

załącznik do zarządzenia nr 37/2021 Rektora Uniwersytetu Szczecińskiego z dnia 23 lutego 2021 r.
attachment to the Ordinance no. 37/2021 of the Rector of the University of Szczecin of 23 February 2021

WYDZIAŁ KULTURY FIZYCZNEJ I ZDROWIA								
	Poziom (I, II, JM) Cycle (I, II, long)	Kierunek ANG Course of study	Nazwa przedmiotu ANG Name of a course	Język wykładowy Language of a course	Kod przedmiotu Course code	ECTS	semestr z toku studiów semester in the study cycle	sylabus
A Przedmioty z programów studiów kierunków prowadzonych w języku obcym Subjects from the study programmes of courses of study carried out in a foreign language								
B Przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów Elective subjects taught in a foreign language from other study programmes								
1	II	wychowanie fizyczne	Molecular basis of physical activity	j. angielski / English	KFZ25PIIJ3451_71S	4	4	zał.
2	II	wychowanie fizyczne	Fundamentals of exercise immunology	j. angielski / English	KFZ25PIIJ3451_70S	4	4	zał.
C Przedmioty z programów studiów kierunków prowadzonych w języku polskim, które będą realizowane w języku obcym Subjects from the study programmes of courses of study carried out in the Polish language, offered in a foreign language								
1	I	wychowanie fizyczne	Human physiology/ Fizjologia człowieka	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_49S	4	4	zał.
2	I	wychowanie fizyczne	Music, rhythm, dance / Muzyka, rytm, taniec	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_15S	2	1	zał.
3	I	wychowanie fizyczne	Fun and movement games/ Zabawy i gry ruchowe	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_22S	2	1	zał.
4	I	wychowanie fizyczne	Diagnosis and prevention of posture defects/ Diagnoza i profilaktyka wad postawy	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_27S	2	2	zał.

1	II	wychowanie fizyczne	Basics of self-defense/ Podstawy samoobrony	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_62S	1	4	zał.
2	II	wychowanie fizyczne	Theory and methodology of the team sports: soccer/ Teoria i metodyka sportów zespołowych: piłka nożna	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_7S	3	1	zał.
3	II	wychowanie fizyczne	School tourism and ecology/ Turystyka szkolna i ekologia	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_9S	3	1	zał.

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-25/26Z						
Course title: podstawy samoobrony (KIERUNKOWE)					Course code: KFZ25PIIJ3451_62S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	specialized exercises	15	0	pg	1
Total			15			1
Course / module coordinator	mgr RADOSŁAW SROKA					
Course instructor	mgr RADOSŁAW SROKA					
Course / module objectives	Getting to know specialist terminology in the field of self-defense and the methodology of teaching its individual elements. Preparation for the safe conduct of self-defense classes, with particular emphasis on the correct selection of the scope of material, methods and forms of teaching, and to use the correct instruction. Acquiring the ability to analyze and synthesize individual movement combinations and to develop them creatively. Przygotowanie studenta do dbania o bezpieczeństwo uczniów podczas zajęć z uwzględnieniem specyfiki zajęć z zakresu samoobrony					
Prerequisites	lack					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student knows the specialized names of techniques used in various areas of self-defense and knows the methodology of their teaching			SN_W_1.1.15)
skills	1	EP3	The student is able to adapt the methods and forms of teaching elements of self-defense depending on the level of physical fitness and the needs of students			K_U03 K_U07
	2	EP4	The student is able to anticipate and prevent the occurrence of dangerous situations during classes and shape positive habits related to safety in self-defense classes			K_U02 K_U03
	3	EP5	The student is able to teach the basic elements of self-defense by indicating the application of individual techniques, analyzing and synthesizing their movement content and indicating the most common technical errors			K_U05
	4	EP7	The student is able to instruct students in accordance with the principles of proper voice emission			SN_U_1.2.16)
social competences	1	EP9	The student cares about the safety of himself and other people acting as both lecturer and practitioner			K_K02
CONTENT					Semester	No. of hours
						including e-learning
Subject title: podstawy samoobrony						

Format of instruction: specialized exercises					
1. Introduction to the subject of classes. Classification of techniques and methodology for conducting recreational and sports activities in self-defense. Learning the position to fight and move correctly in battle.			4	2	0
2. Blows and kicks used in self-defense. Active defense against kicking, punching.			4	4	0
3. Technique and methodology of teaching the elements of combat on the ground floor - defense against a standing opponent and an attacker on the ground floor.			4	4	0
4. Learning pads. Self-defense against holds that restrict movement, principles of teaching defense elements in typical emergency situations.			4	3	0
5. Introducing elements of motor training during the lesson - circuit with exercises focused on hand-to-hand combat.			4	2	0
Modes of delivery	demonstration, pair exercises, simulation game				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	SPRAWDZIAN			EP1,EP3,EP5,EP7,EP9	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP4,EP9	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Grading criteria	The rating is influenced by: - activity during classes, - grade for passing the practical application of the self-defense technique exercised as a result of - performing the exercise with a partner, discussing the execution technique, reporting its use in dangerous situations, discussing the most common mistakes, teaching methods and safety rules when performing individual exercises.				
	Grade calculation principles				
	Przy wystawianiu oceny z zaliczenia praktycznego prowadzący bierze pod uwagę następujące elementy: - omówienie techniki wykonania, - poprawne wykonanie techniki, - wskazanie zastosowania w sytuacjach zagrożenia, - omówienie najczęściej występujących błędów, - znajomość metodyki nauczania poszczególnych elementów, - znajomość i przestrzeganie zasad bezpieczeństwa podczas wykonywania poszczególnych ćwiczeń. Ocena z ćwiczeń jest oceną końcową (koordynatora)				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	podstawy samoobrony		Ważona	
	4	podstawy samoobrony [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00
Basic reading	Andre E. (2021): 100 sposobów samoobrony od napaści ulicznej, My Wojownicy, Głogów				
	Dębczyńska-Wróbel I. (2013): WF (nie tylko) dla chłopców : samoobrona, judo, zapasy, minisumo, Dr Josef Raabe Spółka Wydawnicza, Warszawa				
	Dougherty M. (2010): Sztuka samoobrony, MAK Verlag , Bremen				
	Dougherty M. (2012): Walka wręcz, MAK Verlag , Bremen				
	Muraszko J., Litewnicki T. (2016): Poradnik samoobrony, rozpisani.pl, Warszawa				
	Rokita M. (2011): Samoobrona na lekcjach wychowania fizycznego, Josef Raabe SpółkaWydawnicza, Warszawa				
Supplementary reading	McNab Ch. (2017): 501 sposobów samoobrony bez użycia broni : odbicia, chwyt, rzuty, ciosy i kopnięcia, Vesper, Czerwonak				
	Soo-Warr L. (2000): Samoobrona dla kobiet, Oficyna Wydawnicza Delta W-Z, Warszawa				

STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	15	0
Participation in test / exam	1	0
Preparation for contact hours	2	0
Private reading and studying	3	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	0	0
Preparation for test / exam	2	0
TOTAL workload	25	
ECTS credits	1	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-26/27Z							
Course title: diagnoza i profilaktyka wad postawy (KIERUNKOWE)					Course code: KFZ25PIJ3451_27S		
Name of field of study: wychowanie fizyczne							
Mode and cycle of study: first-degree, full - time		Profile of study: practical			Specialty:		
Course / module status obligatory				Language of instruction: semester: 2 - polish language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS	
				including e-learning			
1	2	discussion classes	30	0	pg	2	
Total			30			2	
Course / module coordinator	dr MACIEJ ZAWADZKI						
Course instructor	dr KRZYSZTOF WILK						
Course / module objectives	Familiarizing students with the causes and consequences of postural abnormalities in school-age children. Acquiring basic skills in recognizing postural abnormalities and applying preventive measures. Acquiring competencies that allow for readiness to work with school-age children.						
Prerequisites	none						
LEARNING OUTCOMES							
Category	No.	Code	Description			Ref. to programme benchmarks	
knowledge	1	EP1	The student knows and understands the structure and functioning of the human body, changes occurring in ontogeny.			K_W02	
	2	EP2	The student knows and understands the importance of preventive measures in shaping correct posture.			K_W02	
skills	1	EP3	the student is able to plan preventive actions in the field of body posture defects and carry out basic therapeutic exercises in the field of body posture defects			K_U02 K_U05	
	2	EP4	the student cooperates with parents, teachers and a specialist doctor in the implementation of preventive and therapeutic programs			K_U02 K_U05	
	3	EP5	can assess body posture for the presence of incorrect postures			K_U05	
social competences	1	EP6	the student is ready to show tolerance and observe professional ethics			K_K05	
	2	EP7	the student is ready to conduct individualized activities in relation to people with body posture abnormalities, creating a good atmosphere for communication between the instructor and the child			K_K05	
CONTENT					Semester	No. of hours	
							including e-learning
Subject title: diagnoza i profilaktyka wad postawy							
Format of instruction: discussion classes							
1. Body posture and its conditions.					2	2	0
2. Posture defects and their characteristics.					2	4	0

3. Research methods and assessment of body posture.				2	4	0
4. The impact of activity on health and prevention of posture defects.				2	4	0
5. Principles and means of corrective proceedings.				2	4	0
6. Organization of compensatory and corrective gymnastics at school				2	2	0
7. Organization of compensatory and corrective gymnastics at school				2	10	0
Modes of delivery	Multimedia presentation, team work, program development, case analysis.					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	PROJEKT				EP1,EP2,EP3,EP4,EP5	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP1,EP2,EP3,EP4,EP5,EP6,EP7	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.						
Grading criteria	The condition for passing the exercises is to obtain a positive grade from the practical skills test and to complete a project covering the theoretical issues of the subject. Both the practical skills test and the project are carried out in groups. The practical skills test covers the topic of methods for assessing body posture and corrective exercises: Correct performance of the body posture assessment (position of the head, shoulder girdle, pelvis, knees, feet) - 5 items for a grade of vdb, 4 items for a grade of db, 3 items for a grade of dst. Correct performance of corrective and compensatory exercises for selected posture defects.					
	Grade calculation principles					
	Calculation of the mark based on: correct assessment of selected body posture parameters and the ability to use compensatory and corrective exercises (50% of the mark), presentation covering theoretical issues on a selected topic agreed with the instructor (50% of the mark).					
Final grade calculation method	Sem.	Course		Type of credit	Grade calc. method	Weight for the average
	2	diagnoza i profilaktyka wad postawy			Ważona	
	2	diagnoza i profilaktyka wad postawy [ćwiczenia]		zaliczenie z oceną		1,00
Basic reading	Kasperczyk T. (2002): Wady postawy ciała, diagnostyka i leczenie., Kasper, Kraków					
	Niewiadomska M. (2008): Korekcja wad postawy z elementami rehabilitacji., Szczecin					
	Tuzinek T.,Biniaszewski T.,Ratyńska A. (2010): Podstawy teorii i metodyki gimnastyki kompensacyjno-korekcyjnej., Politechnika Radomska, Radom					
Supplementary reading	Domagała K. (2024): Wady postawy. Skoliozy, plecy okrągłe, plecy wklęsłe., Konfizjo					
	Johnson J. (2018): Korekcja wad postawy. Techniki terapeutyczne., Edra Urban&Partner					
	Zeyland-Malawka E. (2003): Ćwiczenia korekcyjne., Gdańsk, Gdańsk					
STUDENT WORKLOAD						
			No. of hours			
			including e-learning			
Contact hours			30		0	
Participation in test / exam			0		0	
Preparation for contact hours			5		0	
Private reading and studying			5		0	
Participation in tutorials			5		0	

