

Code of subject	M_WE_SEM2 WF2
Field of study	Veterinary medicine
Name of the training module including the Polish name	Physical Education 2 Wychowanie fizyczne 2
Language of instruction	English
Type of the training module	Mandatory
Level of the training module	Long-cycle master's degree studies
Form of studies	Full-time
Location in the programme (year)	I
Location in the programme (semester)	II
Number of ECTS credits with a division into contact/noncontact	0/0
Name and surname of the person in charge	Mgr Piotr Lorencowicz
Unit offering the subject	Center for Physical Culture and Sports
Aim of the module	The aim of the module is to familiarize students with the methods, means and organizational forms used in physical education classes in order to shape fitness and physical capacity as well as health-promoting habits
Learning outcomes	<p>Knowledge:</p> <p>K1. Student has basic knowledge about the health-promoting importance of physical activity. He knows the basic general development, strengthening and shaping exercises as well as the elements of techniques and rules in team games.</p> <p>Skills:</p> <p>S1. Can interpret the results of physical fitness and endurance tests and formulate appropriate conclusions based on them</p> <p>Social competences:</p> <p>C1 Can work in a group taking different roles in it, respecting his own and others' safety and is able to convince others to creative solutions</p>
Preliminary and additional requirements	<ul style="list-style-type: none"> <li>- good health and no medical contraindications to exercise activities;</li> <li>- sports outfit that allows you to exercise freely;</li> </ul>

<p>Contents of the training module – a compact description</p>	<p>Improving the elements of technique, tactics in the form of strict and small games:</p> <ul style="list-style-type: none"> <li>☑ basketball - passing and grabs, dribbles, throw and double-strokes, zone defense and each others</li> <li>☑ volleyball - top and bottom bounces, bottom and tennis play, recording, exhibition, basic attack</li> </ul> <p>Exercises to strengthen individual muscle groups in the gym, principles of their implementation and exercise methods</p> <p>Exercises with music, shaping motor coordination, sense of rhythm, strengthening and stretching the body's core muscles, the use of various accessories in fitness classes</p> <p>Exercises that shape the body's capacity, the use of aerobic equipment (stationary bikes, treadmills, rowing ergometers) - methods of shaping the condition through aerobic and anaerobic exercises</p>
<p>Recommended and obligatory reading list</p>	<p>1-Volleyball: Steps to Success by Becky Schmidt Paperback – Illustrated, September 29, 2015</p> <p>2-Strength Training for Basketball by Javair Gillett Human Kinetics, 2019</p> <p>3-Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster Paperback – Illustrated, December 22, 2009 by Robert Dos Remedios</p>
<p>The intended forms/activities/ teaching methods</p>	<p>Exercises with the use of activating methods, taking place in the room:</p> <ul style="list-style-type: none"> <li>- practical classes in the form of individual and team exercises</li> <li>- talks promoting physical activity and the principles of a healthy lifestyle</li> </ul>
<p>Methods of verification and documentation forms of the achieved learning outcomes</p>	<p>K – discussion, answers to question during the classes</p> <p>S - practical skills test, final assessment on the basis of a practical test, active participation in classes</p> <p>C - observation, participation in discussions, active participation in classes</p>
<p>Balance of ECTS credits</p>	<p>0/0</p>
<p>Number of contact hours</p>	<p>Participation in exercises 30 hours, participation in consultations 2 hours</p>
<p>Relationship between subject learning outcomes and veterinary studies learning outcomes</p>	<p>K –W-OTHER</p> <p>S –U-OTHER</p> <p>C- K9+</p>
<p>Impact of selected compounds to final grade</p>	<p>Final grade 100% of the practical exam.</p>