

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

Name in Polish : CALLANETICS
Name in English : CALLANETICS
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033022
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 SOCIAL COMPETENCES

1. Absence of medical contraindications to take active part in physical education activities.
2. Proper sport clothes and trainers and a towel.

SUBJECT OBJECTIVES

- C1: Improving endurance, strength of deep muscles, body shaping.
 C2 : Acquainting with basic methods of reduction muscle tone.

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

PEK_W01: a student knows exercises for particular groups of muscles.
 PEK_W02: a student knows the course schedule - callanetics.

relating to skills:

PEK_U01: a student can do exercises from the whole exercise cycle.
 PEK_U02: a student can choose the right exercises for particular group of muscles and can do stretching.

relating to social competences:

PEK_K01: a student is aware of importance of sport and physical activity for the whole life and its influence on physical and mental health.
 PEK_K02: a student promotes social and cultural importance of sport and physical activity, cares about his own preferences in the field of physical culture.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introduction of grading rules and safety rules. The beginning of the exercise cycle.	2
Cl. 2-3	Exercises shaping shoulders.	4
Cl. 4-6	Developing and gradual introducing more and more difficult exercises strengthening abdominal muscles.	6
Cl. 7-9	Slenderizing legs with different exercises from the cycle, considering different level of difficulty.	6
Cl. 10-14	The exercise circuit.	4
Cl. 11-12	Mastering new exercises, individual work out.	4
Cl. 13	Pair exercises.	2
Cl. 15	Relaxation exercises, course completion.	2
	Total hours	30

TEACHING TOOLS USED
N1. Practical exercises. N2. Trainer's demonstration. N3. Oral answer.

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, attendance.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] PINCNEY C. <i>Callanetics</i> . GeoCenter International, 1998. ISBN 83-86146-18-4 [2] PYKA J.: <i>Callanetics-sposób na zgrabną sylwetkę</i> . [online] http://pykaj.w.interia.pl/articles/callanetics.htm [dostęp 3 stycznia 2014]

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