

Subject: Theory of Physical Education

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of: Theory and Methodology of Physical Education Chairman: dr Zuzanna Mazur
Course name	Theory of Physical Education
Subject code	PE1-14
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	bachelor
Study year	First
Semester	Second
ECTS points	5
Professor	Sylwia Nowacka-Dobosz
Studies program in which the subject is realized	2024/27
Method of realization (stationary/ distance learning)	stationary
Prerequisites	none

DETAILED INFORMATION

Course aims and objectives

A1 Justification of the place of physical culture in general culture and physical education in education
A2 To create the basis for systematising knowledge about the subject of physical education, allowing the understanding of the legitimacy of actions in this area.
A3 Presentation and explanation of theories and laws describing the mechanisms of physical action on the body and social measures on personality in the process of education and physical education
A4 Modern postulates in physical education and humanistic values in shaping the student's personality.

Main topics

No	Topic
Lectures/classes	
1-2	Theory and its status in the sciences of physical education.
3-6	Traditional and modern aspects of the ideas of physical education. Part I Traditional and modern aspects of the ideas of physical education. Part II
7-10	Ontological, axiological and teleological basis of physical education in Poland. Parts I and II
11-12	Praxeological foundations of physical education.
13-14	Features of modernity in the physical education process.
15-18	Pedeutological aspects of the physical education process. Methods of the implementation of motoric tasks
19-22	Axiological orientation in spheres related to man's somatic traits. The functions of physical activity in ontogenesis
23-24	Relationship between medicine, health pedagogy and physical education.
25-28	Growth, physical fitness, motoric development and motor learning and control in the population youth of Poland. Growth and physical fitness of Polish youth 1979-2009
29-30.	Play during the educational process Exam

CONDITIONS FOR PASSING CLASSES:

Attendance at classes
Students' preparations for two presentations
Independent work in class
homeworks
Exam

1 ECTS point =5..... hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	10



3. Self-study as preparation to the written exam	20
4. Self-study as reading text prepared by the teacher	40
Total = 100 hours- ECTS points5.....	

Author of the class card:	Name, surname and email
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