

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

Name in Polish	: SPORTY SIŁOWE
Name in English	: STRENGTH SPORTS (VARSITY DIVISION)
Level and form of studies	: 1st level uniform magister studies, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW033056
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. The absence of medical contradictions to take part in activities with great load.
2. The course is addressed to students regularly practicing strength sports such as crossfit, powerlifting and bodybuilding. It can be used as a supplementary training for other varsity teams members (basketball, volleyball, swimming, etc.) to improve motor features – strength, speed, stamina and mobility.
3. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

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 FBW, which are used for further stages of training focused on, respectively, muscle mass, dynamic strength and maximum strength.
 C3: Improving mobility.
 C4: Increasing circulatory and respiratory efficiency.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student has knowledge how to prepare and organize his/her training program improving strength and muscle mass.

PEK_W02: Student has knowledge of power training methodology, sports nutrition and supplementation.

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 do training with load progress due to shaped strength parameter.

PEK_U03: Student can do powerlifting exercises in a sport way.

Relating to social competences:

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

PEK_K02: Student can cooperate with his/her teammates during training sessions.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	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. Introduction to load training.	2
Cl. 2-3	Warm up rules. Functional and maximum effort tests.	4
Cl. 4-5	Circuit method training	4
Cl. 6-7	Mobility as a way of increasing strength and endurance predispositions of the body. Types of mobility exercises for different body parts.	4
Cl. 8-9	Full Body Workout method.	4
Cl. 10-11	POWERLIFTING. Correct technique of the press of the barbell on a bench. Accessories exercises.	4
Cl. 12-13	POWERLIFTING. Correct technique of the deadlift. Accessories exercises.	4
Cl. 14-15	POWERLIFTING. Correct technique of the squat. Accessories exercises.	
Cl. 16-17	PUSH/PULL method training.	4
Cl. 18-19	WEIGHTLIFTING. Clean and jerk. Accessories exercises.	4
Cl. 20-21	WEIGHTLIFTING. Snatch. Accessories exercises.	4
Cl. 22-23	SPLIT method training.	4
Cl. 24-25	Planning of training session depending on the assumed target.	4
Cl. 26-27	Training microcycle and macrocycle. Training programming.	4
Cl. 28-29	CROSS method endurance-strength training	4
Cl. 30	Measuring maximum strength and stamina for comparison with initial results. Repeating functional tests. Course completion.	2
Total hours		60

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, demonstration.
F2	PEK_U01, U02, U03 PEK_K01, K02	Demonstration, attendance.

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

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Sttarett K.: *Bądź sprawny jak lampart*, Wydawnictwo Galaktyka, 2015.
 [2] Rippetoe M.: *Zacznij od siły*, Wydawnictwo Galaktyka, 2018.
 [3] Rippetoe M.: *Programowanie treningu siłowego*, Wydawnictwo Galaktyka, 2019.
 [4] Boyle M.: *Nowoczesny trening funkcjonalny*, Wydawnictwo Galaktyka, 2019.

SECONDARY LITERATURE:

- [1] Delavier F.: *Atlas treningu siłowego*, PZWL Wydawnictwo Lekarskie, 2011.
 [2] Williams T.: *Cross Training*, Createspace Independent Publishing Platform, 2015.

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

mgr Grzegorz Banaszczyk; grzegorz.banaszczyk@pwr.edu.pl