

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 <i>Subjects from the study programmes of courses of study carried out in a foreign language</i>								
B Przedmioty do wyboru prowadzone w języku obcym z pozostałych programów studiów <i>Elective subjects taught in a foreign language from other study programmes</i>								
1	II	wychowanie fizyczne	molecular basis of physical activity	j. angielski / English	KFZ25PIIJ3451_13S	4	4	zał.
2	II	wychowanie fizyczne	fundamentals of exercise immunology	j. angielski / English	KFZ25PIIJ3451_11S	4	4	zał.
C Przedmioty z programów studiów kierunków prowadzonych w języku polskim, które będą realizowane w języku obcym <i>Subjects from the study programmes of courses of study carried out in the Polish language, offered in a foreign language</i>								
1	I	wychowanie fizyczne	fizjologia człowieka/human physiology	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_9S	4	4	zał.
2	I	wychowanie fizyczne	muzyka, rytm, taniec/music, rhythm, dance	Polish / English j. polski / j. angielski	WF25PIIJ2982_7S	2	1	zał.
3	I	wychowanie fizyczne	zabawy i gry ruchowe/fun and movement games	Polish / English j. polski / j. angielski	WF25PIIJ3014_8S	2	1	zał.

4	I	wychowanie fizyczne	diagnoza i profilaktyka wad postawy/Diagnosis and prevention of posture defects	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_10S	2	2	zał.
1	II	wychowanie fizyczne	podstawy samoobrony/basics of self-defense	Polish / English j. polski / j. angielski	KFZ25PIIJ2982_6S	1	4	zał.
2	II	wychowanie fizyczne	teoria i metodyka sportów zespołowych: piłka nożna/Theory and methodology of the team sports	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_1S	3	1	zał.
3	II	wychowanie fizyczne	turystyka szkolna i ekologia/school tourism and ecology	Polish / English j. polski / j. angielski	KFZ25PIIJ3451_5S	3	1	zał.

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-24/25Z						
Course title: podstawy samoobrony (KIERUNKOWE)					Course code: KFZ25PIIJ2982_6S	
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	wiczenia specjalistyczne	15	0	pg	1
Total			15			1
Course / module coordinator		mgr RADOSŁAW SROKA				
Course instructor		mgr RADOSŁAW SROKA				
Course / module objectives		<p>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. Orienting the student to taking care of safety during classes and taking care of hygiene of voice emission.</p>				
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	K_W06		
skills	1	EP2	The student is able to adapt the verbal message to the perception capabilities of students during self-defense classes	K_U02		
	2	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_U05		
	3	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_U08		
	4	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_U10		
	5	EP6	The student is able to promote the idea of caring for their own and other people's safety by organizing self-defense shows	K_U11		
	6	EP7	The student is able to instruct students in accordance with the principles of proper voice emission	K_U15		

social competences	1	EP8	The student is ready to independently search for information using modern technologies	K_K01	
	2	EP9	The student cares about the safety of himself and other people acting as both lecturer and practitioner	K_K03	
	3	EP10	The student is able to adequately assess their level of knowledge and the quality of information received in the field of self-defense	K_K05	
CONTENT			Semester	No. of hours	
				including e-learning	
Subject title: podstawy samoobrony					
Format of instruction: wiczenia specjalistyczne					
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	<p>demonstration, pair exercises, simulation game, group work</p> <p>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.</p>				
Assessment methods				No. of learning outcome from the syllabus	
	SPRAWDZIAN			EP1,EP10,EP6,EP8, EP9	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP2,EP3,EP4,EP5,EP6,EP7,EP9	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	<p>The condition for passing the course is compliance during classes. The rating is influenced by:</p> <ul style="list-style-type: none"> - 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				
	The grade from the exercises is the final grade (coordinator's)				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	podstawy samoobrony		Wa ona	
	4	podstawy samoobrony [wiczenia specjalistyczne]	zaliczenie z ocen		1,00