Preparation of project / essay / etc.	5	0
Preparation for test / exam	0	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-26/27Z						
Course title: zabawy i gry ruchowe (KIERUNKOWE)					Course code: KFZ25PIJ3451_22S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	specialized exercises	30	0	pg	2
Total			30			2
Course / module coordinator	dr MACIEJ ZAWADZKI					
Course instructor	dr MACIEJ ZAWADZKI					
Course / module objectives	To acquaint students with the theory and practice of motor games and plays. Acquiring the skills to independently plan and conduct activities based on games and physical activities for schoolchildren. Acquisition of competences allowing for readiness to work with schoolchildren.					
Prerequisites	Brak					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student knows the needs resulting from the introduction of games and movement games in various age groups of school			K_W03 SN_W_1.1.06)

skills	1	EP2	The student is able to skillfully use various methods in conducting games and movement activities.	K_U03 K_U06 K_U08 SN_U_1.2.04)		
	2	EP3	He can skillfully plan and implement games and games in various age groups.	K_U03 K_U06 K_U08 SN_U_1.2.04)		
	3	EP4	Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.	K_U03 K_U06 K_U08		
	4	EP5	The student is able to correctly apply the methodology of teaching games and movement games and correctly select them depending on the conditions, purpose, age and abilities of the participant.	K_U03 K_U06 K_U08 SN_U_1.2.04)		
	5	EP6	The student is able to plan and organize various types of games and physical activities in sports and recreational activities at school and outside.	K_U03 K_U06 K_U08 SN_U_1.2.04) SN_U_1.2.13)		
	6	EP7	The student is able to independently and in a team plan and conduct physical activities using the appropriate methods and organizational forms as well as various and unconventional sports equipment.	K_U03 K_U06 K_U08 SN_U_1.2.04) SN_U_1.2.13)		
	7	EP8	Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.	SN_U_1.2.18)		
social competences	1	EP9	The student is ready to responsible and reliable work and solve various problems in working with children.	K_K03 SN_KS_1.3.07)		
	2	EP10	He is ready to take care of the health and safety of his own work and that of people participating in physical activities and tourist and recreational events.	K_K02		
CONTENT				Semester	No. of hours	
						including e-learning
Subject title: zabawy i gry ruchowe						
Format of instruction: specialized exercises						
1. Theoretical and practical introduction to the subject matter.				1	2	0
2. Integration fun and movement games.				1	4	0
3. Fun for preschool children.				1	4	0
4. Fun and movement games for younger school children.				1	4	0
5. Movement games and activities conducted in difficult conditions.				1	4	0
6. Outdoor games and activities.				1	4	0
7. Conducting movement games, scoring system, organizing sports games.				1	4	0
8. Movement games and activities during themed events and recreational and sports festivals.				1	4	0
Modes of delivery	Pokaz, gry symulacyjne, praca w grupach.					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					

Assessment methods					No. of learning outcome from the syllabus
	PROJEKT				EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)				EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	The condition for passing the course is completion of the exercises includes: project and practical classes.				
	Grade calculation principles				
	Calculating the grade for the subject: project execution (50% grade) and practical training (50% grade).				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	zabawy i gry ruchowe		Ważona	
	1	zabawy i gry ruchowe [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00
Basic reading	Bondarowicz M. (1998): Zabawy w grach sportowych., Warszawa, Warszawa				
	Bondarowicz M.,Staniszewski T. (2000): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa				
	Flemming I. (1998): Gry i zabawy na wycieczkę szkolną., Jedność, Kielce				
	Nawara H.,Nawara U. (2001): Gry i zabawy integracyjne., AWF, Wrocław				
	Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Pracownia Wydawnicza Helvetica, Starachowice				
	Węgrzyn E.,Umiastowska D., Pławińska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin				
Supplementary reading	Bączek J. (2009): Animacja czasu wolnego w turystyce : praktyczny podręcznik dla animatorów, Stageman Polska, Warszawa				
	Nowak P.F. (2018): Organizacja imprez : kreowanie zdrowego stylu życia, Difin S.A., Warszawa				
STUDENT WORKLOAD					
		No. of hours			
		including e-learning			
Contact hours		30		0	
Participation in test / exam		0		0	
Preparation for contact hours		10		0	
Private reading and studying		3		0	
Participation in tutorials		3		0	
Preparation of project / essay / etc.		4		0	
Preparation for test / exam		0		0	
TOTAL workload		50			
ECTS credits		2			

