

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish	: AEROBIK SPORTOWY (SEKCJA)
Name in English	: SPORT AEROBICS (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW033014
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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 SOCIAL COMPETENCES

1. Absence of medical contraindications to take active part in physical activities.
2. Being a competitive sportsman in the past (acrobatics, sport gymnastics, artistic gymnastics) or physical fitness at a very high level.
3. Test of physical fitness during the first training.
4. Obligatory membership of AZS and AKS PW_r following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Enhancing competitive performance in sport- preparation for competition – AMP.
 C2: Acquiring new skills in sport aerobics.
 C3: Enabling former sportsmen to continue their careers.

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

PEK_W01: a student knows the general FISAF rules of sport aerobics.

PEK_W02: a student knows how to prepare himself physically and mentally for competitions.

relating to skills:

PEK_U01 : a student has acquired a specific range of technical elements and motor and coordination efficiency.

PEK_U02: a student is able to keep fit by himself during holiday break.

relating to social competences:

PEK_K01: a student is aware of the necessity of physical activity for physical and mental health.

PEK_K02: a student cares about his own preferences in the field of physical culture.

PEK_K03: a student cooperates in a team and participates in sports competitions.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes. Requirements for passing a course and safety rules. Students' skills assessment and selection to the team.	2
Cl. 2-10	Overall fitness shaping: strength, speed, jumping ability, flexibility- circuits, exercises with medicine balls, jump ropes, rubber bands, barbells, steps, bosu ball. Learning techniques of compulsory aerobics elements. Learning basic elements of jumps, static strength, push ups and flexibility. Improving the sense of rhythm and coordination.	18
Cl.11-29	Improving speed endurance- circuits trainings. Learning and mastering elements and choreography. Mastering coordination. Learning movement sequences and mastering memory for movement..	38
Cl. 30	Summing up the semester and grading.	2
Total hours		60

TEACHING TOOLS USED
N1. Practical exercises. N2. The trainer's/ student's demonstration. N3. Video demonstration. N4. Description

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answers, demonstration.
F2	PEK_U01, U02	Demonstration, oral answers.
F3	PEK_K01, K02, K03	Observation.
C: Attendance, participation and attitude in class including F1, F2 and F3		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Brańska Ź.: <i>Aerobic sportowy</i> . AWF Warszawa 2002. [2] Jezierski R., Rybicka A.: <i>Gimnastyka. Teoria i metodyka</i> . AWF Wrocław 1995.
<u>SECONDARY LITERATURE:</u> [1] Perkawski. K., Śledziwski D.: <i>Metodyczne podstawy treningu sportowego</i> . Centralny Ośrodek Sportu 1998.

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