

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

Name in Polish : KULTURYSTYKA
Name in English : BODY BUILDING
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033052
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. The absence of medical contradictions to take part in activities with great load.
2. Proper sports clothing and shoes.

SUBJECT OBJECTIVES

- C1: Increasing strength endurance, dynamic strength and maximum strength, as well as posture correction.
 C2: Introducing repeated effort method, dynamic effort method, maximum effort method, which are used for further stages of training focused on, respectively, muscle mass, dynamic strength and maximum strength.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Knowledge of the rules regulating safe usage of gym equipment.

PEK_W02: Student has basic knowledge of power training methodology and knows the basics of rational nutrition.

Relating to skills:

PEK_U01: Student correctly performs exercises for training typical muscle groups and can control the amount of effort.

PEK_U02 : Student can objectively assess the shape of muscle parts influencing the bodybuilder's posture.

Relating to social competences:

PEK_K01: Student is aware of the importance of lifelong physical activity.

PEK_K02: Student promotes social and cultural importance of sport and physical activity and cares about his/her own preferences in the field of bodybuilding.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-4	Organization of classes: description of medical contradictions preventing from the participation in workout trainings, gym safety rules, requirements for passing the course and attendance policy. Introducing the technique of workout with equipment and tools, with small load. Measuring maximum strength with Brzycki method.	8
Cl. 5-7	Forming basic endurance and local strength endurance using circuit training under coach's supervision.	6
Cl. 7-14	Introducing students to repeated effort method, dynamic effort method, maximum effort method, which are used for further stages of training focused on, muscle mass, dynamic strength and maximum strength. Presentation of rational nutrition rules.	14
Cl. 15	Measuring maximum strength with Brzycki method for comparison with initial results. Course completion.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Demonstration by the supervisor (or a student) N3. Lecture.

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.
F2	PEK_U01, U02	Demonstration.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Trzaskom Z., Trzaskom Ł.: <i>Zwiększanie siły mięśniowej sportowców wysokiej klasy</i> . Warszawa: Sport Wyczynowy, 1999 nr 1-2. [2] Perkawski. K., Śledziwski D.: <i>Metodyczne podstawy treningu sportowego</i> . Warszawa: Wydawnictwo Centralny Ośrodek Sportu, 1998.

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