

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

<b>Name in Polish</b>	: KULTURYSTYKA - KOREKCJA
<b>Name in English</b>	: BODY – BUILDING FOR CORRECTION OF POSTURE
<b>Level and form of studies</b>	: 1 <sup>st</sup> level, full-time
<b>Profile</b>	: academic, practical
<b>Kind of subject</b>	: optional, university-wide
<b>Subject code</b>	: WFW033050
<b>Group of courses</b>	: 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. The absence of medical contradictions to take active part in physical education activities.
2. Student's awareness of posture disorders.

**SUBJECT OBJECTIVES**

- C1: Realisation of the need for systematic physical activity.  
 C2: Balancing special unilateral stresses.  
 C3: Working on restoring muscular imbalance.  
 C4: Restoring mobility in joints and their functions' optimization.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows the rules of safe workout.  
 PEK\_W02: He/She knows the basics of workout methodology.  
 PEK\_W03: He/She knows the role of warm-up in workout.  
 PEK\_W04: He/She knows the role of stretching exercises.

**Relating to skills:**

- PEK\_U01: Student can do warm-up before classes.  
 PEK\_U02 : Student can perform exercises stretching main muscle parts.  
 PEK\_U03: Student can use appropriate technique to perform exercises adjusted to his/her individual needs.

**Relating to social competences:**

- PEK\_K0: Student knows the importance of regular physical activity for both mental and physical health.  
 PEK\_K02: Student can politely perform individual training and cooperate with the group.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Organization of classes: description of medical contradictions preventing from the participation in workout activities, safety rules. Attendance policies. Introducing proper technique of workout with equipment and weights, with small load.	2
Cl. 2-3	Presentation of warm-up techniques in workout and training guidelines for persons with spinal disorders. Personal consultations.	4
Cl. 4-5	Corrective exercises for stooped persons. Presentation of good posture – individual corrections.	4
Cl. 6-7	Using unstable surfaces (boss, ball, cushion) in workout to activate deep muscle tissue and improve joint stability. Individual workout.	4
Cl. 8-14	Workout matching individual student's needs, presentation of effective exercises for abdominal muscles (rectus abdominal muscle with emphasis on its lower part, abdominal oblique muscles and transverse abdominal muscle) stretching exercises for main muscle groups, good body posture maintenance and proper breathing during workout; examples of joint stability exercises. Presentation of workout techniques for body mass gain and loss. Nutrition and regeneration principles. Individual tips for further workout.	14
Cl. 15	Summary of semester, participation assessment and grading. Individual workout.	2
<b>Total hours</b>		<b>30</b>

#### **TEACHING TOOLS USED**

- N1. Practical exercises.  
N2. Demonstration by the teacher (or a student)  
N3. Lecture.

#### **EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT**

<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02, W03, W04	Oral answers, demonstration
F2	PEK_U01, U02, U03	Demonstration.
<b>C:</b> Attendance, participation and attitude in class including average of marks F1, F2.		

#### **PRIMARY AND SECONDARY LITERATURE**

##### **PRIMARY LITERATURE:**

- [1] Brotzman,S., Wilk K.: *Rehabilitacja Ortopedyczna*. Wrocław: Wydawnictwo Elsevier Urban&Partner, 2009.

##### **SECONDARY LITERATURE:**

- [1] Ignasiak Z.: *Anatomia układu ruchu*. Wrocław: Wydawnictwo Medyczne Urban&Partner, 2012.  
[2] Delavier F.: *Atlas treningu siłowego*. Warszawa: Wydawnictwo Lekarskie PZWL, 2011.  
[3] Stefaniak T.: *Atlas uniwersalnych ćwiczeń siłowych*. Wrocław: Wydawnictwo BK, 2001.

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

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