

DESCRIPTION OF THE COURSE OF STUDY

Course code		
Name of the course in	Polish	<i>Metodyka edukacji motorycznej w klasach I-III</i>
	English	Methodology of Motor Education in Grades 1-3

1. LOCATION OF THE COURSE OF STUDY WITHIN THE SYSTEM OF STUDIES

1.1. Field of study	<i>Preschool and Early School Education</i>
1.2. Mode of study	<i>full-time studies / extramural studies</i>
1.3. Level of study	<i>master's course</i>
1.4. Profile of study*	<i>academic</i>
1.5. Person/s preparing the course description	<i>dr Magdalena Lelonek</i>
1.6. Contact	<i>magdalena.lelonek@ujk.eu.pl</i>

2. GENERAL CHARACTERISTICS OF THE COURSE OF STUDY

2.1. Language of instruction	Polish
2.2. Prerequisites*	<i>Foundations of physical education, biomedical foundations of human development</i>

3. DETAILED CHARACTERISTICS OF THE COURSE OF STUDY

3.1. Form of classes	<i>Lectures, classes</i>	
3.2. Place of classes	<i>traditional activities in the Jan Kochanowski University building and outside (kindergartens, green area (e.g. Parks), sports fields, sports institutions)</i>	
3.3. Form of assessment	<i>credit with grade</i>	
3.4. Teaching methods	Lecture <i>information lecture</i> <i>explanation lecture</i> <i>multiple (group) discussions</i> Classes <i>Exercises</i> <i>project method</i> <i>explanation</i> <i>multiple (group) discussions</i>	
3.5. Bibliography	Required reading	<ol style="list-style-type: none"> 1. Warchoł K., Podstawy metodyki współczesnego wychowania fizycznego, Fosze Rzeszów, 2015. 2. Maszczak T. (red.), Edukacja fizyczna w nowej szkole. AWF, Warszawa 2007. 3. Sulisz S. (red.), Wychowanie fizyczne w kształceniu zintegrowanym. WSiP, Warszawa 2000.
	Further reading	<ol style="list-style-type: none"> 1. Warchoł K., Planowanie zajęć wychowania fizycznego w edukacji wczesnoszkolnej, Fosze Rzeszów, 2015. 2. Erkert A., Nowe gry i zabawy ruchowe, Jedność Kielce, 2013. 3. Trzeźniowski R., Gry i zabawy ruchowe. WSiP, Warszawa 1997. 4. Winczewski P., Zabawy i gry ruchowe aktywizujące mięśnie tułowia, Difin Warszawa, 2016. 5. Właźnik K., Wychowanie fizyczne w klasach I-III. Przewodnik metodyczny dla nauczyciela. Juka, Łódź 1994. 6. Bondarowicz M., Staniszewski T., Podstawy teorii i metodyki zabaw i gier ruchowych. AWF Warszawa 2000. 7. Kołodziejowie A. J., Wybrane lekcje wychowania fizycznego w nauczaniu początkowym, Fosze Rzeszów, 1998.

4. OBJECTIVES, SYLLABUS CONTENT AND INTENDED LEARNING OUTCOMES

4.1. Course objectives (including form of classes)

Lectures:

W1: Describing the role of physical education in children's education.

W2: Introducing students to the foundations of methodology of physical education in grades I-III.

Classes:
 C1. Development of students' skills in the selection of implementation methods of movement tasks in grades I-III.
 C.2. Development of the skills of teaching physical education in grades I-III.

a. Detailed syllabus (including form of classes)

Lectures:

1. The place and role of physical education in early school education.
2. Recommendations for organising movement activities in grades I-III.
3. Methods, forms and equipment used in physical education in grades I-III.
4. Movement activities, physical education lessons: planning, organization.
5. The physical education curriculum in grades I-III.

Classes:

1. Resources of plays, games and exercises used in teaching gymnastics, track and field, team games, dance, and music exercises.
2. Planning movement activities in grades I-III. Preparation plans for the PE lesson.
3. The evaluation of motor fitness and motor skills.

4.3 Intended learning outcomes

Code	A student, who passed the course	Relation to learning outcomes
within the scope of KNOWLEDGE:		
W01	The student has the ability to use plays and games in the educational process of school children in grades I-III.	PPW_W11
within the scope of ABILITIES:		
U01	The student is able to undertake physical activities in grades I-III according to the children's needs.	PPW_U03
U02	The student has the skill of using methods, forms and equipment according to grades I-III education objectives.	PPW_U04
within the scope of SOCIAL COMPETENCE:		
K01	The student can build interpersonal relations with a child.	PPW_K03

4.4. Methods of assessment of the intended learning outcomes

Teaching outcomes (code)	Method of assessment (+/-)																							
	Exam oral/written*			Test*			Project*			Effort in class*			Self-study*			Group work*			Others* e.g. standardized test used in e-learning					
	Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes			Form of classes					
	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...	L	C	...			
W01				x							x													x
U01							x				x													x
U02				x			x				x													x
K01																								x

*delete as appropriate

4.5. Criteria of assessment of the intended learning outcomes

Form of classes	Grade	Criterion of assessment
(L) (in-clude-ing e-)	3	Passing the test with the effect of 50%
	3,5	Passing the test with the effect of 62%
	4	Passing the test with the effect of 70%

	4,5	<i>Passing the test with the effect of 83%</i>
	5	<i>Passing the test with the effect of 90%</i>
classes (C)* (including e-learning)	3	<i>Obtaining points for all activities from 50%</i>
	3,5	<i>Obtaining points for all activities from 62%</i>
	4	<i>Obtaining points for all activities from 70%</i>
	4,5	<i>Obtaining points for all activities from 83%</i>
	5	<i>Obtaining points for projects and activities from 90%</i>
others (...)* (including e-learning)	3	
	3,5	
	4	
	4,5	
	5	

5. BALANCE OF ECTS CREDITS – STUDENT’S WORK INPUT

Category	Student's workload	
	Full-time studies	Extramural studies
<i>NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER /CONTACT HOURS/</i>	60	35
<i>Participation in lectures*</i>	15	10
<i>Participation in classes, seminars, laboratories*</i>	45	15
<i>Preparation in the exam/ final test*</i>	0	0
<i>Others (please specify e.g. e-learning)*</i>	0	0
<i>INDEPENDENT WORK OF THE STUDENT/NON-CONTACT HOURS/</i>	65	90
<i>Preparation for the lecture*</i>	15	25
<i>Preparation for the classes, seminars, laboratories*</i>	25	35
<i>Preparation for the exam/test*</i>	15	20
<i>Gathering materials for the project/Internet query*</i>	10	10
<i>Preparation of multimedia presentation</i>	0	0
<i>Others *</i>	0	0
<i>TOTAL NUMBER OF HOURS</i>	125	125
ECTS credits for the course of study	5	5

**delete as appropriate*

Accepted for execution (date and legible signatures of the teachers running the course in the given academic year)

.....