

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

Name in Polish : JOGGING
Name in English : JOGGING
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033042
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 the course.
2. Absence of medical contraindications to train at 80% of maximum heart rate.
3. Motivation to participate in training despite weather conditions (e.g.: rain, snowfall, etc.).

SUBJECT OBJECTIVES

- C1: Making progression of general endurance and cardiovascular system efficiency.
 C2: Running a 10 km distance at your own pace.
 C3: Changing the proportion of body composition – reducing fatty tissue.

SUBJECT EDUCATIONAL EFFECTS

relating to knowledge:

PEK_W01: a student knows training methods which improve endurance.

PEK_W02: a student knows basic body reactions to a particular physical effort.

relating to skills:

PEK_U01: a student can estimate his body endurance and efficiency on the basis of his pulse rates and the results of fitness tests (f.ex. Cooper's test.)

PEK_U02: a student can control training intensity on the basis of his pulse rates and adapt it to planned training goals.

PEK_U03: a student can plan his training in regard to general endurance.

relating to social competences:

PEK_K01: a student is motivated to work on his body efficiency development (a student overcomes mental barriers)

PEK_K02: a student willingly takes part in mass running races organized locally in Wrocław and the whole country.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introducing course requirements, syllabus, grading criteria, safety rules. Setting personal goals connected with body efficiency. Basic information about our organism's reaction to physical effort. Preparing our organism for continuous running.	2
Cl. 2	Evaluation of physical effort on the basis of a pulse rates, learning how to use a pulsometer. Evaluation of body composition while measuring the amount of fat tissue with a device using bioelectrical impedance. Improving endurance using a continuous method	2
Cl. 3	Evaluation of the state of the organism endurance with the Burpe or Cooper test (depending on the level of a group). Measuring the amount of fat tissue with a device using bioelectrical impedance.	2
Cl. 4-6	Training methods to develop aerobic endurance. Continuous running 30-60 min..	6
Cl. 7	Training ranges improving aerobic endurance. The influence of efforts of aerobic and anaerobic character on the reduction of fat tissue. Alternating distance run.	2
Cl. 8 -11	Training ranges improving aerobic and anaerobic endurance. Continuous and interval running. A Small Running Game.	8
Cl. 12	HIIT training and its influence on the composition of the body – fat tissue reduction.	2
Cl. 13	Overcoming mental barriers – continuous running at 10 km.	4
Cl. 15	Evaluation of the progression of endurance in relation to the state from Cl.3. Measuring the amount of fat tissue using a device.	2
Total hours		30

TEACHING TOOLS USED
N1. Training sessions. N2.Trainer's lecture N3.Tests, measurements.

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, student's demonstration, test.
F2	PEK_U01, U02, U03	Oral answers, participation. In classes 14 progression evaluation due to the Cooper or Burpee test (depends on the level)
F2	PEK_K01, K02	Non-obligatory participation in running events.
C: Attendance, diligence and attitude in class and a grade average of F1,F2 and F3.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Friel J.: <i>Trening z pulsometrem</i> . Zielonka: Wydawnictwo Inne Spacery, 2010. [2] Skarżyński J.: <i>Biegiem przez życie</i> . Szczecin: Wydawnictwo Megaspport, 2008.
<u>SECONDARY LITERATURE:</u> [1] Fitzgerald M.: <i>Waga startowa</i> . Zielonka: Wydawnictwo Inne Spacery, 2012. [2] Daniels J.: <i>Bieganie metodą Danielsa</i> . Zielonka: Wydawnictwo Inne Spacery, 2014.

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