



EDUCATION PROGRAM FOR PHYSICAL EDUCATION

Academic year 2024/2025

Descriptions:

1. Anatomy

Student will acquire knowledge about the structure and functioning of the human nervous, blood, digestive, urinary, respiratory, endocrine and sexual systems.

Objective of the course:

- to familiarize students with the structure of organs and systems of the human body, with particular emphasis on the structure, and to understand the functions and role of this organ in the proper functioning of a human being.
- application of the acquired knowledge in the field of the structure and functions of the human body

2. Biology

Objective of the course:

- to familiarize students with the structure and function of the cell as the basic unit of life and to present the processes that determine its growth, survival and reproduction,
- familiarizing students with the structure and function of the most important systems in the human body and the interrelationships between them,
- familiarizing students with the basics of the functioning of the organs of vision and balance,
- familiarizing students with the role of hormones in maintaining intracorporeal homeostasis.



3. Psychology

The classes cover the basic issues of many branches of psychology (including social psychology, developmental psychology, personality), important in the context of physical activity. The student acquires knowledge and skills necessary in working with students and people involved in sports activities. The importance of psychology as an empirical and applied science is presented and emphasized. The student has the opportunity to expand their self-knowledge and increase their personal competences.

4. Eurythmics and dance

Acquiring by the student basic knowledge in the field of ballroom and folk dances and skilful use of them for the correct teaching of dances and music and movement exercises in the process of educating children and adolescents as part of physical education lessons and recreational dance classes. Acquiring the ability to effectively use dances and rhythmic elements in developing physical fitness and improving health. Acquiring the ability to conduct recreational and utilitarian activities and to conduct dances in various conditions, with different social and age groups.

5. Theory and Meth. Swimming

Objective of the course:

1. Mastering the swimming style of the butterfly style - the butterfly technique.
2. Ability to prepare an outline and conduct classes on a selected topic - butterfly / dolphin style.
3. Acquiring swimming skills and methodology of conducting classes in 4 swimming styles (crawl on the back and breast, classic, dolphin).

6. Motor Games and Play

The subject is to familiarize students with a wide range of games and movement games used in physical education lessons, as well as in coaching work. Initially, students learn the



classification of movement games and activities, and then the methodology of teaching selected movement games.

7. Theory and meth. Gymnastics

The 1st semester of gymnastics is based on teaching gymnastic elements in the field of free exercises and using equipment. The second semester of gymnastics is based on preparing students to conduct gymnastics classes (pedagogy) and introducing them to acrobatic elements.

8. Methodology of Physical Education

Objective of the course:

1. Formulating the goals of physical education, diagnosing and forecasting didactic and educational work, planning and implementing classes and extracurricular activities in various conditions and age groups.
2. Correct selection of methods, forms and means depending on the didactic and educational situation as well as the abilities and interests of students.
3. Assessing students' achievements and evaluating the process of physical education, conducting, documenting and evaluating the course of the lesson.

9. Sport for all

Sport for all covers issues in the area of systematics of exercises and methodology of teaching individual technical and tactical elements of sport discipline.

10. Theory and Meth. Volleyball

- Practical and theoretical preparation of students to conduct volleyball classes in schools of the 1st and 2nd stage of education.
- Mastering by students technical and tactical skills in volleyball and the methodology of teaching them; efficient use of volleyball terminology.



- Introducing students to the nature and essence of volleyball, as well as the history and rules of the game.

11. Biochemistry

What substances and what chemical compounds are necessary for life and how they affect the functioning of the organism of every organism (not only humans), e.g. the effect of substances in a way that is harmful to humans (harmful substances are the cause of diseases); knowledge of the composition and content of various biochemically important connections in healthy and sick people allows to distinguish a healthy system from a sick one and is the basis of clinical and chemical diagnostics; knowledge of how various harmful substances react with the components of a living organism allows to draw any conclusions as to the mechanism of action of other such connections.

