



**FACULTY: *Economic and Social Sciences***  
**COURSE: *Economics***  
**LEVEL OF EDUCATION: *first-level studies (bachelor)***  
**FORM OF EDUCATION: *full-time***  
**PROFILE: *practical***

## SUBJECT CARD (Syllabus)

Course name: <b>PRO-HEALTH FORMS OF MOVEMENT – university-operned lecture</b>					<b>ECTS credits: 0.5</b>	
Instructor: according to the cast and timetable						
Year: <b>1, 2, 3</b>	Lectures	Seminars	Laboratory exercises	Exercise	BUNA*	Form of credit*
Semester: 1.3, 5	<b>15</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>Z</b>
*W-lecture E – exam; Z – pass; ZO – passing with an assessment; BUNA – without the participation of an academic teacher						
<b>Subject Purpose:</b> Acquaintance with pro-health behaviors of man with particular emphasis on his physical activity. Awareness of the importance of taking care of your own health and physical activity. Preparation for the implementation of the program of physical activity independently and in a group.						
<b>Didactic methods:</b> 1. giving – an information lecture, 2. problem – problem lecture, 3. activating – discussion.						
<b>Prerequisites:</b> <i>None</i>						
<b>No</b>	<b>Subject matter of the classes</b>					
<b>I</b>	1. Structure of the human body. Organism on the move. 2. Profile of pro-health performance of man. Measurement of physical activity. 3. Motives for undertaking physical activity. Motivation of people with disabilities to move. 4. Motor activity under changing climatic conditions. 5. Optimization of ways of rest. 6. Health training. Creating a health program. 7. Nutrition in health training. 8. Physical activity in the promotion of modern human health. 9. Health risks associated with physical activity.					
<b>II</b>	<b>SEMINARS:</b> n/a					
<b>III</b>	<b>LABORATORY EXERCISES :</b> n/a					
<b>IV</b>	<b>EXERCISES:</b> n/a					
<b>In</b>	<b>BUNA:</b> n/a					
<b>Learning outcomes</b>						
<b>Directional effects – symbol and specification</b>				<b>Objective effects – specification</b>		
in the field of <b>KNOWLEDGE:</b>						
				Discusses the structure of the human body in terms of the passive and active musculoskeletal system and the basic		



P6U_W	P6S_WG	<b>E1_W01</b> Has a comprehensive knowledge of the place of economics in the system of sciences, its nature, methodology and related to other scientific disciplines, knows and understands the basic terminology of economic sciences along with the application of this practical knowledge in business activities.	physiological processes occurring in the human body during work and rest. Description of the impact of physical activity on human functioning  Characterizes selected models of pro-health behaviors of a person with particular emphasis on his physical activity. Knows the importance of pro-health forms of physical activity of modern civilization.
		<b>E1_W05</b> Knows and understands at an advanced level the knowledge of man as an entity creating economic structures; knows the rules of human behavior in terms of satisfying needs, has elementary knowledge of the principles and motives of human action in the process of creating and implementing tasks and organizational changes of these structures. Knows how to apply knowledge in practice.	
<b>in terms of SKILLS:</b>			Uses the role of health promotion and physical activity in the prevention of exclusion and social pathologies. Takes care of his own health and physical activity, and also discusses it using specialized terminology.  Implements a program of physical activity independently and in a group. Is able to implement a program of adaptive physical activity and carry out sports training and sports competitions for people of different ages with various dysfunctions
P6U_U	P6S_UK P6S_UO	<b>E1_U04</b> Communicates efficiently using terminology from the field of economic and related sciences both in a team of employees and use the advice of specialists from various fields of knowledge. He is able to present his own ideas and views attractively and convincingly.	
P6U_U	P6S_UW P6S_UO	<b>E1_U10</b> Independently identifies, diagnoses and resolves problems and applies various variants of solutions in business practice, in connection with the studied specialty.	
<b>in the field of SOCIAL COMPETENCES:</b>			Demonstrates an attitude that promotes health and physical activity among the public and is able to warn patients about health risks, based on the latest scientific achievements.  Is able to take care of his own safety, the environment and co-workers. Cares about the level of physical activity for his/her profession.
P6U_K	P6S_KO	<b>E1_K04</b> Is ready to fulfill social obligations and co-organize activities for the benefit of the social environment and acts for the public interest.	
P6U_K	P6S_KO P6S_KR	<b>E1_K02</b> Is able to actively cooperate in teams, including international ones, and take on various roles with respect for social, cultural and legal norms, and perform responsible roles in the team, being aware of the decisions they make, and also takes responsibility for the results of their work and the whole team.	



