

ORDINANCE No. 190/2023
of the Rector of the University of Wrocław
of 3 August 2023

**on the introduction of Rules and Regulations on the organisation of classes
and credits for physical education at the University of Wrocław**

Pursuant to Article 23, sections 1 and 2 of the Law of 20 July 2018. Law on Higher Education and Science (consolidated text: Journal of Laws of 2023, item 742, as amended), it is ordered as follows:

§ 1. At the University of Wrocław, physical education classes, amounting to 60 didactic hours, are taught:

- 1) full-time first-cycle studies,
- 2) full-time long-cycle studies.

§ 2. Detailed rules for the conduct of physical education classes are set forth in the *Rules and Regulations on the organisation of classes and credit for physical education at the University of Wrocław*, which is an Appendix to this Ordinance.

§ 3.1. Physical education classes are organised and conducted by the University Centre for Physical Education and Sport, hereafter referred to as UCWFS, in accordance with the class schedule established by the head of UCWFS with the Vice-Rector for teaching for the following semesters.

2. UCWFS enters physical education course offerings into the University Student Support System, hereinafter referred to as USOS, and ensures that the offerings are handled in the system by:

- 1) editing subjects in subsequent teaching cycles,
- 2) launching credit protocols,
- 3) entering credits in the protocols.

3. The UCWFS keeps paper versions of the logbooks from a given teaching cycle for the period specified in the Registry Instructions (Instrukcja Kancelaryjna) and the Uniform Tangible File List of the University of Wrocław (Jednolity Rzeczowy Wykaz Akt Uniwersytetu Wrocławskiego).

4. The Teaching Department enters the offer of sports and health education classes (general academic theoretical classes) into the USOS system and ensures that the offer is handled in the system by:

- 1) editing subjects in subsequent teaching cycles,
- 2) launching credit protocols,

5. On the basis of the data entered into the USOS system, the deans' offices account for students in the *physical education* course in the semester of obtaining credit for this course.

§ 4.1. Physical education classes, hereinafter referred to as P.E. classes, are conducted in the facilities of the University of Wrocław or in other sports facilities leased for this purpose.

2. Sports and health education classes (all-university theoretical classes) are conducted using distance learning methods and techniques, through the e-EDU e-learning platform (hereinafter referred to as e-EDU platform), the tools included in the MS Office 365 package, or through other distance learning tools provided by the University of Wrocław.

§ 5. Supervision of the implementation of this ordinance is entrusted to the Vice-Rector for teaching.

§ 6. Ordinance No. 147/2021 of the Rector of the University of Wrocław of 29 September 2021 on the introduction of the *Rules and regulations on the organisation of classes and credits in physical education at the University of Wrocław* shall be repealed.

§ 7. The Ordinance shall enter into force on the date of publication, with effect from 1 October 2023.

prof. dr hab. Robert Olkiewicz
R E C T O R

**Rules and regulations
on the organisation of classes and credits of physical education at the
University of Wrocław**

§ 1

The student is free to choose from free or paid classes offered by UCWFS or the University of Wrocław.

§ 2

P.E. classes are conducted in the following forms:

- 1) basic classes free of charge - implemented in the facilities of the University of Wrocław;
- 2) basic classes conducted in facilities not belonging to UWr - paid:
 - a) in part:
 - swimming,
 - tennis,
 - rowing,
 - squash,
 - climbing;
 - b) in full: equestrianism;
- 3) off-site classes, held on weekends - paid:
 - skiing,
 - hiking,
 - bicycle tourism;
- 4) sports and recreational camps - paid:
 - equestrian,
 - fitness,
 - others, depending on organisational capacity;
- 5) sports sections - free classes for those qualified by the teachers in charge of section training. Participation in these activities obliges the student to represent the University in all forms of sports competition at the academic level. Classes in the sections are held once or twice a week. Participation in sports sections does not preclude participation in other forms of physical education classes;
- 6) corrective-compensation or relaxation-breathing classes - free of charge for those with partial health limitations;
- 7) theoretical classes - classes offered by UCWFS, designed for people with medical exemptions from exercise;
- 8) sports and health education classes - all-university theoretical classes implemented in the form of a lecture conducted by employees of the University of Wrocław.