Basic reading	Andre E. (2021): 100 sposobów samoobrony od napa ci ulicznej, My Wojownicy, Głógów
	D bczy ska-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 wr cz, 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	Kirby G. (1994): Podstawowe techniki łagodnej walki, Budo-Sport, Warszawa
	McNab Ch. (2017): 501 sposobów samoobrony bez u ycia broni : odbicia, chwytty, rzuty, ciosy i kopni cia, 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	2	0
Participation in tutorials	3	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-25/26Z						
Course title: diagnoza i profilaktyka wad postawy (KIERUNKOWE)					Course code: KFZ25PIJ3451_10S	
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 MONIKA NIEWIADOMSKA				
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		Brak				
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_W03		
	3	EP3	The student knows and understands the need for diagnosis in the process of intervention activities.	K_W04		
skills	1	EP4	The student is able to plan preventive actions in the field of body posture defects.	K_U03		
	2	EP5	The student cooperates with parents, teachers and a medical specialist in implementing preventive and therapeutic programs.	K_U06		
	3	EP6	The student is able to independently plan and carry out basic preventive and therapeutic exercises for body posture abnormalities.	K_U09		
	4	EP7	Is able to assess body posture, recognize basic postural defects and select compensatory and corrective exercises.	K_U11		
	5	EP8	Is able to independently acquire knowledge in the field of body posture defects.	K_U14		
social competences	1	EP9	The student is ready to show tolerance and respect professional ethics.	K_K02		
	2	EP10	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	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP10,EP2,EP3,EP4,EP5,EP6,EP7,EP8,EP9	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	The condition for passing the exercises is to obtain a positive grade from the practical skills test.				
	The practical skills test includes: Correct assessment of body posture (position of the head, shoulder girdle, pelvis, knees, feet) - 5 elements for a grade of vdb, 4 elements for a grade of db, 3 elements for a grade of dst. Correct performance of corrective and compensatory exercises for selected posture defects.				
	Grade calculation principles Calculation of the grade based on: correct assessment of selected body posture parameters (50%) and the ability to use corrective and compensatory exercises (50% of the grade).				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	2	diagnoza i profilaktyka wad postawy		Wa ona	
	2	diagnoza i profilaktyka wad postawy [wiczenia]	zaliczenie z ocen		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.,Binaszewski T.,Raty ska A. (2010): Podstawy teorii i metodyki gimnastyki kompensacyjno-korekcyjnej., Politechnika Radomska, Radom				
Supplementary reading	Zeyland-Malawka E. (2003): wiczenia korekcyjne., Gda sk, Gda sk				
STUDENT WORKLOAD					
		No. of hours			
			including e-learning		
Contact hours	30		0		
Participation in test / exam	2		0		
Preparation for contact hours	3		0		
Private reading and studying	5		0		
Participation in tutorials	2		0		

Preparation of project / essay / etc.	5	0
Preparation for test / exam	3	0
TOTAL workload	50	
ECTS credits	2	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-25/26Z						
Course title: zabawy i gry ruchowe (KIERUNKOWE)					Course code: WF25PIJ3014_8S	
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	wiczenia specjalistyczne	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		
	1	EP2	The student is able to skillfully use various methods in conducting games and movement activities.	K_U01		
	2	EP3	He can skillfully plan and implement games and games in various age groups.	K_U03		
	3	EP4	Is able to choose the appropriate forms and means in the implementation of pedagogical tasks with children and youth.	K_U04		
	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_U05		
	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_U08		
	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_U09		
	7	EP8	Is able to independently acquire knowledge in the field of various forms of physical activity, including games and games.	K_U14		

social competences	1	EP9	The student is ready to responsible and reliable work and solve various problems in working with children.	K_K04	
	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_K06	
CONTENT			Semester	No. of hours	
				including e-learning	
Subject title: zabawy i gry ruchowe					
Format of instruction: wiczenia specjalistyczne					
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	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP10,EP2,EP3,EP4,EP5,EP7,EP8,EP9	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
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		Wa ona	
	1	zabawy i gry ruchowe [wiczenia specjalistyczne]	zaliczenie z ocen		1,00

Basic reading	Bondarowicz M. (2004): Zabawy w grach sportowych., Warszawa, Warszawa
	Bondarowicz M., Staniszewski T. (2008): Podstawy teorii i metodyki zabaw i gier ruchowych., Warszawa
	Flemming I. (1998): Gry i zabawy na wycieczki szkolne., Kielce
	Nawara H., Nawara U. (1999): Gry i zabawy integracyjne., Wrocław
	Sieniek Cz. (2009): Terenowe gry i zabawy o charakterze ogólnorozwojowym., Starachowice
	Wojgrzyn E., Umiastowska D., Pławińska L. (2002): Zabawy i gry ruchowe w wychowaniu fizycznym., Wydawnictwo uczelniane US, Szczecin

