

Politechnika Krakowska im. Tadeusza Kościuszki

## KARTA PRZEDMIOTU

<b>An active and healthy engineer</b> <i>nazwa przedmiotu</i>
<b>An active and healthy engineer</b> <i>nazwa przedmiotu w języku angielskim</i>
<i>English</i> <i>język wykładowy</i>
elective subjects humanities and social <i>kategoria przedmiotu/grupa zajęć</i>

Cykl kształcenia rozpoczynający się od: rok akademicki 2025/26 semestr letni

Jednostka organizacyjna: / Organizational unit:

Kierunek studiów:/ Field of study:

Specjalność:/ Speciality:

Profil studiów: ogólnoakademicki/ profile: general academic

Poziom studiów II stopnia/ Study level: second-cycle

Forma studiów stacjonarne/ Form of study: full-time Education

Wymagania wstępne/ Preliminary requirements:

1. No health contraindications for active participation in obligatory physical education classes or referral to Rehabilitation, Recreation or Pro-health Education classes.

Cele przedmiotu/ Subject's objectives:

1. Getting knowledge of various kinds of physical activity like sport, tourism and recreation, rehabilitation
2. Learning and improving basic technic and tactic components of different sport disciplines.
3. To raise awareness how important role physical activity will come to play in maintaining good health and psychological hygiene in future professional life.
4. Learning about one's body's ability by determining the individual values like: maximal oxygen uptake (VO<sub>2</sub>max), threshold and maximal heart rate (HR) and body mass components for

modelling these parameters, as well, realizing that cardiorespiratory efficiency is essential in optimal health assessments, and finally promoting healthy lifestyle.

5. Introduction and implementation to individual activity program, what learns consistency and discipline in action.
6. Learning about relaxation techniques as a way of managing stress.
7. Supporting student's harmonic psychophysical development including team cooperating skills and taking the responsibility for jointly carried out tasks.

Efekty uczenia się/ Learning effects:

Kod efektu uczenia się	Opis efektu uczenia się/ Learning effects description	Kod kierunkowego efektu uczenia się
<b>Wiedza</b> Absolwent zna i rozumie:		
	<b>The Graduate knows and understands</b> basic information on human anatomy and exercise physiology and principles of sports training. He is also familiar with aspects of a healthy lifestyle, is aware of various forms of physical activity and safety rules during their performance	
<b>Umiejętności</b> Absolwent potrafi:		
	<b>The Graduate can</b> develop his/her motor abilities and use acquired technical and tactical skills in specific sports disciplines.	
<b>Kompetencje społeczne</b> Absolwent jest gotów do:		
	<b>The Graduate is ready</b> to cooperate with other participants in classes and build positive relationships in the group through effective communication, which contributes to the creation of an atmosphere of cooperation, mutual support and understanding.	
	Student identifies the level of her/his general fitness and motor abilities by using fitness and physical efficiency tests, systematically develops them by participation in various physical activities which she/he plans based on principles of: sport training, physiology of human body and physical effort, human anatomy and safety rules; flexibly adapts her/his physical activities to changing	Opis przedmiotowego efektu uczenia się

	condition taking into account the character of performed profession, individual age changes, health state and outdoor circumstances: using the technical and tactical skills for effective participation in various sports, competition and team cooperation; designs her/his own healthy lifestyle remembering about healthy diet and important role of good sleeping, rest and relaxation; collaborates with teammates in creating effective work, good communication and developing positive relationships within the team, what affects cooperative atmosphere and reciprocal support in a workplace	
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Forma zajęć, semestralna liczba godzin/ Kind of classes, the amount of hours in semester:

Semestr	Punkty ECTS	Forma zaliczenia (E/Z)	Wykłady (W)	Ćwiczenia (C)	Laboratoria (L)	Laboratoria komputerowe (LK)	Projekty (P)	Seminaria (S)	Praktyka zawodowa (PZ)
1	2	Z	0	30	0	0	0	0	0

E – egzamin; Z – zaliczenie

Treści programowe/ Course content:

Lp.	Forma zajęć	Tematyka zajęć/Topics of classes	Liczba godzin
1	C	1. Learning about various kinds of physical activity 2. Raising up the general fitness and developing motor abilities 3. Basic knowledge of human anatomy, physiology of human body and physical effort, principles of sport training and using it in practice. 4. Astranda-Ryhminga Test, BEEP test, body mass and composition analysis 5. Learning technical and tactical elements of chosen physical activities and sports. 6. Cooperation and communication within team, fair play rules. 7. Principles of healthy diet, the role of sleeping and rest. 8. Introduction to Individual Activity Program, using acquired skills and knowledge	

Praca własna studenta:

Lp.	Opis pracy własnej/	Liczba godzin
1		
2		

## Metody dydaktyczne/ Teaching methods

⋮  
Ćwiczenia/Classes

## Metody i techniki kształcenia na odległość:

## Sposoby weryfikacji i oceny efektów uczenia się / Methods of verifying and assessing learning outcomes

⋮  
Uczestnictwo w zajęciach/ Active classes participation  
Test/ Test

## Kryteria oceny/Criteria of final grade:

Very good grade (5,0)

Motor abilities developed very good, high level of physical fitness.

Very good use of technical and tactical elements of chosen physical activities and sports.

Knowledge of the basics human anatomy and physical effort physiology, understanding sport training rules and ability to apply it in practice effectively

High awareness of physical activity variety and very good ability of using safety principles in performing.

High readiness to cooperation, developing positive relationships and communication in group, creating positive atmosphere of reciprocal support and understanding.

Scale of grades:

For a grade 3,0 – Student has skills at the level of 50-60% requirements specified for grade 5,0

For a grade 3,5 – Student has skills at the level of 60-70% requirements specified for grade 5,0

For a grade 4,0 – Student has skills at the level of 70-80% requirements specified for grade 5,0

For a grade 4,5 – Student has skills at the level of 80-90% requirements specified for grade 5,0

For a grade 5,0 – Student has skills at the level of 90-100% requirements specified for grade 5,0

## Literatura:

*obowiązkowa:*

- 1.
- 2.

*zalecana/fakultatywna:*

- 1.
- 2.