

**STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU  
SUBJECT CARD**

**Name of subject in Polish:** TRENING PROZDROWOTNY  
**Name of subject in English:** HEALTH-PROMOTING TRAINING  
**Profile:** academic, practical  
**Level and form of studies:** 1<sup>st</sup> level, full-time  
**Kind of subject:** optional, university-wide  
**Subject code:** SWF000-S03025  
**Group of courses:** NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

**PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER COMPETENCES**

1. Absence of medical contraindications to practice aerobic, strenght, respiratory and streching exercises.
2. Proper training suit and sport boots, both indoor and outdoor.
3. Motivation to practice exercises exceeding the comfort zone.

**SUBJECT OBJECTIVES**

- C1: Introduction to strenght and aerobic endurance shaping methods in reference to everyday activity.  
 C2: Streamlining the functioning of the circulatory and respiratory system and musculoskeletal system.  
 C3: Shaping the habits of safe behavior during activities of daily living and improving exercises.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEU\_W01: Student knows training methods shaping oxygen and strenght endurance with use own body weight and training equipment.  
 PEU\_W02: Student knows basic technique of exercises shaping oxygen and strenght endurance.  
 PEU\_W03: Student knows basic safety rules of daily living activities and practising.

**Relating to skills:**

- PEU\_U01: Student can evaluate his/her own level of the strenght and aerobic endurance.  
 PEU\_U02: Student can develop short- and long term workout plan according to his/her phisical condition.  
 PEU\_U03: Student knows posicioning and strenghtening deep and peripheral stabilization apparatus rules, and technique of basis exercises shaping aerobic and strenght exercises.

**Relating to social competences:**

- PEU\_K01: Student is aware of importance systematic phisical activity for phisical and mental health.  
 PEU\_K02: Student willingly participate in different forms of activity both group and individual.

PROGRAMME CONTENT		
Classes		Number of hours
Cl. 1	Getting to know the safety rules and passing the course conditions. Discussion of goals of the course. Basic knowledge about shaping healthpromoting aerobic and strenght endurance..Posicioning rudiments in daily living activities and strenght exercises.	2
Cl. 2	Familiarizing with rules of shaping efficiency deep and peripheral stabilizing muscles Shaping efficiency deep and peripheral stabilizing muscles	2
Cl. 3	Familiarizing with shaping aerobic efficiency. Shaping aerobic efficiency with walk-and-run continuous method.	2
Cl. 4-5	Familiarizing with basic functional exercises techniques: squat, push-up, abdominal crunch, burpee with their progressive and regressive variations. Building peripheral system endurance with use own body weight.	4
Cl.6	Familiarizing with shaping aerobic efficiency methods. Learning Nordic Walking techniques. Building aerobic efficiency using Nordic Walking method..	2
Cl. 7-8	Getting to know forms of shaping strenght capacity – circuit, repetition, dynamic. Shaping strenght capacity with proper form.. Familiarizing with following methods and improvement of hip, shoulder and ankle join mobility.	4
Cl. 9	Building aerobic efficiency using continuous run method.	2
Cl. 10-11	Shaping strenght efficiency with accessories. Developing individual shaping efficiency programs. Improving hip, shoulder and ankle joints mobility.	4
Cl. 12	Building aerobic efficiency using Nordic Walking method.	2
Cl. 13-14	Shaping strenght efficiency using individual training programs. Mobility improvement of selected joints.	4
Cl. 15	Aspects of health-promoting activities in everyday life. Summarizing the course. Q&A.	2
	Total hours	30

TEACHING TOOLS USED
N1. Practical exercises N2. Teacher’s demonstation (or/and student’s), practice and training instructions. N3. Lecture

#### EVALUATION OF SUBJECT LEARNING OUTCOMES ACHIEVEMENT

Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEU_W01,W02	Oral answer, demonstration, activity
F2	PEU_U01, U02, U03, K02	Demonstration, attendance
<b>P:</b> Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><b>PRIMARY LITERATURE:</b>            [1] dr Kelly Starrett, Glen Cordoza: <i>Bądź sprawny jak lampart</i>. Galaktyka 2016            [2] Stuart McGill – <i>Mechanika zdrowych pleców</i>. Galaktyka 2018            [3] Michael Boyle – <i>Nowoczesny trening funkcjonalny</i>.</p> <p><b>SECONDARY LITERATURE:</b>            [4] dr Kelly Starrett: <i>Gotowy do biegu</i>. Galaktyka 2015            [5] Ingo Frobose: <i>Trening bez przyrządów</i>. Wydawnictwo RM 2016</p>
<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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