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-WF-P-II-S-25/26Z						
Moduł: Blok do wyboru A [moduł]						
Nazwa przedmiotu: fundamentals of exercise immunology (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ25PIIJ3451_70S	
Nazwa kierunku: wychowanie fizyczne						
Forma studiów: II stopnia, stacjonarne		Profil studiów: praktyczny			Specjalność:	
Status przedmiotu: fakultatywny			Język przedmiotu: semestr: 4 - język angielski język polski			
Rok	Semestr	Forma zajęć	Liczba godzin		Forma zaliczenia	ECTS
				w tym e-learning		
2	4	ćwiczenia	15	0	ZO	4
		wykład	15	0	ZO	
Razem			30			4
Koordynator przedmiotu:	dr hab. ROBERT NOWAK					
Prowadzący zajęcia:	dr hab. ROBERT NOWAK					
Cele przedmiotu:	Familiarizing students with basic immunological concepts. Familiarizing students with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions. The student should acquire the readiness to work in a research laboratory.					
Wymagania wstępne:						
EFEKTY UCZENIA SIĘ						
Kategoria	Lp	KOD	Opis efektu			Odniesienie do efektów dla programu
wiedza	1	EP1	Student describes the most common disorders that lead to human disease states, knows the importance of the immune system in maintaining homeostasis			K_W02
umiejętności	1	EP4	Student correctly recognizes the immune disorders and post-effort changes based on the obtained test results			K_U01
kompetencje społeczne	1	EP6	Student is ready to co-operate with others to broaden practical implications of gained knowledge and skills			K_K08
TREŚCI PROGRAMOWE ZAJĘĆ I KONSULTACJI					Semestr	Liczba godzin zajęć
Przedmiot: fundamentals of exercise immunology						
Forma zajęć: wykład						
1. Main components and features of the immune response.					4	5 0
2. Immune cells, cytokines and chemokines.					4	8 0
3. Psychoneuroimmunology.					4	2 0
Forma zajęć: ćwiczenia						
1. Immunological testing methods.					4	4 0
2. Flow cytometry and other blood analyses.					4	7 0

3. Interpretation of exercise test results used in immunology.				4	4	0
Metody kształcenia	working in groups, performing laboratory experiments (exercises), audiovisual presentation (lectures)					
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest określony przez prowadzącego zajęcia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczecińskiego. Prowadzący informuje studentów o zakresie oraz możliwościach korzystania z SI podczas pierwszych zajęć, wskazując katalog narzędzi lub zastosowań, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu					
Metody weryfikacji efektów uczenia się					Nr efektu uczenia się z sylabusu	
	KOŁOKWIUM				EP1	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)				EP4,EP6	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.					
Forma i warunki zaliczenia	Passing the exercises based on the correctness of completed tasks. The colloquium covers knowledge from lectures. Structure of the colloquium assessment (according to % of points obtained): 60-69% - satisfactory (E) 70-74% - satisfactory + (D) 75-84% - good (C) 85-89% - good + (B) 90-100% - very good (A) Independent passing of both forms of education is required.					
	Zasady wyliczania oceny z przedmiotu					
	The final grade is a weighted average of the grades from the exercises (25%) and the test (75%)					
Metoda obliczania oceny końcowej	Sem.	Przedmiot		Rodzaj zaliczenia	Metoda obl. oceny	Waga do średniej
	4	fundamentals of exercise immunology			Ważona	
	4	fundamentals of exercise immunology [wykład]		zaliczenie z oceną		0,75
	4	fundamentals of exercise immunology [ćwiczenia]		zaliczenie z oceną		0,25
Literatura podstawowa	David C. Nieman, Bente K. Pedersen (2019): Nutrition and Exercise Immunology, Taylor&Francis Ltd., London					
	Michael Gleeson, Nicolette Bishop, Neil Walsh (2013): Exercise Immunology, Taylor&Francis Ltd., London					
	Peter Lydyard, Alex Whelan, Michael Fanger (2004): BIOS Instant Notes in Immunology, Taylor&Francis Ltd., London					
Literatura uzupełniająca	Laurel T. Mackinnon (1999): Advances in Exercise Immunology, Human Kinetics, Champaign, IL, USA					
	Michael Gleeson, British Association of Sport and Exercise Sciences (2006): Immune Function in Sport and Exercise, Churchill Livingstone Elsevier, London					
NAKŁAD PRACY STUDENTA						
		Liczba godzin				
		w tym e-learning				
Zajęcia dydaktyczne		30		0		
Udział w egzaminie/zaliczeniu		2		0		
Przygotowanie się do zajęć		20		0		
Studiowanie literatury		10		0		
Udział w konsultacjach		8		0		
Przygotowanie projektu / eseju / itp.		0		0		
Przygotowanie się do egzaminu/zaliczenia		30		0		
ŁĄCZNY nakład pracy studenta w godz.		100				
Liczba punktów ECTS		4				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-25/26Z						
Course title: human physiology (PODSTAWOWE)					Course code: KFZ25PIJ3451_49S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 4 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	laboratory	30	0	pg	4
		lecture	10	0	e	
Total			40			4
Course / module coordinator	dr RAFAŁ BURYTA					
Course instructor	prof. dr hab. OLEKSANDR PRYIMAKOV					
Course / module objectives	The aim of the course is to equip students with knowledge about the functions of internal organs and systems at rest, physical effort and restitution. In addition, knowledge is provided about the differences between young and old people, as well as between women and men in terms of physical effort. Zdobycie umiejętności przeprowadzania testów fizjologicznych i interpretacji ich wyników Przygotowanie studentów do postawy otwartej na naukę i poszukiwanie nowych rozwiązań opartych na dowodach naukowych					
Prerequisites	Basic knowledge of human anatomy, biochemistry and biology (at level 5 of the Polish Qualifications Framework)					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	the student knows the structure and functioning of the human body at the physiological level during rest, physical effort and physical inactivity			K_W02
	2	EP2	the student knows the interactions of individual human systems at the physiological level depending on human physical activity			K_W02
skills	1	EP3	the student analyzes the course of physiological reactions of the human body based on simple physiological tests performed under the guidance of the teacher			K_U01
	2	EP4	the student performs measurements of basic physiological parameters			K_U01 K_U02
	3	EP5	the student interprets the results of physiological tests, including in the context of planned physical effort			K_U01
social competences	1	EP6	the student is aware of the importance of physiological research in promoting health-promoting behaviors in various social groups			D.1.K2. K_K01
	2	EP7	the student is actively involved in the assigned tasks and projects			SN_KS_1.3.07)
CONTENT					Semester	No. of hours
						including e-learning
Subject title: human physiology						
Format of instruction: lecture						