§ 3

1. A medical exemption does not exempt a student from physical education classes. Students who have a medical exemption from physical exercise for a semester, academic year or for the entire period of study are obliged to implement P.E. in the form of:
 - a) theoretical classes offered by UCWFS, as referred to in § 2 point 7 or
 - b) sports and health education classes - all-university theoretical classes implemented in the form of a lecture conducted by employees of the University of Wrocław, referred to in § 2 point 8.
2. Obtaining a medical exemption (semester, annual or for the entire period of study) and not signing out of partially paid classes by the deadline for corrections, does not entitle the student to waive the fee or claim a refund of the payment made, and § 4.3 shall apply accordingly.
3. A student with partial health limitations may implement corrective-compensatory or

relaxation-breathing classes, which take into account the type of limitation and the doctor's recommendations.

§ 4

1. Registration for P.E. classes referred to in § 2 items 1-3 and 8 shall be carried out only electronically by the basic deadline specified in the registration schedule. The registration schedule is posted on the USOS UI token registration page one week before enrollment begins.
2. During the additional registration period, known as enrollment adjustment, students may change the type of P.E. classes they have chosen and the date on which they are to be taken.
3. In the winter semester, a student is entitled to enroll in only one type of classes offered by UCWFS. The type of activity chosen by the student is carried out throughout the semester. In the summer semester, a student is entitled to enroll in one type of classes and, in addition, only one sports and recreational camp organised by UCWFS.
4. A student who has enrolled in sports and health education classes cannot withdraw from them. The selected lecture becomes a compulsory subject.
5. The head of the UCWFS or his Deputy enrolls people in classes theoretical classes offered by UCWFS, classes corrective-compensatory or relaxation-respiratory classes for a period of 3 weeks from the start of electronic enrollment, on the basis of a medical certificate constituting Appendix No. 1 to these Rules and Regulations.

§ 5

1. Students who enroll in partial fee classes are required to make payment no later than 14 days after the deadline for adjustments. Students, signing out of partially paid classes during adjustments, are charged for the scheduled classes.
2. Students enrolling in fee-based classes make payments in accordance with the rules indicated by the organiser.
3. Failure of a student to participate in the paid activities for which he or she has enrolled does not constitute grounds for a claim for reimbursement from the University of Wrocław.

§ 6

The student is required to confirm with his/her signature in the course instructor's logbook that he/she does not have or is not aware of any health contraindications to participate in the selected type of classes, with the exception of the classes specified in § 2 point 8.

§ 7

1. Each student participating in one of the forms of P.E. activities specified in § 2, points 1-6, is obliged to take out accident insurance (NNW).
2. A student who does not complete the accident insurance waives any claims against the University of Wrocław due to an accident during the P.E. classes.
3. The University of Wrocław is not responsible for the organisation, safety and cost of transportation to physical education classes, including weekend classes, sports and recreational camps and sports training.

§ 8

1. Students participate in P.E. classes in accordance with the schedule developed by the UCWFS, observing safety conditions and regulations of sports facilities.
2. Students are required to participate in P.E. classes in proper attire and athletic shoes determined by the teacher in charge of the class and adapted to the form of the class.

§ 9

Students who have received permission for individual organisation of studies, in accordance with the Rules and Regulations of the UWr, enroll in P.E. classes in accordance with § 3, while they participate in the classes under the conditions agreed upon with the

teacher who conducts the given P.E. classes.

