

Eastern European University of Applied Sciences
in Białystok
Faculty of Physical Education and Tourism

Course Unit					English language		
Bachelor in Physical Education					Code: I/O/4		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
1,2	1,2,3.4	biennial	200	Lectures	-	8	English
				Problem solving	120		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
<p>Before the course unit the learner is expected to:</p> <p>speak English at the pre – intermediate level A2</p>							
Learning outcomes and competences							
<p>At the end of the course unit the learner is expected to:</p> <p>1.Know the elementary terminology used in the sciences of physical culture and understand its sources and application within related scientific disciplines.</p> <p>2.Be able to use a foreign language at the B2 level of the Common European Framework of Reference for Languages. 3.Be able to acquire knowledge independently and develop professional skills, using various sources (in the native and foreign language) and modern technologies (ICT).</p> <p>4.Have the elementary knowledge of the processes of interpersonal and social communication, their regularity and disturbances. Work in a team.</p>							
Course contents (lectures):							

I. not applicable

Course contents (problem solving):

- 1. Autopresentation.*
 - 2. Studying - preparing for and taking exams.*
 - 3. University facilities, student life.*
 - 4. Ways of spending free time - passions and entertainment.*
 - 5. Healthy lifestyle.*
 - 6. The human body; selected physical exercises.*
 - 7. Health ailments; traumas and injuries.*
 - 8. Ways of taking care of your physical condition.*
 - 9. Nutrition; proper eating habits; food preparation.*
 - 10. Traveling and tourism.*
 - 11. Work of a physical education teacher, trainer, instructor; getting a job at home and abroad; work during the holidays.*
 - 12 Problems of the present day.*
 - 13 Selected grammar issues:*
 - Tenses Revision (Present Simple, Present Continuous, Past Simple, Past Continuous, Present Perfect, Present Perfect Continuous, Past Perfect, Future Simple).*
 - Conditionals*
 - Passive Voice*
 - Modal verbs*
 - Prepositions*
 - Articles*
 - Infinitive vs Gerund*
 - Adverbs and Adjectives*
 - Indirect questions*
 - Future forms*
- VOCABULARY:***
- Parts of the body*
 - Sport disciplines*
 - Illnesses*

Teaching and learning methods:

Knowledge assimilation method, lecturing method. Discussion

Methods based on students' practical activities of direct and indirect nature (project work, learning by teaching others, task learning, simulations, role-playing, language games, rebuses, quizzes, vocabulary and grammar puzzles); use of written texts and audio-visual materials.

Assessment methods:

1. Continuous evaluation
 - Practical Work
 - Intermediate Written Test
2. Evaluation by an exam:
 - Final Written Exam

Recommended reading

1.	<i>Redman S.(2012) English Vocabulary in Use, Cambridge University Press</i>
2.	<i>Murphy R. (2012) English Grammar In Use A Self-Study Reference And Practice Book For Intermediate Learners Of English, Cambridge University Press</i>
3.	McCarthy M.(2002) <i>English Idioms in Use</i> , Cambridge University Press Cambridge UK
4.	<i>Authentic materials: Ted Talks/ BBC learning English/ 6 min English podcasts.</i>

Authorisation – course coordinator and course teachers (signatures):