Supplementary reading	
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STUDENT WORKLOAD

	No. of hours	
		including e-learning
Contact hours	30	0
Participation in test / exam	2	0
Preparation for contact hours	5	0
Private reading and studying	3	0
Participation in tutorials	2	0
Preparation of project / essay / etc.	4	0
Preparation for test / exam	4	0
TOTAL workload	50	
ECTS credits	2	

SYLABUS (KARTA PRZEDMIOTU)

Nazwa programu studiów: USKFZ-WF-P-II-S-24/25Z						
Moduł: Blok do wyboru A [moduł]						
Nazwa przedmiotu: fundamentals of exercise immunology (POZOSTAŁE PRZEDMIOTY / MODUŁY)					Kod przedmiotu: KFZ25PIIJ3451_11S	
Nazwa kierunku: wychowanie fizyczne						
Forma studiów: II stopnia, stacjonarne			Profil studiów: praktyczny		Specjalno : 	
Status przedmiotu: fakultatywny				J zyk przedmiotu: semestr: 4 - j zyk angielski j zyk polski		
Rok	Semestr	Forma zaj	Liczba godzin		Forma zaliczenia	ECTS
				w tym e-learning		
2	4	wiczenia	15	0	ZO	4
		wykład	15	0	ZO	
Razem			30			4
Koordynator przedmiotu:		dr hab. ROBERT NOWAK				
Prowadz cy zaj cia:		dr hab. ROBERT NOWAK				
Cele przedmiotu:		Obtaining knowledge of basic immunological concepts. Becoming familiar with the basic immunological methods used in sports diagnostics laboratory for assessing the athlete's health and recognizing selected medical conditions. Gain of teamwork competence.				
Wymagania wst pne:		Basics of human physiology.				
EFEKTY UCZENIA SI						
Kategoria	Lp	KOD	Opis efektu		Odniesienie do efektów dla programu	
wiedza	1	EP1	describes the most common post-effort changes at the level of human immunology		K_W01	
	2	EP2	describes the importance of the immune system in maintaining homeostasis		K_W01 K_W07	
	3	EP3	is able to correctly describe the relationship between immunity and physical activity in a way accessible to various social groups		K_W07	
umiej tno ci	1	EP4	demonstrates the skill of correct recognition of immune disorders and post-effort changes based on the obtained test results		K_U01	
	2	EP5	is able to correctly describe the relationship between immunity and physical activity speaking and writing in English		K_U14	
kompetencje społeczne	1	EP6	is ready to update his knowledge and possesses competences to demonstrate its practical significance		K_K05	
	2	EP7	is ready to persistently update knowledge from the latest to achieve sport sciences		K_K01	
	3	EP8	possesses competences allowing to undertake teamwork as both a leader and a group member		K_K08	
TRE CI PROGRAMOWE ZAJ I KONSULTACJI					Semestr	Liczba godzin zaj
						w tym e-learning
Przedmiot: fundamentals of exercise immunology						

Forma zaj : wykład					
1. Main components and features of the immune response.	4	5	0		
2. Immune cells, cytokines and chemokines.	4	5	0		
3. Psychoneuroimmunology.	4	5	0		
Forma zaj : wiczenia					
1. Immunological testing methods.	4	5	0		
2. Flow cytometry and ELISA tests.	4	5	0		
3. Interpretation of exercise test results used in immunology.	4	5	0		
Metody kształcenia	audiovisual presentation, work in groups, interpretation of basic laboratory test results, discussion, work with text 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		
	PREZENTACJA		EP1,EP2,EP3,EP4,EP5,EP6,EP7,EP8		
	ZAJĘCIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJĘ)		EP4,EP6,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.				
Forma i warunki zaliczenia	Laboratories: presentation (70%), activity during classes (30%) Lectures: passing the test				
	Zasady wyliczania oceny z przedmiotu				
	The final grade is the arithmetic mean of the grades for laboratories and lectures				
Metoda obliczania oceny końcowej	Sem.	Przedmiot	Rodzaj zaliczenia	Metoda obl. oceny	Waga do redniej
	4	fundamentals of exercise immunology		Nieobliczana	
	4	fundamentals of exercise immunology [wiczenia]	zaliczenie z ocen		
	4	fundamentals of exercise immunology [wykład]	zaliczenie z ocen		
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	15		0		
Studiowanie literatury	11		0		