§ 10

1. Successful completion of P.E. classes is confirmed by the grade entered in accordance with the rules of the course of study documentation. The grade is included in the average in the semester it was obtained.
2. A student can receive a very good grade when he/she had one absence from core classes, a good grade when he/she had two absences from core classes in the semester and a satisfactory grade when he had three absences from core classes in the semester.
3. Four missed absences of a student from P.E. classes will result in failure to pass the class.
4. In order to receive credit for the travel activities referred to in § 2 point 3, it is necessary to participate in all organized activities.
5. In order to receive credit for classes organised in the form of sports and recreational camps, referred to in § 2 point 4, it is necessary to participate in the selected camp.
6. Grading rules for students participating in weekend away activities and sports and recreational camps are presented by the teacher in charge of the activity at the organisational meeting.
7. The conditions for obtaining credit for P.E. classes through participation in sports sections, including the rules for obtaining a grade, are determined by the teachers in charge of sports section training.
8. Lack of student involvement during P.E. classes, repeated lateness to P.E. classes and disrespectful attitude towards the instructor, may be grounds for lowering the grade or failure to pass the class.
9. Students who have a shortened semester due to field exercises, student internships are required to complete physical education classes for a full 30 hours. The conditions for making up the absence are agreed by the student with the instructor.
10. The rules for passing the sports and health education classes referred to in § 2 item 8 are specified in the course charter (syllabus), which constitutes Appendix No. 2 to these Rules and Regulations.

§ 11

A student may apply for a rewrite of the P.E. grade in the case of:

- 1) taking up studies at the University of Wrocław in another field of study. Rewriting a grade involves a dean's office employee pinning a passed course to a new program and stage of study in the USOS system;
- 2) transferring from another university (domestic, foreign) or the realization of a stage of study outside the University of Wrocław, such as under the Erasmus or MOST programme. The basis for rewriting the grade is the application submitted by the student and reviewed by the Head or Deputy Head of UCWFS. Transcription of the grade consists in entering it in the credit record for the teaching cycle by UCWFS employee;
- 3) the rewriting of the assessment in the cases referred to in points 1-2 is possible before the expiration of two years from its acquisition.

§ 12

1. Students are required to make up absences from core P.E. classes within three weeks of coming to class after an absence. Permission to make up is granted by the teacher in charge of the class, subject to sections 3 and 5.
2. A student may make up no more than 4 absences from classes in a semester.
3. A student may not participate more than once a day in P.E. classes.
4. Short-term sick leave does not exempt the student from making up the absence.
5. In the last teaching week of the semester is not allowed to make up classes.

§ 13

1. A student at any stage of education, after completing compulsory P.E. classes, may

enroll in additional P.E. classes, not included in the study plan, of his/her choice and participate in them under the same conditions as when completing compulsory P.E. classes.

2. In case of failure to pass the classes referred to in section 1, the student shall pay a fee according to the rate specified in a separate order of the Rector on fees for studies at the University of Wrocław.

§ 14

1. If a student does not attend the P.E. classes of his/her choice and does not meet the requirements specified in § 9 - § 11, the classes are not credited.
2. The student is obliged to repeat the form of P.E. classes selected from the UCWFS offer in subsequent semesters of study and to pay the fee for the repetition of classes, determined by a separate order of the Rector on fees for studies at the University of Wrocław.

§ 15

1. Mandatory P.E. classes may be waived at the request of the student:
 - 1) members of the national sports team,
 - 2) athletes of the highest sporting class,
 - 3) athletes of master class sport.
2. The exemptions referred to in section 1 are made by the Head of UCWFS.
3. In the case of documented fortuitous events that make it impossible to complete physical education classes before graduation, the Vice-Rector for teaching, at the request of the student with the opinion of the dean, may exempt the student from the obligation to pass these classes.

§ 16

1. Matters not included in the *Rules and Regulations on the organisation of classes and credits for physical education at the University of Wrocław*, will be considered individually by the Head of UCWFS or his/her Deputy.
2. The student has the right to appeal to the Vice-Rector for teaching against the decisions referred to in section 1.

.....
(pieczętka zakładu opieki zdrowotnej)

.....
(miejsce i data wystawienia zaświadczenia)

Zaświadczenie lekarskie

Stan zdrowia Pana/i

.....
(imię i nazwisko studenta)

umożliwia udział w:

☐

ćwiczeniach korekcyjno-

☐

kompensacyjnych* ćwiczeniach

relaksacyjno-oddechowych*

☐

wyklucza udział w ćwiczeniach ruchowych w ramach zajęć
wychowania fizycznego organizowanych w Uniwersytecie
Wrocławskim w okresie*:

☐

semestru..... w roku akademickim/.....,*
(zimowy/letni)

☐

całego roku akademickiego/.....,*

☐

całego okresu studiów*.

