

SYLLABUS

Course description

Course code		Course	Wychowanie Fizyczne		
ME/O/I/ST/ME/O/I/ST/E ₂ .2			Phisical Education		
Language of instruction		English			
Academic year		2025/2026			
field of study:		Mechanical Engineering			
		All			
field of specialisation:					
Educational level		first-cycle studies			
Education profile		General academic			
Mode of study		Stationary			
Semester(s)		I, II			
Affiliation with a group of classes		E2. Group of general courses			
Course status		Obligatory			
Types of classes, instruction hours, ECTS credits		Types of classes	Number of instruction hours	Number of ECTS credits	
		Lecture	[h]	0 ECTS	
		Classes (Exercises)	60[h]		
		Lab	[h]		
Linkage of the course	with the education profile	Related to the conducted scientific activity in the discipline to which the field of study is assigned			0 ECTS

	with qualifications	It is used to acquire engineering competences by the student	0 ECTS
	with science discipline	Mechanical engineering	0 ECTS
Form of teaching		Traditional – classes organized at the University /classes conducted using distance learning methods and techniques	
Prerequisites		Knowledge of mechanics (statics) and mathematics	
Department		Faculty of Mechanical Engineering	
Coordinator		MSc Piotr Bartnik	
The website of the basic organizational unit		http://wm.uniwersytetradom.pl	
E-mail address, phone number of the coordinator		p.bartnik@urad.edu.pl 48 361 7961	

LEARNING OUTCOMES, CURRICULUM CONTENT, TEACHING CLASSES, VERIFICATION OF LEARNING OUTCOMES

Learning Objective:	The aim of the course is to Teaching basic forms of physical activity. To pass on knowledge about the health effects of sports in college and in the future.
Curriculum Content:	1. Diagnosis of physical fitness and physical development. 2. Health training. 3. Lifelong sports and leisure. 4. Safe physical activity and personal hygiene 5. Sports
Didactic (educational) methods:	Analytic, synthetic, combined
Course assessment type, the criteria for assessing the achieved learning outcomes, and the method of calculating the final grade:	The condition for passing the course is to achieve all the required learning out comes specified for the course. Grade point average from the fitness test of prof. Pilicz, attendance and active participation in the classes.

Learning outcomes for the course in relation to the field of study learning outcomes and the type of classes				Methods of verifying learning outcomes	
Learning outcome number	Description of the learning outcomes for the course (PEU) A student who has passed the course (W) knows and understands / (U) can / (K) is ready to:	Field of study learning outcome (KEU)	Types of classes	Form of verification (credits)	Methods of testing and assessment
W1	He knows how to work on his comprehensive, harmonious physical development		Sports or other activities organized by	Physical fitness test	Average grade point from the test and attendance at classes

			Physical Education and Sport Studies		
W2	Has the knowledge to actively participate in physical culture of a recreational, sporting or tourist nature throughout his or her life		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
W3	Knows the methods, means and forms of work on multiplying one's own health and physical fitness		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
U1	Knows how to work on his comprehensive, harmonious physical development		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
U2	Has the skills to participate actively in physical culture of a recreational, sporting or tourist nature throughout his/her life		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes
K1	wants to work on his comprehensive, harmonious physical development		Sports or other activities organized by Physical Education and Sport Studies	Physical fitness test	Average grade point from the test and attendance at classes

Literature and teaching aids	
1. Łatyszewski L., Piłka ręczna, koszykówka, piłka siatkowa. Podstawy treningu, zasób ćwiczeń, Wyd. COS, Warszawa 1999. 2. Sozański H., Perkowski K., Śledziwski D. Efektywność systemów szkolenia w różnych dyscyplinach sportu. Warszawa 2000. Augustynek P. Opis zagrożeń i podstawy udzielania pomocy w wodzie płynącej, "Agment" Kraków 2001 r. 3. Program wychowania fizycznego opracowanego przez zespół pracowników SWFiS w formie zwartej dla studentów wszystkich wydziałów UTH Rad. 4. Ian Jones Research Methods for Sports Studies 5. Jennifer Hargreaves Sport, Culture and Ideology (RLE Sports Studies) <i>A detailed list of additional literature, web sources and teaching aids will be provided by a teacher during the first class</i>	

Student workload required to achieve the assumed learning outcomes – the balance of ECTS credits		
Attendance, participation	Student workload [h].	
	Student's self-study hours Classes without a teacher (ZBN)	Classes

Participation in classes	x	60[h]
Preparation for classes	x	x
Total student workload	x	60 [h]/0 ECTS
ECTS points per subject	0 ECTS	

Additional information, comments
<p>In the case of students with special needs, including disabilities, and chronic illnesses, the methods and forms of verification of learning outcomes specified above (in the syllabus) are adapted to the individual needs of these students, as appropriate.</p> <p>Detailed rules and forms of support for students with special needs, including those with disabilities and chronically ill, during classes, credits, and exams are specified in: University Regulations (Regulamin Studiów Uniwersytetu Technologiczno-Humanistycznego w Radomiu), Study Regulations (Zasady Studiowania), and Procedure for Ensuring Accessibility of the Educational Process to Students with Special Needs, Including Those with Disabilities and Chronically ill (Procedura dotycząca zapewnienia dostępności procesu kształcenia studentom ze szczególnymi potrzebami, w tym: z niepełnosprawnością, przewlekle chorych).</p>