

**STUDIUM WYCHOWANIA FIZYCZNEGO I SPORTU
SUBJECT CARD**

Name of subject in Polish: PUMP
Name of subject in English: PUMP
Profile: academic, practical
Level and form of studies: 1st level, full-time
Kind of subject: optional, university-wide
Subject code: SWF000-S03205
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 strengthening exercises with weights
2. Proper sport clothes and trainers.

SUBJECT OBJECTIVES

- C1: Popularization strengthening exercises as a form of health care.
 C2: Strengthening weakened groups of muscles
 C3: Improving and developing strength endurance.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEU_W01: Knowledge of safety use of equipment including weights.
 PEU_W02: Basic knowledge of strengthening exercises technique.

Relating to skills:

PEU_U01: Student can perform the whole body strengthening exercises with use of barbell with weights..
 PEU_U02: Student can perform strengthening exercises of selected muscles groups/body parts.
 PEU_U03: Student can take and hold correct position during exercises.

Relating to social competences:

PEU_K01: Student has awareness of importance of systematic physical activity for physical and mental health.
 PEU_K02: Student can cooperate with partner during lessons.

PROGRAMME CONTENT		
Classes		Number of hours
Cl. 1	Organizational classes: discussion on medical contradictions to perform physical exercises and health and safety rules binding during classes. Criteria for justifying absences, doing and crediting. Introduction to basic strengthening exercises for the main muscle groups.	2
Cl. 2-3	Introduction to the exercises program. Discussion of correctness of performing strengthening exercises. The whole body strengthening training with use of barbell with light load.	4
Cl. 4	Discussion of the warm-up rules. The whole body strengthening training with use of barbell with light load.	2
Cl. 5	Discussion of the leg muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 6	Discussion of the chest muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 7	Discussion of the back muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 8	Discussion of the triceps muscle strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 9	Discussion of the biceps muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 10	Discussion of the gluteal muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 11	Discussion of the shoulder muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 12	Discussion of the abdominal muscles strengthening exercise variants and their performance correctness. The whole body strengthening training with use of barbell.	2
Cl. 13-14	Performing weight training. Discussion of stretching exercises.	4
Cl. 15	Summary of acquired knowledge about known muscle groups and possibilities of changes their strengthening variants. Evaluation.	2
	Total hours	30

TEACHING TOOLS USED
N1. Practical exercises. N2. The trainer's demonstration (or student's). 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
F2	PEU_U01, U02, U03, K02	Demonstration, attendance
P: Attendance, activity and attitude in class including F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

[1] Delavier F.: *Atlas Treningu Siłowego*. PZWL 2023

[2] Bober T., Zawadzki J.: *Biomechanika Układu Ruchu Człowieka*. Wydawnictwo BK 2007.

SECONDARY LITERATURE:

[1] Ignasiak Z.: *Anatomia Układu Ruchu*. Edra Urban & Partner 2023.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)

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