.....
(pieczętka i podpis lekarza/przewodniczącego komisji
lekarskiej)

* Właściwe zaznaczyć wstawiając znak „X”.

Niniejszy zaświadczenie student składa u Kierownika lub Zastępcy Kierownika
Uniwersyteckiego Centrum Wychowania Fizycznego i Sportu
ul. Przesmyckiego 10 pok. B, Wrocław.

przyjąłem/przyjęłam do
wiadomości

Załącznik Nr 2
do Regulaminu**SYLABUS PRZEDMIOTU**

1.	Nazwa przedmiotu w języku polskim oraz angielskim: Wychowanie fizyczne: Człowiek, zdrowie i historia sportu Physical education: Man, health and history of sport
3.	Język wykładowy: polski
4.	Jednostka prowadząca: przedmiot ogólnouniwersytecki
5.	Kod przedmiotu/modułu
6.	Rodzaj przedmiotu/modułu (<i>obowiązkowy lub do wyboru</i>): obowiązkowy; przedmiot ogólnouniwersytecki
7.	Kierunek studiów (specjalność)* wszystkie kierunki
8.	Poziom studiów (<i>I stopień*, II stopień*, jednolite studia magisterskie*</i>) I stopień i jednolite magisterskie
9.	Rok studiów (<i>jeśli obowiązuje</i>) w zależności od programu studiów
10.	Semestr (<i>zimowy lub letni</i>) w zależności od kierunku studiów
11.	Forma zajęć i liczba godzin (w tym liczba godzin zajęć online*) wykład realizowany online, 60 godzin – 3 moduły po 20 godzin
12.	Wymagania wstępne w zakresie wiedzy, umiejętności i kompetencji społecznych dla przedmiotu/modułu: brak
13.	Cele kształcenia dla przedmiotu Moduł pierwszy: Człowiek Przekazanie aktualnej wiedzy dotyczącej wybranych zagadnień motoryczności człowieka, wpływu aktywności fizycznej na funkcjonowanie poszczególnych narządów i układów oraz czynników warunkujących wydolność fizyczną. Analiza wysiłku fizycznego z uwzględnieniem płci i wieku, w zróżnicowanych temperaturach otoczenia oraz w warunkach wysokogórskich. Omówienie wpływu niedoboru aktywności ruchowej na organizm człowieka. Popularyzacja świadomości i zachowań

	prozdrowotnych młodzieży. Moduł drugi: Zdrowie Przekazanie wiedzy z zakresu wybranych zagadnień promocji, wzmacniania i potęgowania zdrowia – w ujęciu historycznym i problemowym, w optyce kultur: zachodniej i dalekowschodniej, w aspekcie wpływu aktywności fizycznej człowieka na wszechstronny jego rozwój (psychofizyczny, społeczny, środowiskowy). Zaznajomienie studentów z kluczowymi pojęciami, definicjami i metodami badawczymi nauk o zdrowiu. Popularyzacja i pogłębienie świadomości prozdrowotnej młodzieży. Moduł trzeci: Historia sportu Przekazanie wiedzy z zakresu wybranych zagadnień dotyczących historii sportu od czasu jego ukonstytuowania się w starożytności po współczesność w kontekście historycznego rozwoju społeczeństw europejskich. Analiza historyczna całego spektrum uwarunkowań kulturowych, zwłaszcza politycznych. Zaznajomienie studentów z podstawową terminologią, definicjami i metodologią przedmiotu. Popularyzacja i pogłębienie świadomości sportowej młodzieży.
14.	Treści programowe Moduł pierwszy: Człowiek • Budowa i rozwój układu kostno-stawowego • Rozwój układu mięśniowego, nerwów ruchowych i siły, postawa i asymetria ciała • Przemiana materii i energii • Rozwój motoryczności człowieka (siła, szybkość, zwinność, wytrzymałość, wydolność) • Zróżnicowanie wysiłku fizycznego ze względu na płeć i wiek, temperaturę otoczenia oraz wysokość nad poziomem morza • Wpływ wysiłku fizycznego na kondycję biologiczną człowieka • Wpływ niedoboru aktywności ruchowej (hipokinezy) na organizm człowieka • Podstawy genetyki wysiłku fizycznego Moduł drugi: Zdrowie • Historyczne, teoretyczne i filozoficzne problemy zdrowia • Polskie szkoły medyczne przełomu XIX i XX stulecia • Strategie promocji zdrowia w edukacji • Wychowanie ekologiczne a zdrowie • Diagnostyka zdrowia i ocena efektywności działań prozdrowotnych • Tryb życia a zdrowie • Rola aktywności fizycznej w procesach wzmacniania zdrowia w różnych fazach życia • Przykłady nowoczesnych i niekonwencjonalnych strategii aktywności ruchowej: aerobik, świadome oddychanie, <i>tai chi</i> Moduł trzeci: Historia sportu • Kształtowanie się kultury fizycznej i sportu w starożytności • Różnorodność form aktywności sportowej w historii • Powstanie nowożytnego sportu i uwarunkowania rozwoju poszczególnych dyscyplin • Ruch olimpijski • Polityczna instrumentalizacja sportu