1. Elements of cytophysiology			4	1	0
2. Physiological basis of functioning of selected human systems, including the influence of physical effort			4	6	0
3. Physiological mechanisms of maintaining homeostasis in the human body			4	2	0
4. Physiological differences between women and men and physiological changes seen in children and the elderly.			4	1	0
Format of instruction: laboratory					
1. Introduction to Physiology			4	1	0
2. The physiology of excitable tissues			4	3	0
3. Neuromuscular physiology			4	4	0
4. The physiology of the nervous system			4	6	0
5. Cardiovascular physiology			4	8	0
6. Respiratory and cardiovascular physiology			4	4	0
7. Exercise physiology			4	4	0
Modes of delivery	Lecture - Multimedia presentation, Labours - group and individual work, performing experiments, discussion.				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods				No. of learning outcome from the syllabus	
	EGZAMIN PISEMNY			EP1,EP2,EP3,EP4,EP5	
	KOŁOKWIUM			EP1,EP2,EP3,EP4,EP5	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)			EP4,EP5,EP6,EP7	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	1. Execution and discussion of experiments as well as a positive grade from the final colloquium covering the topics covered during the classes constitute 50% of the final grade for the course. 2. The written exam constitutes 50% of the final grade and covers knowledge of the subject taught in the form of lectures.				
	Grade calculation principles				
	The conditions set out in points 1 and 2 must be met for the evaluation of min. sufficient. percentage - grade 60-69 dst 70-74 dst+ 75-84 db 85-89 db+ 90-100 bdb				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	fizjologia człowieka		Arytmetyczna	
	4	fizjologia człowieka [laboratorium]	zaliczenie z oceną		
	4	fizjologia człowieka [wykład]	egzamin		
Basic reading	Górski J. (2010): Fizjologia człowieka., PZWL, Warszawa				
	Jaskólski A, Jaskólska A (2006): Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka, AWF Wrocław, Wrocław				
	Traczyk W. (2023): Flzjologia człowieka w zarysie, PZWL, Warszawa				

Supplementary reading	Górski J. (2011): Fizjologia wysiłku i treningu fizycznego., PZWL, Warszawa	
	Konturek S. (1999): Fizjologia człowieka, Elsevier Urban & Partner, Wrocław	
	Silbernagl S., Despopoulos A. (2010): Ilustrowana fizjologia człowieka, PZWL, Warszawa	
	Zawadzki M., Szafraniec R., Murawska-Ciałowicz E. (2006): Fizjologia człowieka - podręcznik dla studentów wydziałów kosmetologii,, Górnicki Wydawnictwo Medyczne, Wrocław	
STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	40	0
Participation in test / exam	6	0
Preparation for contact hours	14	0
Private reading and studying	10	0
Participation in tutorials	10	0
Preparation of project / essay / etc.	10	0
Preparation for test / exam	10	0
TOTAL workload	100	
ECTS credits	4	

S Y L A B U S (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-WF-P-II-S-25/26Z							
Moduł: Blok do wyboru C [moduł]							
Nazwa przedmiotu: molecular basis of physical activity (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ25PIIJ3451_71S		
Nazwa kierunku: wychowanie fizyczne							
Forma studiów: II stopnia, stacjonarne		Profil studiów: praktyczny			Specjalność:		
Status przedmiotu: fakultatywny				Język przedmiotu: semestr: 4 - język angielski język polski			
Rok	Semestr	Forma zajęć	Liczba godzin		Forma zaliczenia	ECTS	
				w tym e-learning			
2	4	ćwiczenia	15	0	ZO	4	
		konwersatorium	15	0	E		
Razem			30			4	
Koordynator przedmiotu:		dr n. med. PATRYCJA TOMASIAK					
Prowadzący zajęcia:		dr BEATA FLORKIEWICZ					
Cele przedmiotu:		Introducing students to basic terms, regularities and problems in relation to genetic basis of physical activity. Students are expected to acquire basic laboratory skills. Acquiring readiness for cooperation and teamwork.					
Wymagania wstępne:		No entry requirements.					
EFEKTY UCZENIA SIĘ							
Kategoria	Lp	KOD	Opis efektu		Odniesienie do efektów dla programu		
wiedza	1	EP1	Student knows and understands basic terms of human genetics		D.1.W1. D.1.W2.		
umiejętności	1	EP2	Student can choose and plan to utilize adequate molecular methods		SN_U_1.2.08) SN_U_1.2.18)		
	2	EP3	Student can search for, select and analyze data and information within molecular research in sport and interpret the results of some of the studies.		D.2.U1.		
kompetencje społeczne	1	EP5	Student gets involved in a group activity.		D.1.K5. SN_KS_1.3.07)		
TREŚCI PROGRAMOWE ZAJĘĆ I KONSULTACJI					Semestr	Liczba godzin zajęć	
							w tym e-learning
Przedmiot: molecular basis of physical activity							
Forma zajęć: ćwiczenia							
1. The methodology of selected routine sport diagnostic test.					4	5	0
2. The methodology of genetic research in sport					4	5	0
3. The methodology of protein research in sport					4	5	0
Forma zajęć: konwersatorium							
1. Introduction to genetics and molecular biology.					4	5	0
2. Changes in some gene expressions as a response to given effort.					4	5	0
3. The review of various marker genes having influence on psychological reactions of the body to effort.					4	5	0