**Ways to verify the outcome of this learning (KNOWLEDGE, SKILLS, SOCIAL COMPETENCES)**

Effects(symbol)	Written exam	Oral exam	Colloquium	Essay/Paper	Homework	Individual presentation	Group presentation	Activity in class	Participation in the	Individual project	Group project
E1_W01 E1_W05,	X							X			
E1_U04, E1_U10	X							X	X		
E1_K01, E1_K02,, E1_K05						X			X		

**Form and conditions of passing the subject:**

The basis for obtaining credit/zal is:

- presence of 100%; confirmed by an entry on the attendance list,
- possible 10% absence balanced in a manner individually agreed with the lecturer,
- active participation in lectures (joining the discussion initiated by the lecturer, showing interest in the issues discussed during the lecture),
- positive assessment from the response matching test.

The test is in writing – a test of matching answers. Each correct answer is 1 point, no answer or incorrect answer 0 points, a minimum of 60% of correct answers qualify for a positive rating.

**Assessment criteria from the test**

Assessment	Very good (5.0)	Good plus (4.5)	Good (4.0)	Sufficient plus (3.5)	Sufficient (3.0)	Insufficient (2.0)
% of correct answers	93-100%	85-92%	77-84%	69-76%	60-68%	59% and less

**Conditions for making up classes abandoned for justified reasons:**

Making up for abandoned classes is possible only in the case of a student's illness documented by sick leave or other random reasons. Justification of classes and passing of the material being the subject of lectures during the absence is made by the lecturer conducting the classes

**The student's workload needed to achieve learning outcomes during hours and ECTS credits**

**Contact hours with an academic teacher**

Types of classes	Number of hours
Participation in lectures	15
Participation in seminars	
Participation in exercises	
Participation in laboratory classes	
Consultations (2 hours for the lecture, 1 hour for one group of quarters, conv., sem.)	
<b>Sum of</b>	<b>15</b>

**Student's own work divided into time ( examples of student work forms)**

Form of student work	Number of hours
Preparing for classes	
Writing a paper/project/essay	
Gathering materials and preparing presentations	
Self-reading	
Preparing for colloquia/tests	
Preparing for the written/oral exam in a subject	
Preparation for written/oral credit in a subject	
<b>Sum of</b>	



<b>Total</b> (contact hours + student's own work)		
		<b>0,5 ECTS</b>
1.including the number of ECTS credits for contact hours with the direct participation of an academic teacher		
2.including the number of ECTS credits for hours carried out in the form of independent work		
<b>Classes with a practical profile</b>		
<b>Types of classes</b>	<b>Number of hours</b>	
Participation in laboratory exercises		
Preparing for practical credit		
<b>Sum of</b>		
Number of ECTS credits for practical classes		
<b>Basic literature:</b>		
1. D.Eastwood, D. Vishnubala, Sport and Exercise Medicine, Taylor & Francis Ltd, Abingdon-on-Thames 2023.		
2. P. McGinnis, Biomechanics of Sport and Exercise, Human Kinetics Publishers, Champaign 2020.		
<b>Supplementary literature:</b>		
J. Sproule, Oxford Resources for IB DP Sports, Exercise and Health Science: Course Book, Oxford, [2024].		
<b>Acceptance of the Vice-Rector:</b>		