

Field of study		Chemical Engineering							
Mode of study		stationary	Level	first cycle					
Graduate's qualification		inżynier							
Area(s) of study		nauki techniczne							
Educational profile		general academic							
Module									
Course unit		Physical Education I							
Code		ChEn_1A_S_A01a							
Field of specialisation									
Administering faculty		Studium Wychowania Fizycznego i Sportu							
ECTS		0,0	ECTS (forms)	0,0					
Form of course credit		credits	Language	english					
Electives			Elective group						
Form of instruction		Code	Semester	Hours	ECTS			Weight	Credit
lecturing course		A	1	15	0,0			1,00	credits
Leading teacher		Jaremko Aneta (Aneta.Jaremko@zut.edu.pl)							
Other teachers		Olszewska Tamara (Tamara.Olszewska@zut.edu.pl)							
Prerequisites									
W-1		no health contraindications for physical exercise							
W-2		students completely relieved from performing physical exercises							
Module/course unit objectives									
C-1		C1 - teaching technical elements of the chosen sport. C2 - awakening care for one's own health through the use of exercises as a preventive agent for diseases of the motor, respiratory, blood, nervous and other systems. Mobilization for pro-health attitudes. C3 - raising the value of motor features; strength, speed, endurance, agility, agility, power. C4 - education of the habit of using movement exercises for recreational purposes. Communicating information on physical culture, organization of sporting events, tourist and basic sports disciplines. C5 - opposition to social pathologies/alcoholism, drug abuse, nicotine/through the proposal to participate in broadly understood physical activity.							
C-2		To awaken care for one's own health through the use of exercises as a preventive agent for disorders of the systems; motor, respiratory, blood, nervous and other. Mobilization for pro-health attitudes. To acquaint students with the history of physical culture and sport, the regulations of selected sports disciplines and the transfer of knowledge about the organization of sports, recreational and tourist events.							
Course content divided into various forms of instruction							Number of hours		
T-A-1		1. The content of the classes depends on the type of sport discipline and is consistent with the curricula. The student chooses one of the available sports. 2. Lectures for students with semestral and year-round medical exemptions: - health effects of physical activity; - physical activity and addiction; - place of physical activity among factors conditioning health; - the influence of physical exercises on the physiological state of the body/heart rate, pressure, breath, posture defects, resistance; - body weight control; - history of the Olympic Games; - physical movement as a form of fighting stress.					15		
Student workload - forms of activity							Number of hours		
A-A-1		1. Group exercises, sports training, participation in tourist events and sports camps. 2. Participation in classes for students with semestral and all-year sick leave.					15		
Teaching methods / tools									
M-1		teaching method for movement tasks; synthetic, analytical, mixed and comprehensive; practical method: presentation; delivery methodL lecture, description, talk, explanation; activating method; didactic discussion, task-oriented, direct purposefulness of the movement; reconstructive method; task-oriented; peripheral-station method; training method;							
M-2		conversational lecture, multimedia presentation							
Evaluation methods (F - progressive, P - final)									

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Evaluation methods (F - progressive, P - final)								
S-1	F	student's assessment based on his/her progress, involvement and activity in classes, as well as movement skills in the field of selected sports disciplines/ written test, test.						
S-2	F	colloquium, test on knowledge of physical culture						
Designed learning outcomes		Reference to the learning outcomes designed for the fields of study	Reference to the learning outcomes defined for the particular areas of education	Reference to learning outcomes leading to the degree of "inżynier"	Course objectives	Course content	Teaching methods	Evaluation methods
Knowledge								
Skills								
ChEn_1A_A01_U01 Has physical skills in the field of selected forms of physical activity - can correctly perform technical elements for selected sports		ChEn_1A_U05	P6S_UU		C-1 C-2	T-A-1	M-1 M-2	S-1 S-2
Other social / personal competences								
ChEn_1A_A01_K01 Has the ability to integrate into a healthy lifestyle. He knows the relationship between physical activity and health. He can choose physical activity for health, age, sex and promote it.		ChEn_1A_K01 ChEn_1A_K03 ChEn_1A_K04 ChEn_1A_K05	P6S_KK P6S_KO P6S_KR		C-1 C-2	T-A-1	M-1 M-2	S-1 S-2
ChEn_1A_A01_K02 Acquired skills in movement, technical and tactical can apply in individual sports, tourism and recreation. He can work and interact in a group according to the principle of "fair play" on the pitch and in everyday life.		ChEn_1A_K01 ChEn_1A_K03 ChEn_1A_K04 ChEn_1A_K05	P6S_KK P6S_KO P6S_KR		C-1 C-2	T-A-1	M-1 M-2	S-1 S-2
ChEn_1A_A01_K03 With knowledge in the field of physical culture, sport history, sports disciplines, he can organize and co-organize sports and recreation and tourism events. He is an active participant in sports life at the university and in his environment. He promotes the social and cultural importance of sport. He cultivates his own tastes in the field of culture physical.		ChEn_1A_K01 ChEn_1A_K03 ChEn_1A_K04 ChEn_1A_K05	P6S_KK P6S_KO P6S_KR		C-1 C-2	T-A-1	M-1 M-2	S-1 S-2
Required reading								
1. Denise Locsin, Strategic Health Solutions, Motivational Press, Incorporated, 2011								