Metody kształcenia	audiovisual presentation (conversation classes), group work (exercises)				
	W ramach realizacji przedmiotu, sposób wykorzystania sztucznej inteligencji jest określony przez prowadzącego zajęcia zgodnie z najlepszymi praktykami i standardami Uniwersytetu Szczecińskiego. Prowadzący informuje studentów o zakresie oraz możliwościach korzystania z SI podczas pierwszych zajęć, wskazując katalog narzędzi lub zastosowań, dostosowanych do efektów uczenia się oraz potrzeb i możliwości dydaktycznych w ramach danego przedmiotu				
Metody weryfikacji efektów uczenia się				Nr efektu uczenia się z sylabusu	
	EGZAMIN PISEMNY			EP1,EP2,EP3	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)			EP2,EP3,EP5	
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Forma i warunki zaliczenia	Assessment of exercises is based on correctly completed tasks (50% of the final grade for the subject). Written exam covers conversation classes material and recommended literature (50% of the final grade for the subject), students take single choice test.				
	Zasady wyliczania oceny z przedmiotu				
	Written exam covers lectures material and recommended literature, students take single choice test. Percentage of passing grades: 60-69 3,0 70-74 3,5 75-84 4,0 85-89 4,5 90-100 5,0 To receive a positive grade in a subject, student must receive a positive grade in exercises and conversation classes.				
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do średniej
	4	molecular basis of physical activity		Arytmetyczna	
	4	molecular basis of physical activity [ćwiczenia]	zaliczenie z oceną		
	4	molecular basis of physical activity [konwersatorium]	egzamin		
Literatura podstawowa	Juleen R. Zierath, Karolinska Institutet; Michael J. Joyner, Mayo Clinic; John A. Hawley (2017): The Biology of Exercise , Cold Spring Harbor Laboratory Press				
	Thomas D. Pollard , William C. Earnshaw , Jennifer Lippincott-Schwartz, Graham Johnson (2017): Cell Biology, , Elsevier				
Literatura uzupełniająca	Christine GoetzChristopher HammerbeckJody Bonnevier (2019): Flow Cytometry Basics for the Non-Expert, Springer Nature, Switzerland AG				
	Lloyd R. Snyder Joseph J. Kirkland John W. Dolan (2009): Introduction to Modern Liquid Chromatography, John Wiley & Sons, Inc.				
	Nessa Carey (2012): The Epigenetics Revolution: How Modern Biology Is Rewriting Our Understanding of Genetics, Disease, and Inheritance, Columbia University Press				
	Sylvia S. Mader, Michael Windelspecht (2011): Human Biology 12th Edition, Mcgraw-Hill College				
NAKŁAD PRACY STUDENTA					
		Liczba godzin			
		w tym e-learning			
Zajęcia dydaktyczne		30		0	
Udział w egzaminie/zaliczeniu		2		0	
Przygotowanie się do zajęć		18		0	
Studiowanie literatury		16		0	
Udział w konsultacjach		7		0	
Przygotowanie projektu / eseju / itp.		0		0	
Przygotowanie się do egzaminu/zaliczenia		27		0	
ŁĄCZNY nakład pracy studenta w godz.		100			
Liczba punktów ECTS		4			

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-26/27Z						
Course title: muzyka, rytm, taniec (KIERUNKOWE)					Course code: KFZ25PIJ3451_15S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: first-degree, full - time			Profile of study: practical		Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	specialized exercises	30	0	pg	2
Total			30			2
Course / module coordinator	dr hab. JOANNA KRUK					
Course instructor	dr hab. JOANNA KRUK					
Course / module objectives	Acquisition of skills related to the adaptation of methods of assessment and conducting classes with music appropriate for a given group. Familiarizing students with the correct performance technique and methodology of teaching basic dance steps in the field of folk, ballroom, integration and rhythmic dances. Preparation for independent planning and conducting music and movement classes.					
Prerequisites	none					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Explains and describes the performance and methods of teaching rhythmic exercises and dance systems using specialized terminology specific to rhythmic exercises and dance.			K_W03
skills	1	EP2	Is able to plan and conduct classes based on the use of rhythm, music, dance, demonstrates individual rhythmic exercises, in pairs or in groups, which are possible to use in classes with music and in teaching simple dance arrangements.			K_U06 K_U10
	2	EP4	Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.			K_U04
	3	EP5	Demonstrates the ability to supervise, lead, engage in team forms of music classes, demonstrates individual, pairs or group rhythmic exercises, which can be used in music classes and in teaching simple dance routines.			K_U08 SN_U_1.2.03)
	4	EP7	Is able to plan individually or in a group physical activities with music, taking into account the appropriate selection of methods, techniques and forms appropriate for a given age group, with specific dance skills and physical fitness.			K_U02 SN_U_1.2.09)

social competences	1	EP6	With commitment and responsibility, she works in a group of dancing people, paying attention to the technique and aesthetics of elements performed with music, the correctness of maintaining the figure and the right pace of movement, understanding the problem of group responsibility in a dance team, as well as the importance of the role played by the teacher in the group in classes with children.		K_K05	
CONTENT				Semester	No. of hours	
						including e-learning
Subject title: muzyka, rytm, taniec						
Format of instruction: specialized exercises						
1. The values of dance in terms of upbringing and pedagogy				1	2	0
2. Use of rhythmic exercises in classes with children.				1	1	0
3. Short dance themes performed individually and in pairs. Developing skills to combine movement with music and performance aesthetics.				1	14	0
4. Theory, teaching methodology, technique of performing selected folk and social dances.				1	13	0
Modes of delivery	Practical classes method. Reproductive teaching methods used: strict imitation, strict task-based; independent teaching methods: direct purposefulness of movement, playful-classical.					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	SPRAWDZIAN				EP1,EP4,EP5,EP6	
	PROJEKT				EP1,EP2,EP4,EP6,EP7	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP1,EP5,EP6	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.						
Grading criteria	1. Practical assessment based on demonstrating knowledge of folk and ballroom dance routines, danced to music, with proper technique and movement aesthetics (90% of the final grade). 2. Student participation in classes, demonstrated by active engagement, creative ideas during classes, and theoretical preparation for classes (5% of the final grade). 3. Project - a written paper describing the methodology for teaching a selected dance routine. The assessment is based on the merits (5% of the final grade). The grade for each of the nine assessed elements must be at least satisfactory.					
	Grade calculation principles					
	The final grade is determined based on practical assessments (90%), student activity in class (5%), and the project (5%). It may be increased by 5-10% for volunteering activities, as determined by the instructor. The grade for specialized practicals constitutes the final grade for the course.					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average	
	1	muzyka, rytm, taniec		Ważona		
	1	muzyka, rytm, taniec [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00	
Basic reading	Jakubowski K. (2007): Polskie tańce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa					
	Kowalik B., Fredyk A., Barańska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich tańców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice					
	Siedlecka B., Biliński W. (2003): Taniec w edukacji dzieci i młodzieży - podręcznik dla nauczycieli., AWF Wrocław, Wrocław					

