



## Physical Education

<b>1. IMPRINT</b>	
<b>Academic Year</b>	2022/2023
<b>Department</b>	Faculty of Dental Medicine
<b>Field of study</b>	English Dentistry Division
<b>Main scientific discipline</b> <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical sciences
<b>Study Profile</b> <i>(general academic / practical)</i>	General academic
<b>Level of studies</b> <i>(1<sup>st</sup> level / 2<sup>nd</sup> level / uniform MSc)</i>	Uniform MSc
<b>Form of studies</b>	Full-time program
<b>Type of module / course</b> <i>(obligatory / non-compulsory)</i>	Obligatory
<b>Form of verification of learning outcomes</b> <i>(exam / completion)</i>	Completion
<b>Educational Unit / Educational Units</b> <i>(and address / addresses of unit / units)</i>	Departments of Physical Education and Sport, 2c Trojdena street, Tel. 22/5720528 studiumwfis@wum.edu.pl

<b>Head of Educational Unit / Heads of Educational Units</b>	Mgr Jerzy Chrzanowski MSc
<b>Course coordinator</b> (title, First Name, Last Name, contact)	Mgr Michał Sieńko MEd
<b>Person responsible for syllabus</b> (First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)	Mgr Michał Sieńko MEd
<b>Teachers</b>	Mgr Michał Sieńko MEd

<b>2. BASIC INFORMATION</b>			
<b>Year and semester of studies</b>	1 <sup>th</sup> year, 1 <sup>th</sup> and 2 <sup>th</sup> semester	<b>Number of ECTS credits</b>	0.00
<b>FORMS OF CLASSES</b>		<b>Number of hours</b>	<b>ECTS credits calculation</b>
<b>Contacting hours with academic teacher</b>			
Lecture (L)			
Seminar (S)			
Discussions (D)			
e-learning (e-L)			
Practical classes (PC)		60	0
Work placement (WP)			
<b>Unassisted student's work</b>			
Preparation for classes and completions			

<b>3. COURSE OBJECTIVES</b>	
O1	Significance of physical activity in human life.
O2	Harmonious development of the organism, strengthening and making the locomotor system more flexible - shaping the figure, preventing diseases and overloads within the locomotor system, stimulating the circulatory, respiratory and nervous systems.
O3	Hardening the body and improving immunity on a physical and mental level.
O4	Acquainting with methods of fighting stress and its effects on the organism.

05	Acquainting with the principles and methodology of preventive programs to the extent enabling active participation
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**4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING** (concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)

<p><b>Code and number of effect of learning in accordance with standards of learning</b> (in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</p>	<p><b>Effects in time</b></p>
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**Knowledge – Graduate\* knows and understands:**

A.W3.	structure of the human body in topographical and functional approach
B.W7.	principles of statics and biomechanics in relation to the human organism
B.W21.	the principles of acid-base balance and the transport of oxygen and carbon dioxide in the body
G.W21.	sources of stress and the possibility of their elimination

**Skills– Graduate\* is able to:**

D.U2.	see and respond to the signs of anti-health and self-destructive behavior
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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)

<p><b>Number of effect of learning</b></p>	<p><b>Effects of learning i time</b></p>
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**Knowledge – Graduate knows and understands:**

K1	rules of statics and biomechanics in relation to the human body during a specific physical activity
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**Skills– Graduate is able to:**

S1	use basic knowledge about your own physical limitations while performing the basic elements of the technique of selected sports and recreational disciplines, assess your own deficits and educational needs, and plan physical activity and its evaluation
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**Social Competencies – Graduate is ready for:**

SC1	promoting patterns of healthy life, recognizing health needs and planning activities in the field of prevention and promotion of "whole life sports"
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6. CLASSES		
Form of class	Class contents	Effects of Learning
C1-C15 practical	In line with the sports program or recreational discipline chosen by the student, covering the development of motor skills: strength, speed, endurance, motor coordination, agility and flexibility. Learning about new and attractive forms of physical activity, including "sports of the whole life" (individual and team), ensuring active participation in physical culture. Movement as a factor in preventing disease and strengthening health.	A.W3. B.W7. B.W21. G.W21. D.U2. K1, S1, SC1

7. LITERATURE
<b>Obligatory</b>
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website <a href="http://www.swfis.wum.edu.pl">www.swfis.wum.edu.pl</a> in the Didactics tab.
<b>Supplementary</b>
In line with the selected sports program or recreational discipline - presented during the first class, available for viewing on the Study website <a href="http://www.swfis.wum.edu.pl">www.swfis.wum.edu.pl</a> 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.W3. B.W7. B.W21. G.W21. D.U2. K1, S1	- <i>observation of the student's work</i> - <i>assessment of activity during classes</i> - <i>fitness tests</i>	- <i>regular attendance at classes (attendance 100%)</i> - <i>participation in fitness tests</i>

9. ADDITIONAL INFORMATION <i>(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)</i>
Sports and recreational sections of the AZS WUM University Club. The regulations of classes and information on the possibility of making up for classes due to absences can be found on the website Studium <a href="mailto:studiumwfis@wum.edu.pl">studiumwfis@wum.edu.pl</a> in the Didactic tab.

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