Udział w konsultacjach	12	0
Przygotowanie projektu / eseju / itp.	15	0
Przygotowanie się do egzaminu/zaliczenia	15	0
Ł CZNY 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		Specjalty:	
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		<p>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.</p> <p>Zdobycie umiejtno ci przeprowadzania testów fizjologicznych i interpretacji ich wyników Przygotowanie studentów do postawy otwartej na nauki i poszukiwanie nowych rozwiązań opartych na dowodach naukowych</p>				
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	
	KOLOKWIUM			EP1,EP2,EP3,EP4,EP5	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP4,EP5,EP6,EP7	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
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 ocen		
	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 w, 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	

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-II-S-24/25Z						
Unit: Blok do wyboru C [moduł]						
Course title: molecular basis of physical activity (POZOSTAŁE PRZEDMIOTY / MODUŁY)				Course code: KFZ25PIIJ3451_13S		
Name of field of study: wychowanie fizyczne						
Mode and cycle of study: second degree, full - time		Profile of study: practical		Specialty:		
Course / module status elective			Language of instruction: semester: 4 - english language			
Year	Semester	Form of instruction	No. of hours		Type of credit	ECTS
				including e-learning		
2	4	discussion classes	15	0	pg	4
		lecture	15	0	e	
Total			30			4
Course / module coordinator		dr hab. MAREK SAWCZUK				
Course instructor		dr n. med. PATRYCJA TOMASIAK				
Course / module objectives		Introduction to basic terms, regularities and problems in relation to genetic basis of physical activity. Acquiring basic laboratory skills. Acquiring readiness for teamwork.				
Prerequisites		Knowledge of the basics of human biology				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	Student knows and understands basic terms of human genetics	K_W01 K_W07		
skills	1	EP2	Student can choose and plan to utilize adequate molecular methods	K_U01 K_U14		
	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	K_U01 K_U14		
	3	EP4	Student can use research equipment typical for molecular research	K_U01		
social competences	1	EP5	Student is aware of dangers the use of genetics in sport can bring	K_K01		
CONTENT				Semester	No. of hours	
					including e-learning	
Subject title: molecular basis of physical activity						
Format of instruction: lecture						
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 physiological reactions of the body to 5 effort				4	5	0
Format of instruction: discussion classes						
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	
Modes of delivery	audiovisual equipment-based lectures				
	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,EP5	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP2,EP3,EP4,EP5	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	Written exam covers lectures material, students take single choice tests.				
	Grade calculation principles				
	Test results of exam constitute 90% of final grade.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	4	molecular basis of physical activity		Nieobliczana	
	4	molecular basis of physical activity [wykład]	egzamin		
	4	molecular basis of physical activity [wiczenia]	zaliczenie z ocen		
Basic reading	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				
Supplementary reading	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				
STUDENT WORKLOAD					
		No. of hours			
		including e-learning			
Contact hours	30		0		
Participation in test / exam	2		0		
Preparation for contact hours	16		0		
Private reading and studying	16		0		
Participation in tutorials	12		0		
Preparation of project / essay / etc.	0		0		
Preparation for test / exam	24		0		
TOTAL workload	100				
ECTS credits	4				

COURSE SYLLABUS AND SPECIFICATION

Curriculum title: USKFZ-WF-P-I-S-25/26Z						
Course title: muzyka, rytm, taniec (KIERUNKOWE)					Course code: WF25PIJ2982_7S	
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	wiczenia specjalistyczne	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_W06		
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_U03		
	2	EP4	Is able to correctly apply the appropriate methodology for teaching selected regional, national, social, integration and rhythmic exercises to music.	K_U05		
	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_U09		
	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_U09		

