

***Lectures and classes in English as teaching language
or with English support
PHYSICAL EDUCATION (Warsaw)***

- description of offered subjects -

1. Philosophy, 4 ECTS

Lecturer: Professor J. Kosiewicz

2. Organisation and management, 4 ECTS

Lecturer: Professor J. Żyśko

Creators of scientific basis of organisation and management. Structures: classical approach, Aston school, matrix concept. System transformation. Specific character for functioning of the third sector (NGOs). Legal basis and organisation of physical culture in Poland and worldwide. Activity of the Council of Europe and the European Union. Resources of physical culture and methods of their monitoring. System planning of physical culture projects. Selected issues of management and marketing.

3. Marketing, 4 ECTS

Lecturer: Professor J. Żyśko

4. Statistics, 4 ECTS

Lecturer: Professor J. Gajewski, P. Tomaszewski, Ph.D

5. Sociology of sport, 3 ECTS

Lecturer: P. Rymarczyk, Ph.D

Creation and development of sociology. Theoretical and methodological directions. Culture and symbols. Mass culture. Social structure. Stratification. Social organisations and institutions. Social differences and conflicts. Social processes. Social mobility. Problems related to social change. Globalisation in contemporary societies.

6. Methodology of scientific research, 4 ECTS

Lecturer: M. Lenartowicz, Ph.D

Physical education as a pedagogic process. Concepts and structure of the physical education coach's workshop. Morphofunctional, programme, methodical and organisational conditions of the process. Designing, implementation and evaluation of physical education in a reformed school. Forms of cooperation of educational entities in execution of educational tasks. Inspection of physical education lesson. Creation and verification of innovative teaching and educational projects. Outside class and outside school forms of physical education. Sport in schools.

7. Biomechanics, 4 ECTS

Lecturer: A. Madej, Ph.D; D. Iwańska, Ph.D

Biomechanical model of a human being, objectives and tasks, analysis of structural, geometric, energetic and informatic parameters of the motor system, impact of forces on bone levers, mobility of biokinematic pairs, freedom degrees, statics and dynamics of motor system, mass-inertia parameters, moments of forces values and their changes in angle function, biomechanics of upper and lower limbs, dynamics of reaction of the ground in various exercise types, estimation of body posture, sense of centre of gravity in biomechanical analysis, neural and muscular coordination, movement habits, phases of movement teaching.

8. Theory of training, 4 ECTS

Lecturer: J. Adamczyk, Ph.D

Elements of the system of knowledge, theses, hypotheses and generalised statements in practical experience, which describe in a scientific way sport as a phenomenon and its place within the system of physical culture, as well as interactions with other system components. Assimilation of a prearranged set of definitions and concepts. Sport projection in contemporary society, explanation of creative and auto-creative values in sport. Identification, description of active practising sport as a comprehensive process that develops (stabilises) health, fitness and personality in every respect in all phases of ontogenesis. Providing students with a system of knowledge and basic abilities in the scope of training technology (mainly in the aspect of sport for children and youth, and sport for all), which allows undertaking coaching work and performing training at a basic level. Outline of problems related to competitive sport.

9. Psychology of physical activity, 4 ECTS

Lecturer: A. Zagórska, Ph.D

Psychology as science, research methods in psychology. The essence of development, correct mental development, studies of development, motor development, cognitive development, intellectual development, speech development, emotional development, social development, moral development, personality development, early, mid-, late childhood, early, mid-, late adulthood. Directions of contemporary psychology, psychological concepts of man. Perceptual processes, thinking and solving of problems, memory, learning, emotions, motivation, abilities and intelligence, temperament, stress and frustration, personality.

10. IT, 3 ECTS

Lecturer: Professor J. Gajewski, E. Iwańska, Ph.D; M. Obukowicz, M.Sc, P. Tomaszewski, Ph.D

Computer - hardware. Windows operational system. Personalised settings, creation of document files with the use of MS WORD. Text formatting, editing commands, symbols, tabs, bullets and numbering. Creation and formatting of tables, including elements of graphical systems. Creation of MS EXCEL folders and spreadsheets. Data entering. Recording formulas and functions. Formatting of cells. Editing commands. Copying of formulas, permanent cell address. Creation and formatting diagrams. Application of sheet function for carrying out simple statistical calculations.