Supplementary reading	Fredyk A., Kowalik B., Barańska-Grabara L. (2009): Wybrane tańce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice
	Graczykowska B. (2003): Tańce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole
	Siedlecka B., Biliński (red.) (2002): Ruch, muzyka i taniec jako element kultury i edukacji., AWF Wrocław, Wrocław

STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	4	0
Private reading and studying	3	0
Participation in tutorials	3	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-26/27Z						
Course title: turystyka szkolna i ekologia (KIERUNKOWE)					Course code: KFZ25PIIJ3451_9S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	discussion classes	15	0	pg	3
		lecture	10	0	pg	
Total			25			3
Course / module coordinator	dr MICHAŁ TARNOWSKI					
Course instructor	dr MICHAŁ TARNOWSKI					
Course / module objectives	Providing the student with knowledge on the development of programs, organization and running of tourist events for school children and youth. Acquisition by the student of skills in the organization of school tourism, including elements of environmental education. Making students ready to educate themselves and their students to protect nature and to educate themselves in tourism.					
Prerequisites	Hiking clothes and shoes. Compass.					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	The student knows the methodological and organizational principles of preparing and conducting selected forms of tourism and organizing events			K_W05 K_W06
	2	EP2	It identifies and qualifies the tourist values (mainly cultural and natural) of Poland and the Szczecin region			K_W10
skills	1	EP3	Can evaluate the usefulness of given sightseeing values for programming selected forms of school tourism and ecological education			K_U03 K_U09
	2	EP4	He can prepare, in the basic scope, selected events of various nature			K_U03 K_U09
	3	EP5	The student is able to use basic tourist equipment for selected forms of tourism			K_U03
social competences	1	EP7	It is focused on the need for proper organization of tourist forms and events of various types and taking into account elements of environmental education in them			K_K02 K_K07
	2	EP8	Is geared to the need to organize task groups and is ready to cooperate within them to solve problems			K_K05 K_K07
CONTENT					Semester	No. of hours
Subject title: turystyka szkolna i ekologia						

Format of instruction: lecture						
1. Tourism, recreation, sightseeing, tourism geography, ecological education - selected issues.				1	4	0
2. Szczecin - an outline of history (depending on the conditions and possibilities in a given academic year).				1	4	0
3. Conducting tourist events with particular emphasis on trips as the basic form of sightseeing activity and taking into account aspects of nature protection (basic methodological and legal issues).				1	2	0
Format of instruction: discussion classes						
1. Selection of values ??for selected types of trips. Preparation of a school coach trip (depending on the conditions and possibilities in a given academic year).				1	2	0
2. Organization of school events of a selected nature - basic methodological and legal issues.				1	2	0
3. Selected sightseeing natural values ??of the region. Preparation and participation.				1	11	0
Modes of delivery	field exercises, movie, the presentation, multimedia program, teamwork					
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.					
Assessment methods					No. of learning outcome from the syllabus	
	SPRAWDZIAN				EP1,EP2	
	PROJEKT				EP1,EP2,EP3,EP4,EP8	
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)				EP3,EP4,EP5,EP7,EP8	
Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.						
Grading criteria	Credit with grade. Completion of exercises on the basis of: 1. Credits for all exercises. 2. Continuous assessment (current preparation for classes and activity); it concerns especially field activities. The knowledge obtained during the lectures is necessary to complete the exercises and implement the project. 3. Assessment of final papers (also requiring knowledge from lectures - test). The selection of forms, level of advancement and place of field classes is each time adjusted to the group's fitness level and to the organizational possibilities in a given academic year.					
	Grade calculation principles					
	The final grade is the average of the grades obtained for individual elements in the points listed. All items listed in point 2-4 must be passed with a satisfactory grade. The final credit grade may be increased by one grade for the voluntary activity of the student on the terms specified by the teacher. The final grade may be increased by one grade for attendance at lectures. Test - percentage grade: very good - 90-100% db+ - 85-89% db - 75-84% dst + - 70-74% dst - 60-69% The assessment of a presentation in the field of regional education/final work on Poland's tourist attractions takes into account: the scope of exhaustion of the topic, substantive correctness, originality, graphic attractiveness.					
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average	
	1	turystyka szkolna i ekologia		Arytmetyczna		
	1	turystyka szkolna i ekologia [wykład]	zaliczenie z oceną			
	1	turystyka szkolna i ekologia [ćwiczenia]	zaliczenie z oceną			

