

(pieczęć wydziału)

COURSE DESCRIPTION

Z1-PU7

WYDANIE N1

Strona 1 z 3

1. Course title: PHYSICAL TRAINING		2. Course code: PHT		
3. Validity of course description: 2018/2019				
4. Level of studies: first degree				
5. Model of studies: stationary				
6. Field of study: INFORMATICS				
7. Profile of studies: general academic				
8. Programme: ALL				
9. Semester: 1, 2, 3				
10. Faculty teaching the course: Sports Center of the Silesian University of Technology				
11. Course instructor: Ph.D. Doc. Krzysztof Czapla				
12. Course classification: general				
13. Course status: obligatory				
14. Language: English				
15. Pre-requisite qualifications: General physical fitness, health status allowing for participation				
16. Course objectives: Effective impact and influence in the process of physical education on personality and student body. Concern for the health and understanding of physical activity for recreational and sports facilities. Understanding the importance of team sports and individual sports.				
17. Description of learning outcomes:¹				
Nr	Learning outcomes description	Method of assessment	Teaching methods	Reference code
1	Has the detailed command of English or some other foreign language recognised as the international communication language, and in particular technical language.	Observation of student practical skills	Classes	K1A_U06
2	Can work individually and in a team; can design the composition of the team, indicate expectations concerning the team members and manage activity of a small team using various techniques	Observation of student practical skills	Classes	K1A_U31

¹ należy wskazać ok. 5 – 8 efektów kształcenia

3	Is aware of the importance and understands the nontechnical aspects and consequences of the engineering activity, including its effect on the environment and connected with it responsibility for the decisions made.	Observation of student practical skills	Classes	K1A_U11
4	Can cooperate and work in a group taking different roles	Observation of student practical skills	Classes	K1A_K02
5	Evaluate critically the acquired knowledge and accept the meaning of knowledge in solving cognitive and practical problems	Observation of student practical skills	Classes	K1A_K01
6	Can fulfill social obligations, co-organize actions for the social environment	Observation of student practical skills	Classes	K1A_K06
7	Can think and act in the creative entrepreneurial way	Observation of student practical skills	Classes	K1A_K04

18. Teaching modes and hours

Lecture / BA /MA Seminar / Class / Project / Laboratory:

15 / 0 / 0 / 15 / 0 / 0

19 Syllabus description:

Playing sports and individual sports as a means of supporting the development of psychophysical man.

Understanding the elements of technique and tactics chosen sport.

20. Exam: no

21. Primary sources:

1. Public publications in the field of physical culture.

22. Secondary sources:

1. Rules of the chosen sport game.

23. Total workload required to achieve learning outcomes

Lp.	Teaching mode	Contact hours / Student workload hours
1	Lecture	/
2	Classes	90/
3	Laboratory	/
4	Project	/
5	Seminar	/
6	Other	/
	Total number of hours	90/0

24. Total hours: 90

25. Numbers of ECTS: 0

26. Number of ECTS credits allocated for contact hours: 0

27. Number of ECTS credits allocated for in-practice hours (laboratory classes, projects): 0

26. Comments:

Approved:

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(date, Instructor's signature)

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(date, the Director of the Faculty Unit signature)