willing to follow ethical principles that are of particular importance in working with people with special needs.                                                            | K_K04                                     |
| CONTENT                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | Semester                                                                                                                                                                        | No. of hours                              |
|                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 | including e-learning                      |
| Subject title: <b>wychowanie fizyczne specjalne</b>                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 |                                           |
| Format of instruction: <b>lecture</b>                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 |                                           |
| 1. <b>Basic concepts and issues related to special physical education.</b>                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 4 0                                       |
| 2. <b>Resocialization of children and youth using physical education, sport and tourism.</b>                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 2 0                                       |
| 3. <b>Teaching methods, work organization used in physical education lessons with children of various disabilities.</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 7 0                                       |
| 4. <b>Objectives, tasks and organization of the Paralympic Games and Special Olympics.</b>                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 2 0                                       |
| Format of instruction: <b>discussion classes</b>                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 |                                           |
| 1. <b>Etiology, types, stages, typology of symptoms of social maladjustment.</b>                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 5 0                                       |
| 2. <b>Selected issues of oligophrenopedagogy.</b>                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 4 0                                       |
| 3. <b>Selected issues concerning typhlo- and surdopedagogy.</b>                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      | 1                                                                                                                                                                               | 6 0                                       |
| Modes of delivery                                                                                                       | <b>Classes: individual work, group work, outline preparation, discussion. Lectures: multimedia presentation.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |      |                                                                                                                                                                                 |                                           |
|                                                                                                                         | The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.                                                                                                                                                                            |      |                                                                                                                                                                                 |                                           |
| Assessment methods                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 | No. of learning outcome from the syllabus |
|                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 |                                           |
|                                                                                                                         | EGZAMIN PISEMNY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |      |                                                                                                                                                                                 | EP1,EP2,EP3,EP4,EP7,EP8,EP9               |
|                                                                                                                         | KOŁOKWIUM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |      |                                                                                                                                                                                 | EP1,EP10,EP3,EP4,EP8,EP9                  |
|                                                                                                                         | ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |      |                                                                                                                                                                                 | EP3,EP4,EP5,EP6,EP7                       |
| Grading criteria                                                                                                        | Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.                                                                                                                                                                                                                                                                                                                                                                                                                                    |      |                                                                                                                                                                                 |                                           |
|                                                                                                                         | The condition for passing the classes is attendance. The final grade in the subject is influenced by:<br>1. Positive assessment of exercises 10% of the final grade (credit for the colloquium on the thematic scope of exercises with open-ended questions, positive assessment for the outline, positive partial grades for active participation in classes)<br>2. Positive assessment of the written exam covering the scope of knowledge from exercises and lectures in the form of a longer written statement (90% of the grade in the subject)<br><b>All listed elements must be included in the minimum satisfactory rating.</b> |      |                                                                                                                                                                                 |                                           |
|                                                                                                                         | Grade calculation principles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |      |                                                                                                                                                                                 |                                           |

The final grade of the subject is a weighted average of the grade from the exercises and the exam and may be increased in the range of 10-20% for the student's voluntary activity according to the rules specified by the teacher.

|                                | Sem.                                                                                                                                                       | Course                                    | Type of credit     | Grade calc. method | Weight for the average |
|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|--------------------|--------------------|------------------------|
| Final grade calculation method | 1                                                                                                                                                          | wychowanie fizyczne specjalne             |                    | Ważona             |                        |
|                                | 1                                                                                                                                                          | wychowanie fizyczne specjalne [wykład]    | egzamin            |                    | 0,90                   |
|                                | 1                                                                                                                                                          | wychowanie fizyczne specjalne [ćwiczenia] | zaliczenie z oceną |                    | 0,10                   |
|                                |                                                                                                                                                            |                                           |                    |                    |                        |
| Basic reading                  | Brzeziński W. (1998): Wychowanie fizyczne specjalne cz. I Resocjalizacja dzieci i młodzieży niedostosowanej społecznie., Uniwersytet Szczeciński, Szczecin |                                           |                    |                    |                        |
|                                | Gawlik K., Zwierzchowska A. (2004): Wychowanie fizyczne dzieci i młodzieży z niepełnosprawnością intelektualną., AWF Katowice, Katowice                    |                                           |                    |                    |                        |
|                                | Kowalik S. (2009): Kultura fizyczna osób z niepełnosprawnością., Gdańskie Wydawnictwo Psychologiczne, Gdańsk                                               |                                           |                    |                    |                        |
| Supplementary reading          | Bogdanowicz M., Kisiel B. (2003): Weronika Sherborne Ruch rozwijający dla dzieci., Wydawnictwo Naukowe PWN, Warszawa                                       |                                           |                    |                    |                        |
|                                | Koper M., Nadolska A., Wieczorek J. (red.) (2015): Stymulowanie rozwoju osób niepełnosprawnych poprzez dostosowaną aktywność ruchową., AWF Poznań, Poznań  |                                           |                    |                    |                        |
|                                | Marchewka A. (2001): Wychowanie fizyczne specjalne., AWF Kraków, Kraków                                                                                    |                                           |                    |                    |                        |

#### STUDENT WORKLOAD

|                                       | No. of hours |                      |
|---------------------------------------|--------------|----------------------|
|                                       |              | including e-learning |
| Contact hours                         | 30           | 0                    |
| Participation in test / exam          | 2            | 0                    |
| Preparation for contact hours         | 19           | 0                    |
| Private reading and studying          | 15           | 0                    |
| Participation in tutorials            | 14           | 0                    |
| Preparation of project / essay / etc. | 10           | 0                    |
| Preparation for test / exam           | 10           | 0                    |
| <b>TOTAL workload</b>                 | <b>100</b>   |                      |
| <b>ECTS credits</b>                   | <b>4</b>     |                      |