

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Fitness

2. Name of the faculty

Department of Tourism and Recreation

3. Level of education

First-cycle studies

4. Number of ECTS credits

3

5. Number of hours per semester

| semester | lecture | classes | lab./flc | prj./pc | self-study | internship |
|----------|---------|---------|----------|---------|------------|------------|
| I | | | | 30 | | |
| | | | | | | |
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6. Language of instruction: English
7. Lecturer

Ewelina Niżnikowska - PhD

DETAILED INFORMATION

8. Access requirements

1. No

9. Objectives of the course

C1 Gain basic knowledge of fitness (terminology, history and forms of fitness, muscle groups).

C2 To gain basic movement skills in various forms of fitness (fitness, strengthening, relaxation, preventive and healthy).

C3 The student prepares for independent gaining and improving knowledge in the field of fitness and demonstrates a creative attitude during the preparation for leading a selected part of fitness classes (the initial part - warm-up, the main part - strengthening, the final part - relaxation).

10. Field-specific learning outcomes in terms of knowledge, skills and social competences

A student who successfully passed the course:

reference to field-specific learning outcomes

KNOWLEDGE

| | | |
|------|--|-------|
| EU01 | He/she knows and understands to an advanced level various phenomena of social sciences, humanities, exact sciences, natural sciences and physical culture and the practical application of this knowledge in professional activity related to the major | K_W01 |
| EU02 | The student knows and understands conceptual categories and terminology in social sciences, humanities, sciences, natural sciences and physical culture as well as the practical application of this knowledge in professional activity related to the major | K_W02 |

SKILLS

| | | |
|------|---|-------|
| EU03 | The student is able to observe social phenomena and processes (cultural, political, legal, economic and | K_U03 |
|------|---|-------|

| | | |
|--|---|--------|
| | related to physical culture) and describe, analyse and interpret them using basic theoretical approaches and concepts. | |
| EU04 | Possesses the ability to prepare and orally present a written report on the results of his/her own actions and reflections, using basic theoretical approaches and various sources | K_U06 |
| EU05 | Can independently acquire knowledge in the process of self-study and is able to develop research skills, use basic research equipment | K_U09 |
| EU06 | Can use the knowledge gained in the field of tourism and recreation and tasks typical for professional activity | K_U14 |
| EU07 | Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic) | K_U15 |
| EU08 | Can independently modify and create different forms of physical activity depending on environment and weather conditions | K_U16 |
| EU09 | Can plan and conduct tourist events, adjusted to the needs of the participants, which differ in age, health condition, level of knowledge and interests as well as financial means | K_U17 |
| SOCIAL COMPETENCES | | |
| EU10 | Is willing to communicate with the environment in and outside the workplace and transfer knowledge using various means of communication (in the mother tongue and English) | K_K02 |
| EU11 | Is ready to develop a level of physical fitness necessary for learning and performance of professional tasks | K_K03 |
| EU12 | Is ready to develop and use interpersonal skills | K_K07 |
| EU13 | Is ready to independently acquire and improve knowledge and professional and research skills | K_K08, |
| EU14 | Is ready to take responsibility for the tasks entrusted to him/her in front of colleagues | K_K10 |
| EU15 | Is ready to take care of the safety of people participating in recreational activities and tourist events, especially in situations of potential threats and adherence to proven rules of conduct | K_K12 |
| 11. Programme content | | |
| Form of the activity – Classes | | |
| <ol style="list-style-type: none"> 1) Structure of fitness classes - warm-up. Basic steps (low, hi) used in fitness classes, exercises that shape coordination, increase the level of motor memory. 2) Cardio-forms (forming the endurance of the cardio-respiratory system) - low, medium and high intensity forms. 3) Muscle forms (strengthening muscles and shaping the figure) with the use of equipment (dumbbells, bands, tubing, steppes, balls, etc.). 4) Mixed cardio&muscle 5) Body & mind forms - elements of: yoga, Pilates method, stretching and relaxation 6) Pedagogy - leading chosen parts of fitness classes on your own | | |
| 12. Didactic tools/methods | | |
| 1. Lecture | | |
| 2. Observation-based method - demonstration and explanation | | |

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| 3. Studying the literature on the subject | |
| 4. Equipment (steppes, balls, mats, dumbbells, tubing, bosu) | |
| 13. Methods of assessment | |
| 1. Attendance and activity in class | |
| 2. Conducting a fragment of fitness classes | |
| 3. Test | |
| 4. Pass mark | |
| 14. Student workload | |
| Form of activity | number of hours |
| 1. Classes with direct participation of the teacher and consultations | 35 |
| 2. Student workload | 40 |
| sum | 75 |
| Total number of ECTS credits | 3 |
| 15. Literature | |
| Basic literature: | |
| 1. Gibson A. L., Wagner D. R., Heyward V. H. (2019), Advanced fitness assessment and exercise prescription. Eighth Edition - Champaign: Human Kinetics. | |
| 2. Corbin C. B., Welk G. J., Corbin W. R., Welk K. A. (2007), Fitness and wellness. Fitness, fitness, health. Zysk i Ska Publishing House, Poznań | |
| 3. Training materials: Reha-Fit Stretching and relaxation, Mobility - Sports and Rehabilitation Centre 2017, Medical Personal Trainer - Olimpijka Łódź 2017, Totalna Terapia Wrocław 2019 | |
| Supplementary literature: | |
| 1. Body Life - fitness industry magazine, AWF Katowice | |
| 2. Articles from the electronic platform PubMed | |
| 16. Forms of assessment - details | |
| Conditions for obtaining course credit: | |
| Course completion conditions: the course ends with a credit | |
| - getting a positive mark from the test (written form - 20 questions - fill-in test and single-choice questions). 60% of positive answers is required to get a positive mark. | |
| Scoring - each question is scored on a scale from 0 to 1 point. A maximum of 20 points can be obtained, a minimum of 12 points. | |
| Scale of marks: | |
| 0 - 11 points - insufficient (2,0) | |
| 12 - 13 points - satisfactory (3.0) | |
| 14 - 15 points - satisfactory plus (3.5) | |
| 16 - 17 points - good (4.0) | |
| 18 - 19 points Good plus (4.5) | |
| 20 points - very good (5.0) | |
| In the case of a failing grade, the student is required to pass the test on the correction date - determined by the instructor. | |
| - The student prepares a fitness lesson plan and conducts a selected part of the lesson unit. | |
| - The student may receive partial marks for active participation in classes (observation of the student's involvement in the classes). | |
| The final mark for practical classes is the arithmetic mean of all marks obtained. | |
| 17. Other useful details concerning the course | |
| 1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours | |
| 2. Classes will be held at John Paul II University in Biała Podlaska or online | |
| 3. Classes will be held in accordance with the current schedule | |

4. Office hours will be held in accordance with the applicable schedule