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_K04	
CONTENT			Semester	No. of hours	
					including e-learning
Subject title: muzyka, rytm, taniec					
Format of instruction: wiczenia specjalistyczne					
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	Restorative didactic methods: mimicry-close, task-close; independent didactic methods: direct purposeful movement, play-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	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP1,EP5,EP6	
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.				
Grading criteria	The condition for passing the classes is attendance. For the final grade in the subject affect: 1. Practical test based on demonstration of knowledge of eight selected systems dances in the field of folk and ballroom dances, danced according to music, from the right technique performance and movement aesthetics (90% of the final grade). 2. Student activity during classes manifested by active and creative involvement own ideas during the classes and theoretical preparation for classes (10% of the grade terminal). The mark for each of the nine evaluated elements must be minimum sufficient.				
	Grade calculation principles				
	The final grade is determined on the basis of the arithmetic average calculated from the grades of practical credits, the grade for student's activity in class and may be increased in 5-10% for the student's voluntary activity on the principles set out by the teacher.				
Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	muzyka, rytm, taniec		Wa ona	
	1	muzyka, rytm, taniec [wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Jakubowski K. (2007): Polskie ta ce narodowe: przykładowe układy towarzyskie dla potrzeb szkolnych zabaw tanecznych. , AWF w Warszawie, Warszawa				
	Kowalik B., Fredek A., Bara ska-Grabara L., Mayer A. (2003): Układy lekcyjne polskich ta ców narodowych dla studentów Akademii Wychowania Fizycznego w Katowicach., AWF Katowice, Katowice				
	Siedlecka B., Bili ski W. (2003): Taniec w edukacji dzieci i młodzie y - podr cznik dla nauczycieli., AWF Wrocław, Wrocław				
Supplementary reading	Fredek A., Kowalik B., Bara ska-Grabara L. (2009): Wybrane ta ce towarzyskie dla studentów AWF im J. Kukuczki w Katowicach., AWF Katowice, Katowice				
	Graczykowska B. (2003): Ta ce – teoria i praktyka – skrypt dla studentów wychowania fizycznego nr 255. , Oficyna Wydawnicza Politechniki Opolskiej, Opole				
	Siedlecka B., Bili ski (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-25/26Z						
Course title: turystyka szkolna i ekologia (KIERUNKOWE)					Course code: KFZ25PIIJ3451_5S	
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		<p>Providing the student with basic knowledge on the development of programs, organization and running of tourist events for school children and youth.</p> <p>Acquisition by the student of skills in the organization of school tourism, including elements of environmental education.</p> <p>Making students ready to educate themselves and their students to protect nature and to educate themselves in tourism.</p>				
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_W08		
	2	EP2	It identifies and qualifies the tourist values (mainly cultural and natural) of Poland and the Szczecin region	K_W08		
skills	1	EP3	Can evaluate the usefulness of given sightseeing values for programming selected forms of school tourism and ecological education	K_U12		
	2	EP4	He can prepare, in the basic scope, selected events of various nature	K_U05 K_U08		
	3	EP5	The student is able to use basic tourist equipment for selected forms of tourism	K_U12		
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_K08		
	2	EP8	Is geared to the need to organize task groups and is ready to cooperate within them to solve problems	K_K08 K_K09		
CONTENT					Semester	No. of hours
						including e-learning
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	
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)			EP3,EP4,EP5,EP7,EP8	
Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.					
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 [wiczenia]	zaliczenie z ocen		
	1	turystyka szkolna i ekologia [wykład]	zaliczenie z ocen		

