

Module name:	<b>Physical education 1</b>	
ECTS:	<b>0</b>	
Learning effects	Course outcomes:	
Knowledge:	1	Student has knowledge of how physical effort affects the development and functioning of the body
	2	Student has knowledge of the morphological, anatomical and physiological foundations of the human body, as well as the consequences and threats related to lack of physical activity
	3	Student has knowledge of the relationship between effort and systematic work and the result obtained
Skills:	1	Student is able to analyse the level of their own physical fitness, correctly interpret and identify problems encountered during the execution of tasks and make the right decisions to solve them
	2	Student is able to prepare the body for effort, control and assess the state of efficiency of the body, use acquired motor habits in the proper performance of daily motor activities
	3	Student can use various forms of physical activity taking into account the current state of health, physical abilities and age
	4	Student is able to choose a set of shaping and compensating exercises to counteract the negative effects of health on work, including sitting and using the computer
Competences:	1	Student correctly identifies the body needs and forms of physical activity to maintain health, as well as the dangers of physical inactivity
	2	Student understands the need to participate in selected sports and recreational activities as one of the forms of self-fulfilment and rational spending of free time for the benefit of physical and mental health
	3	Student can properly prioritize health as a superior value for human and resource for society
	4	Student is aware of the responsibility for his own health and others (including his own family's future)
Objectives of the module required to obtain learning effects:	Shaping a conscious attitude towards physical culture and creating the image of physical activity as an element of human life necessary for the proper functioning of the body at various stages of life. Increasing physical fitness and endurance of the body, as well as improving certain exercise habits, improving body posture and getting used to systematic exercises. Adaptation of forms of movement to psychophysical possibilities and interests of students. Acquiring skills to deal with stress, participation in sports competition, improvement of team cooperation skills.	
Assessment methods:	Practical performance test	