



Physical Education
Educational subject description sheet

Basic information

Organizational unit Faculty of Medicine		Didactic cycle 2025/26	
Field of study Dentistry, Program in English		Realization year 2025/26	
Study level long-cycle master's degree program		Lecture languages english	
Study form full-time		Block obligatory for passing in the course of studies	
Education profile general academic		Mandatory obligatory	
Disciplines Medical science		Examination credit	
ISCED classification 1014 Sports		Standard group	
USOS code LE.LDE.JS.1o0949			
Subject coordinator	Dorota Palik		
Lecturer	The full list of lecturers is available on the website usosweb.uj.edu.pl in the tab Directory → Courses.		
Period Semester 1	Examination -	Number of ECTS points 0.0	
	Activities and hours classes: 30		
Period Semester 2	Examination credit	Number of ECTS points 0.0	
	Activities and hours classes: 30		

Goals

C1	Universal physical development of the body. Education, improvement and keeping of basic motor skills, such as strength, endurance, quickness and motor coordination.
C2	Development of an attitude of conscious and permanent participation in various forms of sports and recreational activities in the course of education and upon its completion for the purpose of keeping physical and mental health.
C3	Development of personality attitudes: self-esteem, respect to others, especially those weaker and with lesser abilities.
C4	Learning to cooperate in a team, group, self-acceptance and acceptance of others, the culture of sports fan support, the following of the "fair play" rule in sports and in life.

Subject's learning outcomes

Code	Outcomes in terms of	Effects	Examination methods
Knowledge - Student knows and understands:			
W1	the problems of pro-health education	O.W3	classroom observation
Skills - Student can:			
U1	plan one's own educational activities and constantly improve one's qualifications to update one's knowledge	O.U5	classroom observation
Social competences - Student is ready to:			
K1	promote health-seeking behaviour	O.K6	classroom observation

Calculation of ECTS points

Semester 1

Activity form	Activity hours*
classes	30
Student workload	Hours 30
Workload involving teacher	Hours 30
Practical workload	Hours 30

* hour means 45 minutes

Semester 2

Activity form	Activity hours*
classes	30

Student workload	Hours 30
Workload involving teacher	Hours 30
Practical workload	Hours 30

* hour means 45 minutes

Study content

No.	Course content	Subject's learning outcomes	Activities
1.	Discussion of the rules of occupational health and safety during physical education classes. Learning about the conditions of passing the subject, the regulations of the Physical Education and Sports Department at the Jagiellonian University Medical College and rules of using an external complex of sports facilities.	W1, U1, K1	classes
2.	Learning about basic technical and tactical elements of team games; - Volleyball: volleyball player's attitude, overhand pass and forearm pass, tennis serve, bump and forearm hitting, ball setting forward and backward, attack, block, playing.	W1, U1, K1	classes
3.	Learning about basic technical and tactical elements of team games; Basketball: moving around the field, passes and grips, dribbling with a right hand and left hand, shot while running from the right or left, set shot, 1:1 defence, feints with or without a ball, half-court offence and fast break, playing.	W1, U1, K1	classes
4.	Various forms of physical activity of adults accompanied by music – aerobics as a form of monostructural exercises; exercises to strengthen and shape arm, back, stomach and leg muscles. Dance aerobics: use of basic steps like step, touch, double step out, heel back, knee up, grapevine, V step, A step, forming choreography.	W1, U1, K1	classes
5.	Fitness: exercises on step platforms, forming choreography.	W1, U1, K1	classes
6.	Fitness: exercises with balls - ball exercising technique, correct performance exercising.	W1, U1, K1	classes
7.	Fitness: TBC - Total Body Conditioning, body shaping; ABT – abdominal, buttocks, thighs.	W1, U1, K1	classes
8.	Fitness: exercises with weights and barbells.	W1, U1, K1	classes
9.	Fitness: stretching exercises with elements of yoga, callanetics and stretching.	W1, U1, K1	classes
10.	Gym: strengthening all muscle groups on weight training and aerobic training equipment; cardio workout: bicycles, elliptical trainers, treadmills, indoor rowers; weight lifting: multigym, gym benches with racks for weights, decline benches, indoor rowers, dumbbell set.	W1, U1, K1	classes

No.	Course content	Subject's learning outcomes	Activities
11.	Table tennis: posture at the table and movements during the game, ways to hold the racket, forehand, backhand, serve, attack, defence, indirect shot, playing	W1, U1, K1	classes
12.	Elements of biological regeneration after physical exertion with use of rubber bands, rollers, stretching exercises with elements of yoga, callanetics and stretching.	W1, U1, K1	classes
13.	Therapeutic gymnastics: exercises strengthening postural muscles, upper and lower limbs, torso and deep muscles. The use of isometric exercises, balance exercises, stretching, disease-related exercises, exercises with equipment and relaxation. Exercises in isolated positions, the role of proper breathing during exercises.	W1, U1, K1	classes
14.	Floorball: moving on the pitch, forehand and backhand pass, receiving the ball, shot on goal from the spot and in motion, dribbling, feints, defense, goalkeeping.	W1, U1, K1	classes
15.	Nordic Walking: selection and adjustment of the length of poles to height, RR and NN technique, technique of walking in flat terrain, uphill and downhill, general development exercises with the use of poles, selection of distance and pace of walking.	W1, U1, K1	classes

Course advanced

Semester 1

Teaching methods :

classes / practicals, demonstration

Activities	Examination methods	Credit conditions
classes	classroom observation	Attendance at all 15 classes in a semester are obligatory.

Semester 2

Teaching methods :

classes / practicals, demonstration

Activities	Examination methods	Credit conditions
classes	classroom observation	Attendance at all 15 classes in a semester are obligatory.

Literature

Obligatory

1. I. Frobose "Trening bez przyrządów" wyd. RM 2019
2. A. Westfahl "Trening CORE. Płaski brzuch, idealna sylwetka" wyd. RM 2020
3. M. Rippetoe "Programowanie treningu siłowego" wyd. Galaktyka 2019

Optional

1. F. Wróblewski "Siatkówka. Zasady, porady, trening" Dragon 2018

Effects

Code	Content
O.K6	The graduate is ready to promote health-seeking behaviour
O.U5	The graduate can plan one's own educational activities and constantly improve one's qualifications to update one's knowledge
O.W3	The graduate knows and understands the problems of pro-health education