Basic reading	Domerecka B. (2008): Jak organizowa szkoln turystyk ., Municipium SA, Warszawa
	Gł bi ski Z. (2008): Szkolny ruch turystyczno-krajoznawczy jako czynnik kształtowania to samo ci 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 młodzie y. Nowe zasady, Wolters Kluwer
	Zar ba 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 aktywno ci turystycznej młodzie y szczeci skich szkół rednich., Wydawnictowo Naukowe Uniwersytetu Szczeci skiego, 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-25/26Z						
Course title: teoria i metodyka sportów zespołowych: piłka no na (KIERUNKOWE)					Course code: KFZ25PIIJ3451_1S	
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	wiczenia specjalistyczne	30	0	pg	3
Total			30			3
Course / module coordinator		dr JAROSŁAW MURACKI				
Course instructor		dr MIŁOSZ ST PI SKI				
Course / module objectives		<p>Familiarizing students with the organization and conduct of football classes in secondary schools.</p> <p>Acquiring skills in teaching basic tactical actions in football.</p> <p>Transferring knowledge in the field of organizing sports competitions in football.</p> <p>Improving students' competences in the field of taking care of the safety of participants in physical activity.</p>				
Prerequisites		basic knowledge of the elements of football technique and the rules of the game.				
LEARNING OUTCOMES						
Category	No.	Code	Description	Ref. to programme benchmarks		
knowledge	1	EP1	Student knows the principles of functioning of the muscular-motor system of a participant in physical activity and, on this basis, selects methods and systems for organizing and conducting sports competitions and recreational football events for various age groups.	K_W02		
	2	EP2	Student defines systems and rules of the game, lists and explains the rules of the game of football applicable in different age categories. Student distinguishes specialised terminology from the field of football tactics used in the training process.	K_W06		

skills	1	EP3	Student selects appropriate techniques for communicating with the group when organizing sports competitions and conducting physical education lessons in football at a secondary school.	K_U02
	2	EP4	Student is able to select appropriate game systems in accordance with safety rules in various types of tournament competitions, sports and recreational events in football. Is able to efficiently manage group activities in the implementation of sports projects and lead a tournament of small games in football.	K_U05 K_U08
	3	EP5	Student demonstrates specialist movement skills in the field of technical and tactical elements of football playing necessary to conduct the didactic process in a secondary school. Student is able to teach techno-tactical elements in an individual and team approach, taking into account the use of materials and means from the field of information and communication technology.	K_U10 K_U11
	4	EP6	Uses speech apparatus efficiently while communicating with a group practicing during soccer classes.	K_U15
social competences	1	EP7	Student is involved in the work of the group, taking responsibility for the implementation of the tasks assigned to the student resulting from the preparation and conduct of sports competitions in football at a secondary school. Student is ready to seek expert opinion in case of encountering difficulties.	K_K01
	2	EP8	Student is ready to comply with the safety rules of the participants in the sports competitions he organizes.	K_K03

CONTENT	Semester	No. of hours	
			including e-learning

Subject title: **teoria i metodyka sportów zespołowych: piłka no na**

Format of instruction: **wiczenia specjalistyczne**

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	Theoretical methods - lecture, and 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
	KOLOKWIUM	EP1,EP2
	ZAJ CIA PRAKTYCZNE (WERYFIKACJA POPRZEZ OBSERWACJ)	EP3,EP4,EP5,EP6,EP7,EP8
	Metody i formy weryfikacji efektów uczenia si mog zosta zmienione dla studentów ze szczególnymi potrzebami na warunkach i zasadach okre lonych w Regulaminie Studiów Uniwersytetu Szczeci skiego.	

Grading criteria	1. Attendance and active participation in exercises.
	2. Assessment of the prepared outline in electronic form in accordance with the guidelines
	3. Assessment of the implementation of classes on teaching tactical elements
	Grade calculation principles

The final grade is the arithmetic mean of the partial grades for preparing the outline, conducting classes and the written colloquium.

Final grade calculation method	Sem.	Course	Type of credit	Grade calc. method	Weight for the average
	1	teoria i metodyka sportów zespołowych: piłka no na		Wa ona	
	1	teoria i metodyka sportów zespołowych: piłka no na [wiczenia specjalistyczne]	zaliczenie z ocen		1,00
Basic reading	Miłosz Stepi ski (2015): Skrypt dla studentów z piłki no nej , US, Szczecin				
	praca zbiorowa (2009): Podr cznik trenera piłki no nej dzieci , PZPN, Warszawa				
	PZPN (2016): Narodowy Model Gry, PZPN, Warszawa				
	PZPN : Trener, PZPN, Warszawa				
Supplementary reading	DFB : Fussballtrainer, Phillippka Verlag, Muenster				
	PZPN : laczynasszkolenie.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	15	0
Private reading and studying	10	0
Participation in tutorials	5	0
Preparation of project / essay / etc.	5	0
Preparation for test / exam	5	0
TOTAL workload	75	
ECTS credits	3	