	• Sport a globalizacja • Patologie współczesnego sportu (komercjalizacja, doping) • Fenomen piłki nożnej	
16.	Literatura obowiązkowa i zalecana (<i>źródła, opracowania, podręczniki, itp.</i>) Moduł pierwszy: • A. Bochenek, M. Reicher, <i>Anatomia człowieka. Tom 1: Anatomia ogólna, kości, stawy i więzadła, mięśnie</i>, Warszawa 2010. • J. Górski (red.), <i>Fizjologia wysiłku i treningu fizycznego</i>, Warszawa 2019. • M. Kaczmarek, N. Wolański, <i>Rozwój biologiczny człowieka – od poczęcia do śmierci</i>, Warszawa 2018. • J. Raczek, <i>Antropomotoryka. Teoria motoryczności człowieka w zarysie</i>, Warszawa 2017. • N. Wolański, <i>Ekologia człowieka. Podstawy ochrony środowiska i życia człowieka, t.1: Wrażliwość na czynniki środowiska i biologiczne zmiany przystosowawcze. Tom 2: Ewolucja i dostosowanie biokulturowe</i>, Warszawa 2012. Moduł drugi: • E. Bulicz, I. Muravov, <i>Od istoty zdrowia – do jego diagnostyki i ukierunkowanego potęgowania</i>, [w:] <i>Potęgowanie zdrowia: Czynniki, mechanizmy i strategie zdrowotne</i>, E. Bulicz (red.), Radom 2003, s. 7-20. • J. Drabik, <i>Aktywność fizyczna jako miernik zdrowia</i>, [w:] <i>Zdrowie, istota, diagnostyka i strategie zdrowotne</i>, I. Muravov (red.), Radom 2001, s. 82-91. • O. Berdnyk i in., <i>Wychowanie ekologiczne czynnikiem zwiększania witalności i zdrowia populacji</i>, „Zdrowie i Społeczeństwo” 2011, nr 1, s. 199-211. • A.B. Jagiełłowicz, <i>Juliana Aleksandrowicza „poszukiwania filozofii ochrony zdrowia”</i>, Wrocław 2011. Moduł trzeci: • D. Miller, <i>Historia igrzysk olimpijskich i MKOl</i>, Poznań 2012. • W. Lipoński, <i>Historia sportu na tle rozwoju kultury fizycznej</i>, Warszawa 2012. • A. Pasko, <i>Sport wyczynowy w polityce państwa 1944–1989</i>, Kraków 2012. • D. Wojtaszyn, <i>Sport w cieniu polityki. Instrumentalizacja sportu w NRD</i>, Wrocław 2011.	
17.	Warunki i forma zaliczenia przedmiotu: Obecność na wykładach; Test końcowy złożony z 22 pytań. Warunkiem zaliczenia będzie uzyskanie z testu co najmniej 50% punktów.	
18.	Łączna liczba godzin	60
19.	Liczba punktów ECTS (<i>jeśli jest wymagana</i>)	Nie dotyczy