



Physical training

1. IMPRINT	
Academic Year	2023/2024
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical sciences
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full-time program
Type of module / course	Obligatory
Form of verification of learning	Completion
Educational Unit / Educational Units	Departments of Physical Education and Sport, 2c Trojdena street, Tel. 22/5720528 studiumwfmis@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Jerzy Chrzanowski MSc
Course coordinator	Jerzy Chrzanowski MSc
Person responsible for syllabus	Paweł Miaskiewicz MSc pawel.miaskiewicz@wum.edu.pl
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2. BASIC INFORMATION			
Year and semester of studies	Year 1, semester 1 and 2	Number of ECTS credits	0
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)			
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)		60	0
Work placement (WP)			

Unassisted student's work		
Preparation for classes and completions	-	-

3. COURSE OBJECTIVES	
O1	Presentation of physical culture as a set of recognized values and fixed behaviors in relation to the human body.
O2	Harmonious development of the body, strengthening and making the musculoskeletal system more flexible – body shaping, prevention of diseases and overloads within the musculoskeletal system, stimulation of the cardiopulmonary and nervous systems.
O3	Hardening the body and improving immunity on a physical and mental level.
O4	Familiarization with methods of combating stress and its effects on the body
O5	Familiarization with the principles and methodology of prevention programs to the extent that allows active participation in their design, implementation and implementation.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING	
Code and number of effect of learning in accordance with standards of learning	Effects in time

Knowledge – Graduate* knows and understands:

A.W1.	structures of the human body: cells, tissues, organs and systems, with particular emphasis on the dental system
A.W2.	development of organs and the whole organism, with particular emphasis on the masticatory system
A.W3.	the structure of the human body in a topographic and functional approach
A.W4.	the role of the nervous system in the functioning of individual organs

Skills– Graduate* is able to:

A.U1.	interpret anatomical relations illustrated with the basic methods of diagnostic tests in the field of radiology (overview and contrast agent radiographs)
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)	
Number of effect of learning	Effects of learning i time

Knowledge – Graduate knows and understands:	
K1	
Skills– Graduate is able to:	
S1	use a basic knowledge of one's own physical limitations in the course of performing basic elements of the technique of selected sports and recreational disciplines, assess their own deficits and educational needs and plan physical activity and its evaluation.
Social Competencies – Graduate is ready for:	
SC1	promoting healthy living patterns, recognising health needs and planning activities in the field of prevention and promotion of "Lifelong Sports".

6. CLASSES		
Form of class	Class contents	Effects of Learning
C1-C15 Practical classes	Consistent with the curriculum of the discipline chosen by the student sports or recreational activities, including the development of motor features: strength, speed, endurance, motor coordination, agility and flexibility. Getting to know new and attractive forms of physical activity, including "lifelong sports" (individual and team), ensuring active participation in physical culture. Movement as a factor preventing diseases and strengthening health. Responding appropriately for signs of unhealthy and self-destructive behavior. Especially sports-talented students participate in sports section activities and represent the University in the Warsaw Academic Championships and Masovia and in the Polish Academic Championships.	A.W1., A.W2., A.W3., A.W4., A.U1, U1, K1

7. LITERATURE		
Obligatory		
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website www.swfis.wum.edu.pl in the Didactics tab.		
Supplementary		
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website www.swfis.wum.edu.pl in the Didactics tab.		

8. VERIFYING THE EFFECT OF LEARNING		
Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion

A.W1., A.W2., A.W3., A.W4., A.U1, U1, K1	<ul style="list-style-type: none"> - presentation of student work - highest activity during classes - fitness tests, competitions - observation of student's work - assessment of activity during classes - assessment of preparation for classes 	<ul style="list-style-type: none"> - systematic attending classes (100 attendance, 15 classes in semester) - participation in tests physical fitness, competitions
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9. ADDITIONAL INFORMATION

Student Scientific Club "Biological Regeneration", supervisor: Kinga Klaś-Pupar, MA, kinga.klas@wum.edu.pl

Sports and recreational sections of the AZS WUM University Club, information on the website www.azs.wum.edu.pl

Rules for making up missed classes:

1. Any absence, including justified absence, must be made up.
2. Absences can be made up with the teacher of the group selected by the student or during special classes marked in the schedule. called "for those who are doing their homework".
3. Contact the group leader and agree on a date for making up the classes.
4. Credit for a course can only be obtained from the teacher of the group selected by the student. Not possible to obtain passing the exam without registering for the classes chosen by the student.
5. You can participate in one PE class a day, which means that the student cannot make up classes on the same day, in which he participates in the activities of his group.
6. Medical leave from PE does not release the student from the obligation to participate in physical education classes and obtain credits this item. A student with a medical exemption from PE classes signs up for a specialist group (rehabilitation, healthy spine, relaxation techniques). In case of problems with registration, please contact the course coordinator, M.A Kinga Klaś-Pupar via chat in MS Teams.

The regulations for passing the physical education subject can be found in the news on the Study website

www.swfis.wum.edu.pl

Contact with the Study: studywfis@wum.edu.pl

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ATTENTION

The final 10 minutes of the last class in the block/semester/year should be allocated to students'
Survey of Evaluation of Classes and Academic Teachers