

SYLLABUS FOR 2023/2024 ENROLLMENT

GENERAL INFORMATION

1. Name of the course

Gymnastic forms of physical activity

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 | | |
| | | | | | | |
| | | | | | | |

6. Language of instruction: English
7. Lecturer

Ewelina Niżnikowska - PhD

DETAILED INFORMATION

8. Access requirements

1. No

9. Objectives of the course

C1 Acquire basic knowledge of GFR (terminology, trends, systematics of conducting formative exercises).

C2 Acquire basic movement skills for GFR (fitness, strengthening, relaxation, prevention and health).

C3 Prepare to independently acquire and improve knowledge of GFR and demonstrate creativity in preparing to teach a selected section of the class.

C4 Understanding and personal commitment to values relating to health and well-being.

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 related to physical culture) and describe, analyse and interpret them using basic theoretical approaches and concepts.

K_U03

| | | |
|--|---|-------|
| 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 – Practical classes | | |
| <ol style="list-style-type: none"> 1. Organizational classes, giving the credit requirements for the course, the subject of the classes and the literature, presenting the nature of the course 2. Directions of development of gymnastic and dance forms 3. Systematics of formative exercises. Basic directions and planes of movement. 4. Forms shaping the endurance of cardiorespiratory system. 5. Forms strengthening muscles and shaping the body shape. 6. Mixed forms cardio&muscle 7. Body & mind forms 8. Gymnastic forms of recreation in the open air 9. Pedagogy - leading chosen parts of fitness classes on your own | | |
| 12. Didactic tools/methods | | |
| 1. Method based on observation - demonstration and explanation | | |
| 2. Study of the literature on the subject | | |
| 3. Instruments (steps, balls, mats, dumbbells, tubing, bosu) | | |
| 13. Methods of assessment | | |
| 1. Attendance and activity in class | | |
| 2. Conducting a class excerpt | | |
| 3. Test | | |
| 4. Pass/fail | | |
| 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 - Olympian Łódź 2017, Total Therapy Wrocław 2019 | |
| Supplementary literature: | |
| 1. Body Life - fitness magazine, AWF Katowice | |
| 2. Articles from the PubMed electronic platform | |
| 16. Forms of assessment - details | |
| <p>Conditions for obtaining course credit: the course ends with a credit - getting the positive mark from the test (written form - 20 questions - the test of completing the answers and single-choice questions). The condition for obtaining a positive mark is 60% of positive answers. 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 - sufficient (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 lesson plan and conducts a selected portion of the lesson unit. - The student may receive partial marks for active participation in classes (observation of the student's involvement in the activities). The final mark for practical classes is the arithmetic mean of all marks obtained.</p> | |
| 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 | |