12. Fizjology

The course aims to familiarize the student with the structure and function of tissues, organs and body systems in order to understand the principles of the functioning of the human body, as well as the impact of physical activity on the human body. The lectures are devoted to the following topics: physiology of the nervous system and senses, structure and function of the muscular system, regulation of motor functions, physiology of the circulatory system, respiratory system and gastrointestinal tract, urine formation and excretion, physiology of the internal secretion system and the physiological basis of exercise.

13. Theory and Meth. Basketball

Introducing students to the basic issues of the theory and practice of teaching basketball and equipping them with competences enabling the implementation of the program content at various stages of school education. Preparing the student for independent conduct of physical education lessons in basketball.

14. Antropology



The aim of the course is to learn about the genetic and environmental determinants of the ontogenesis process, the mechanism of shaping phenotypic traits in ontogenesis, to pay attention to the modifying role of environmental factors in shaping the course of ontogenesis, anthropology in sport, to familiarize with the organization and conduct of anthropometric research, to familiarize with the research methods used in ontogenesis. anthropology and methods of diagnosing the course of human biological development.

15. Health Education

The subject consists of lectures and exercises. The subject is to familiarize students with the goals and tasks of health education and various attractive forms of spending free time. Lectures will be devoted to familiarizing students with the issues of health education.

16. Theory and Meth. Tennis

The theory and methodology of tennis covers issues in the area of systematics of exercises and methodology of teaching individual technical and tactical elements of this discipline. During the course, students master and improve basic tennis skills and refereeing skills.

17. Anthropometrics

The aim of the course is to present contemporary views on the determinants and manifestations of human motor skills, to discuss changes in motor skills of modern humans in ontogenesis (quantitative aspects), environmental and genetic conditions, somatic and functional predispositions, to familiarize with the basic methods of diagnosing motor skills, evaluation scales, and interpretation of measurement results , selected theories of motor learning, classification of movements.

18. Theory and Meth. Handball

Objective of the course:

- familiarizing students with the practical implementation of individual technical elements,



- knowledge of the rules of the game and basic refereeing skills in handball,
- expanding knowledge of the methodology of teaching individual technical elements
- conducting methodological classes in teaching the technique and tactics of the game at all educational stages.

19. Corrective-compensatory exercises

Objective of the course:

- presentation of the characteristics of body posture defects;
- familiarizing students with the methodology of conducting compensation and correction classes;
- preparing students to independently develop an outline of compensatory and corrective classes;
- preparing students to independently conduct compensation and correction classes;
- familiarizing students with the methods of assessing body posture

20. Theory of Sport

The subject of The Theory of Sport is to equip with a system of knowledge, basic skills and generalizations of practical experiences that scientifically describe sport as a phenomenon and its place in the system of physical culture, with particular emphasis on:

- sports methodology for children and adolescents,
- familiarization with the development conditions related to participation in sport, with the system of recruitment, training, selection and competition in sport for children and youth,
- description of active participation in sport as a process that comprehensively develops health, fitness and personality.



21. Theory and Meth. Football

Acquiring the ability to teach basic motor activities in football. Equipping the student with the skills enabling the impact of physical exercises on the body. Introducing students to the basic issues of the theory and practice of teaching football and equipping them with competences enabling the implementation of football curriculum content at various stages of school education.

22. Combat Sports

Course objectives:

- Acquainting students with the Korean art of self-defense.
- Mastering the basic techniques of taekwondo self-defense.
- Acquainting with the basic elements of Zen meditation and relaxation.

23. Theory and Meth. Table tennis

The subject is to familiarize students with the methods and means helpful in teaching the correct technique of playing table tennis. Table tennis is a sport that is commonly used in physical education lessons at school. Students will also be able to use the teaching methods learned during their work as an instructor during table tennis training.

24. The theory of sports training

The subject is to provide the necessary knowledge and skills to conduct sports activities with people of different ages, i.e. children and adolescents, but also highly qualified athletes, taking into account all the factors optimizing the sports training process.

