



FACULTY OF PHYSICAL EDUCATION - LUBLIN UNIVERSITY OF TECHNOLOGY PL LUBLIN03



Physical Education - F01

FACULTY: DEPARTMENT OF PHYSICAL EDUCATION	CLASS TYPE: Sport classes
NUMBER OF HOURS: 20 h	ECTS: - 1
SEMESTER: <u>Winter/Summer</u>	CLASS LEVEL: -
MINIMAL NUMBER OF STUDENTS: 15* should the number be smaller, the course may not be opened	

LANGUAGE OF INSTRUCTION: English/Polish

PRELIMINARY REQUIREMENTS: None

CONTENTS:

- Training of selected activities, team games and individual disciplines,
- Familiarization with the physical exercises that shapes the correct body postures and organism condition,
- Developing a habit of active and healthy lifestyle among adults,
- Familiarization students with organizations promoting physical culture: sport associations, clubs, etc.

EFFECTS OF EDUCATION PROCESS:

- Students has the knowledge of the impact of exercise on the human body, ways of sustaining health and fitness, as well as rules of organization of physical activities,

- Student identifies relationships between age, health, physical activity and motor skills of men and women,
- Student masters the mobility skills of team games, individual sports, as well as qualities that are useful for organizing and participating in sports, sports games and outdoor activities,
- Student is able to apply the acquired motor potential for performing particular technical tasks and tactics in particular sports disciplines, tourism and leisure activities,
- Student adopts a healthy lifestyle and shapes the attitudes that foster physical activity,
- Student promotes the social and cultural significance of sport and physical activity, shapes its own preferences in the field of physical culture,
- Student undertakes the organization of all forms of physical activity, sport competitions in his/her place of residence, workplace or region,
- Student is aware of the importance of spending his/her leisure time actively through implementing various forms of physical activity.

LITERATURE (OPTIONAL): -

TEACHING METHODS:

- Synthetic, analytical, mixed, complex are used for teaching movement tasks,
- Performance of activities: creative, proactive.

ASSESSMENT METHODS: 100% presence

TEACHER (NAME, EMAIL CONTACT):

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