11. Physiology of Physical effort, 4 ECTS

Lecturer: Professor A. Wiśniewski

Electric potentials, excitation, inhibition, reflexes. Mechanism of muscle contraction, muscle fatigue, contraction energetics. Cardiac cycle, stimulus and conduction system, hemodynamic indices of the cardiovascular system. Functions of morphotic elements in blood and plasma, hematocrit, blood grouping. Respiratory mechanism, breathing regulation, spirometry. Basic metabolism. Use of energy in various types of exercises, adaptation of the cardiovascular and respiratory systems to intensive exercise, physical capacity and its measurements.

12. Theory and methodics of football, 3 ECTS

Lecturer: A. Zielinski, Ph.D; T. Danielik, Ph.D; Z. Tyc, M.Sc

Theory and practice in teaching methodology of basic elements of technic and tactics (handling the ball, joint acting, moving about on the field). Systems of the game. Rules of the game. Teaching elements of football at school. Organisation of a competitions at the level of youth skills.

13. Theory and methodics of basketball, 3 ECTS

Lecturer: Bogusław Słupczyński, M.Sc; Katarzyna Dulnik, M.Sc

Teaching and improvement of individual technics in attack and defence. Teaching and improvement of particular elements of individual and team tactics in attack and defence applying a strict form, game fragments, school games and proper game. Regulations in games. Refereeing. Organisation of competitions at the level of school teams.

14. Theory and methodics of handball, 3 ECTS

Lecturer: Marcin Smolarczyk, M.Sc

Theory and practice in teaching methodology of basic elements the individual technics and tactics in attack and defence (moving about, handling the ball, joint acting).

Theoretical and practical aspects of teaching methods for basic game systems in attack and defence. Rules for the games, principles for refereeing, organisation of competitions at the level of school teams.

15. Theory and methodics of volleyball, 3 ECTS

Lecturer: Associate Professor A. Ojrzanowski, E. Wrześniewska, M.Sc

Theory and practice in teaching methodology of basic elements of technic in attack and defence (moving about, handling the ball and acting on particular positions on the field). Theoretical and practical aspects of individual, group and team tactic (elementary systems of playing in attack and defence, principles for safeguarding of own attack, block etc.). Rules of the game. Principles for referees. Organisation of a competition.

16. Theory and methodics of tennis, 3 ECTS

Lecturer: Z. Tyc, M.Sc; H. Kania, Ph.D

Basic tennis teaching methods, including awareness activities familiarising with the racket and ball. Mini – tennis. Methods of executing forehand, backhand, volley and service. Various forms of competition on the tennis court. Tennis rules.

17. Theory and methodics of swimming, 3 ECTS

Lecturer: R. Bialecki, Ph.D; E. Piotrkowska-Całka, Ph.D

Elementary features of the water environment. Familiarity with forces affecting the human body. Role of awareness activities in water. Plays and games in water in the initial phase of swimming lessons. Swimming techniques – swimming styles.

Teaching methods for elementary swimming backstroke and breaststroke. Basic swimming in various styles backstroke and breaststroke. Elements of alternate types of swimming – recreational and sport swimming. Safety in water. Water rescuing.

Correctional and compensational forms of movement in water.

18. Theory and methodics of athletics, 3 ECTS

Lecturer: M. Długosielska, Ph.D; Z. Mierzejewski M.Sc

Description and systematics of track and field Organisation and refereeing of competitions. General principles for run, jump and throw techniques. Technique and method of teaching short runs, block starting and relay races, long jump and high jump, shot - put. School track and field triathlon (sprint – long jump – shot – put).

Lessons in schools. Overall body exercises using track and field hurdles, javelins and discus. Safety principles. Basic methods for developing endurance.

19. Theory and methodics of martial arts, 3 ECTS

Lecturer: dr S. Kuźmicki, dr A. Kruszewski

Detailed subjects: [1] Theory of combat sports; [2] Propedeutics of combat sports – elements of judo (assumptions and objectives of the programme for all school types. Simplified theory of safe falls; systematics for exercises in teaching falls; test of safe falling); recreational forms of fights; [3] Combat sports in self-defence (systematics of teaching selected throws, holds, levers, choking, hand and leg blows; test fights

according to the formula of: sumo, judo, unifiight or kick boxing; tests: judo in self-defence; protection against blows).

20. Theory and methodics of gymnastics, 3 ECTS

Lecturer: M. Nawara, M.Sc; A. Zdieszzyński M.Sc

Ordering and disciplining, forming, applied and supplementary exercises. Individual fitness development of students, their theoretical and methodical preparation, assistance and protection. Terminology, systematics, performance technique and teaching methods. Ability of preparing, describing and executing various types of exercises, arrangements and sets. Activities in the open air, in the gym, with limited equipment in the corridor, by station method, steeple path etc. Modern gymnastic forms of various character.