25. Health, Safety and Ergonomy

The aim of the subject occupational health and safety and ergonomics is to familiarize students and to shape appropriate attitudes and behaviors in the field



of occupational safety and ergonomics. Initially, students will be familiarized with legal acts in the field of occupational health and safety and ergonomics. Then students will be presented with the principles of proper organization of research and employee training. Students will also learn methods of occupational risk assessment and proper conduct in the event of fire hazards and in the event of a failure. Students will be equipped with skills and knowledge in shaping appropriate attitudes and behaviors in situations of hazards and accidents at work.

26. Pedagogy

A set of sciences about upbringing, essence, goals, contents, methods, means and forms of organization of educational processes. The subject belongs to the group of compulsory subjects.

27. Didactics

The subject aims to get to know and understand by students the principles of school functioning and the educational system, as well as the problems of modern education. Acquisition by students of the basics of knowledge related to effective and efficient teaching. Obtaining by students knowledge in the field of didactics necessary to independently prepare and adapt the curriculum to the needs and capabilities of students and create original didactic solutions. Obtaining by students the ability to learn and improve their own work technique.

28. History of Physical Culture

The subject covers the subject of the contemporary face of physical culture through the prism of its historical origin. The subject belongs to the group of obligatory classes.



29. Theory of physical education

The subject “Theory of Physical Education” aims to bring sports instruction and the theory of sports instruction closer.

30. Organization and Law in Education

The course aims to familiarize students with the knowledge of the functioning and organization of the school.

31. Hiking Camp

Approximate date (1.07-10.07)

The purpose of the traveling camp is to introduce the student to independent work in the preparation and implementation of active tourism events.

The traveling camp is a practical activity in which students participate, implementing a specific program in the open air. The program assumptions concern the theoretical and practical preparation of participants to participate in the camp.

32. Summer Camp

Approximate date (20.06-01.07)

The summer camp aims to familiarize students with outdoor forms of physical activity, and to prepare them to conduct classes on the learned forms of activity on their own. During the summer camp, students will be acquainted with the health and utilitarian aspects of various forms of physical activity, including water and outdoor sports. Selected issues from theory and methodology related to physical activity in free time as well as the organization and safety of summer



recreation will be presented. Students will also learn about the factors determining safety on the water and outdoors. Camp participants will be presented with selected water and outdoor forms of physical activity carried out at summer camps, green schools, summer camps, such as yacht sailing, board sailing, canoeing, survival, water rescue, outdoor sports, field games, hiking and

biking tours

33. Winter Camp

Approximate date (01.02-15.02)

The aim of the camp is to prepare students to conduct downhill skiing classes with children and teenagers at the elementary level as part

of the school PE program and in their free time outside school. The aim of the camp is to prepare students to conduct downhill skiing classes with children and teenagers at the elementary level as part of the school PE program and in their free time outside school. In addition, it is to enable the mastering of the basic evolution of utility technique in downhill skiing, as well as the general principles of technique and teaching methodology, organization of competitions at the school competition level and ski trips, with particular emphasis on safety in the mountains, and constitute an initial selection for a specialization in downhill skiing.

34. Biomechanics

Acquainting with the mechanics of human body structure, the functioning of systems (especially the movement and power system), issues of body balance, movement, body loads, the influence of external conditions on the morphology,



functioning and control of humans. Acquainting with the analysis of movement and optimization of sports technique. Paying attention to the load and prevention of injuries in sports training. Developing the habit of applying biomechanical knowledge and skills in everyday life and in the areas of physical culture.

35. First Aid

Pre-medical first aid is learning how to rescue the injured and those in a life-threatening condition until the arrival of qualified medical services. The above activities should be undertaken by persons present at the place of occurrence of such an event. According to the legal regulations in force in Poland, persons who witness such an event are obliged to take rescue actions, if it does not involve the risk of loss of life or serious damage to health.

36. Health Education

The course consists of lectures and exercises. The subject aims to familiarize students with the goals and tasks of health education and various active forms of spending free time.