

Subject card

Subject name and code	Physical education and rehabilitation, PG_00079444						
Field of study	Medical Biology						
Date of commencement of studies	October 2022		Academic year of realisation of subject		2024/2025		
Education level	Bachelor's studies		Subject group				
Mode of study	full-time studies		Mode of delivery		e-learning		
Year of study	3		Language of instruction		Polish		
Semester of study	6		ECTS credits		0.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		mgr Hanna Wesółowska-Szprada				
	Teachers		mgr Ewa Kozak				
			mgr Edward Pawlun				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	0.0	30.0	0.0	0.0	30
	E-learning hours included: 30.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		0.0		0.0	30
Subject objectives	- shaping the need for constant physical activity as part of a pro-healthy lifestyle, - popularization of various forms of physical activity: sports, tourism and recreation, rehabilitation, - formation of general physical fitness and movement skills and habits in the field of selected disciplines, - supporting harmonious psychophysical development						
Learning outcomes	Course outcome		Subject outcome		Method of verification		

Subject contents	Volleyball: Volleyball stances Ways of moving around the court Reflecting the ball with both upper hands and setting up Reflecting the ball with both lower hands, receiving the play and defending in the field Play Attack Block The game proper Basketball: Moving a player without the ball Goating Passing and catching Throwing to the basket Playing the game proper Badminton: Exercises and games with a racket, with a shuttlecock, with a racket and a shuttlecock Holding the racket: all-round grip, forhand grip, backhand grip Ready stance Stroke techniques Simplified game Unihockey: Games and games in floorball Basic techniques in floorball Playing with the goalkeeper The game properIndoor soccer: Moving on the field without the ball. Fundamentals of special soccer technique: striking, receiving, driving, dribbling. Play proper Elements of motor rehabilitation: Breathing exercises Muscle strengthening exercises Elongation exercises Isometric exercises Equilibrium exercises Correct posture exercises Rehabilitation bicycle exercises Relaxation exercisesTranslated with DeepL.com (free version)		
Prerequisites and co-requisites	Brak wymagań		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
		100.0%	100.0%
Recommended reading	Basic literature		
	Supplementary literature		
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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