

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

Name in Polish : STRETCH-ONE
Name in English : STRETCH-ONE
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033073
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 contradictions to take active part in physical education activities.
2. Absence of any contradictions to perform stretching exercises.

SUBJECT OBJECTIVES

- C1: To increase flexibility of muscles and tendons.
 C2: Balancing one-sided specialist overloads.
 C3: Restoring mobility of joints and optimization of their functioning.
 C4: Prevention of contractures and injuries.
 C5: Awareness of regular physical activity needs.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Knowledge of safe stretching training.

PEK_W02: A student has basic methodological knowledge of stretching exercises.

Relating to skills:

PEK_U01: A student can properly perform stretching exercises of basic muscle groups.

PEK_U02: A student can adopt and maintain correct posture during exercises.

Relating to social competences:

PEK_K01: A student has awareness of regular physical activity importance for physical and mental health.

PEK_K02: A student can interact with co-exercising during stretching exercises in pairs.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organizational classes: discussion on medical contradictions to perform stretching exercises and health and safety rules binding during classes. Criteria for justifying absences, doing and crediting. Getting to know a technique of stretching exercises using "a natural stretch" method.	2
Cl. 2	Learning how to maintain a proper body posture in every of stretching exercises which is covered by teacher's own training program.	2
Cl. 3-4	Isometric exercises strengthening back, abdomen and buttocks' muscles. Stretching exercises of main muscle parts.	4
Cl. 5-6	Learning of proper breathing while exercising. Stretching exercises of those muscles which are bound to contractures.	4
Cl. 7-8	Exercises strengthening deep muscles while using unstable ground (cushions) and stretching man parts of muscles with an emphasis on muscles which are bound to contractures.	4
Cl. 9-10	Exercises strengthening deep muscles while using unstable ground (small balls) and stretching man parts of muscles with an emphasis on muscles which are bound to contractures.	4
Cl. 11-14	Exercises strengthening deep muscles while using unstable ground (body balls) and stretching man parts of muscles with an emphasis on muscles which are bound to contractures.	8
Cl. 15	Summing-up classes. Relaxing exercises.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. The trainer's demonstration (or student's). 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 answer, demonstration.
F2	PEK_U01, U02, U03	Demonstration, attendance.
C: Attendance, activity and attitude in class including F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u></p> <p>[1] Tsatsouline P.: <i>Rozciąganie odprężone</i>. Łódź: Wydawnictwo JK, 2010. [2] Listkowski M.: <i>Stretching</i>. Łódź: Wydawnictwo Marian Listkowski, 1994. [3] Clemenceau J-P., Delavier F., Gundill M.: <i>Stretching. Ilustrowany Przewodnik</i>. Warszawa: Wydawnictwo Lekarskie PZWL, 2012</p> <p><u>SECONDARY LITERATURE:</u></p> <p>[1] Ignasiak Z.: <i>Anatomia układu ruchu</i>. Wrocław: Wydawnictwo Medyczne Urban&Partner, 2012.</p>

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