Basic reading	Domerecka B. (2008): Jak organizować szkolną turystykę., Municipium SA, Warszawa	
	Głabiński Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania tożsamości regionalnej, Forum Turystyki Regionów, Szczecin	
	Klawender J. (2007): Wybrane zagadnienia z zakresu prowadzenia wycieczek., AWF J. Piłsudskiego, Warszawa	
	Kruczek Z. (2003): Krajoznawstwo. Zarys teorii i metodyki., Proksenia, Kraków	
	Marciniak L., Piotrowska-Albin E. (2016): Organizacja wycieczek szkolnych oraz wypoczynku dzieci i młodzieży. Nowe zasady, Wolters Kluwer	
	Zaręba D. : Ekoturystyka. Wyzwania i nadzieje, Wydawnictwo Naukowe PWN, Warszawa	
Supplementary reading	Lijewski T., Mikułowski B., Wyrzykowski J. (2008): Geografia turystyki Polski, Polskie Wydawnictwo Ekonomiczne, Warszawa	
	Tarnowski M. (2009): Uwarunkowania aktywności turystycznej młodzieży szczecińskich szkół średnich., Wydawnictwo Naukowe Uniwersytetu Szczecińskiego, Szczecin	
	Mapa Szczecina i okolic.	
STUDENT WORKLOAD		
	No. of hours	
		including e-learning
Contact hours	25	0
Participation in test / exam	2	0
Preparation for contact hours	10	0
Private reading and studying	10	0
Participation in tutorials	12	0
Preparation of project / essay / etc.	6	0
Preparation for test / exam	10	0
TOTAL workload	75	
ECTS credits	3	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-26/27Z						
Course title: teoria i metodyka sportów zespołowych: piłka nożna (KIERUNKOWE)					Course code: KFZ25PIIJ3451_7S	
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical			Specialty:	
Course / module status obligatory				Language of instruction: semester: 1 - polish language		
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
1	1	specialized exercises	30	0	pg	3
Total			30			3
Course / module coordinator	dr MIŁOSZ STĘPIŃSKI					
Course instructor	dr MIŁOSZ STĘPIŃSKI					
Course / module objectives	Familiarizing students with the organization and conduct of football classes in secondary schools. Acquiring skills in teaching basic tactical actions in football. Transferring knowledge in the field of organizing sports competitions in football. Improving students' competences in the field of taking care of the safety of participants in physical activity.					
Prerequisites	none					
LEARNING OUTCOMES						
Category	No.	Code	Description			Ref. to programme benchmarks
knowledge	1	EP1	Defines the systems and rules of the game, lists and explains the rules of soccer applicable to different age groups. Recognizes specialized terminology related to soccer tactics used in the training process.			K_W03 K_W04 K_W05
skills	1	EP2	Able to select appropriate game systems in accordance with safety regulations for various types of tournaments, sports events, and recreational football events. Able to efficiently manage group activities in the implementation of sporting events and run a small-scale football tournament.			K_U02 K_U04
	2	EP3	Demonstrates specialized movement skills in the technical and tactical elements of soccer necessary for teaching in secondary schools. Able to teach technical and tactical elements individually and in teams, taking into account the use of information and communication technology materials and resources.			K_U03 K_U07
social competences	1	EP4	is ready to comply with the safety rules for participants in the sports competitions he organizes			K_K02 K_K05
CONTENT					Semester	No. of hours
						including e-learning
Subject title: teoria i metodyka sportów zespołowych: piłka nożna						
Format of instruction: specialized exercises						
1. Familiarization with the methodology of teaching basic tactical skills in football					1	12 0
2. Conducting classes on assigned topics under the supervision of an academic teacher, discussing and evaluating the course of classes - group discussion					1	18 0

Modes of delivery	practical activities - exercises				
	The course teacher shall specify how artificial intelligence should be used as part of implementation of the course according to University of Szczecin best practices and standards. The course teacher shall inform students in their first class about the scope and possibilities of using AI and shall present a catalogue of tools and applications adjusted to relevant learning outcomes and teaching needs and possibilities within a given course.				
Assessment methods					No. of learning outcome from the syllabus
	KOŁOKWIUM				EP1
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZECZ OBSERWACJĘ)				EP2,EP3,EP4
	Metody i formy weryfikacji efektów uczenia się mogą zostać zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach określonych w Regulaminie Studiów Uniwersytetu Szczecińskiego.				
Grading criteria	The requirement for passing the exercises is a passing grade, which is the arithmetic average of the grades for preparing the outline, conducting the exercises, and the written test.				
	1. Assessment of the prepared outline in electronic form according to the guidelines. 2. Assessment of the implementation of the tactical elements of the exercises. 3. Written test covering knowledge of conducting high school soccer classes. Percentage grade: 60-69 satisfactory 70-74 satisfactory+ 75-84 satisfactory 85-89 satisfactory+ 90-100 excellent				
	Grade calculation principles				
	The final grade for the course is the grade obtained from the exercises.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	teoria i metodyka sportów zespołowych: piłka nożna		Ważona	
	1	teoria i metodyka sportów zespołowych: piłka nożna [ćwiczenia specjalistyczne]	zaliczenie z oceną		1,00
Basic reading	Miłosz Stepieński (2015): Skrypt dla studentów z piłki nożnej , US, Szczecin				
	praca zbiorowa (2009): Podręcznik trenera piłki nożnej dzieci , PZPN, Warszawa				
	PZPN (2016): Narodowy Model Gry, PZPN, Warszawa				
	PZPN : Trener, PZPN, Warszawa				
Supplementary reading	DFB : Fussballtrainer, Philippka Verlag, Muenster				
	PZPN : łączynasszkolenie.pl, PZPN, Warszawa				
STUDENT WORKLOAD					
		No. of hours			
				including e-learning	
Contact hours		30		0	
Participation in test / exam		5		0	
Preparation for contact hours		10		0	
Private reading and studying		10		0	
Participation in tutorials		10		0	
Preparation of project / essay / etc.		0		0	
Preparation for test / exam		10		0	
TOTAL workload		75			
ECTS credits		3			

