

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

Name in Polish : ZDROWE PLECY
Name in English : HEALTHY BACK
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033074C
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 COMPETENCES

1. Absence of medical contradictions to take active part in physical education activities.
2. Absence of any contradictions to perform stretching and strengthening exercises.

SUBJECT OBJECTIVES

- C1. Bringing back proper mobility of the joints in the spine.
- C2. Stretching the contracted muscles and strengthening the weakened groups of muscles.
- C3. Mobilising the muscles of shoulder girdle and pelvic girdle.
- C4. Mastering diaphragmatic-abdominal breathing during relaxation exercises.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEK_W01 :The student is familiar with the principles of safe stretching and strengthening training.
 PEK_W02 :The student has basic knowledge about the structure and mobility of the spine.

Relating to skills:

- PEK_U01 :The student performs correctly exercises that stretch and strengthen the given muscle groups.
 PEK_U02: The student is able to adopt and maintain proper body posture during exercises.
 PEK_U03: The student is able to control breathing in a conscious way.

Relating to social competences:

- PEK_K01: The student is aware of the importance of regular physical activity for physical and mental health.
 PEK_K02: The student is able to exercise in pairs.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introductory classes: health impediments to physical exercises, OHS regulations valid during the classes. Grading rules, absences. Introduction to spine gymnastics technique.	2
Cl. 2	Maintaining the proper body posture in each of the exercises specific for the course. Relaxation exercises.	2
Cl. 3-4	Exercises strengthening the muscles of the back, abdomen, legs and buttocks, exercises stretching the main parts of muscles. Relaxation exercises.	4
Cl. 5-6	Learning about the proper breathing during exercises. The exercises that strengthen the proper muscle groups and stretch the muscles that tend to contract. Relaxation.	4
Cl. 7-8	Exercises that strengthen the deep muscles, with the use of unstable surface (pillows) and exercises that stretch the main groups of muscles, concentrating on the muscles that tend to contract. Relaxation.	4
Cl. 9-10	Exercises that strengthen the deep muscles, with the use of unstable surface (little balls) and exercises that stretch the main groups of muscles, concentrating on the muscles that tend to contract. Relaxation.	4
Cl. 11-12	Exercises that strengthen the deep muscles, with the use of unstable surface (body balls) and exercises that stretch the main groups of muscles, concentrating on the muscles that tend to contract. Relaxation.	4
Cl. 13-14	Exercises that strengthen the deep muscles, with the use of unstable surface (rollers) and exercises that stretch the main groups of muscles, concentrating on the muscles that tend to contract. Relaxation.	4
Cl. 15	Final classes – crediting, relaxation exercises.	2
Total hours		30

TEACHING TOOLS USED

- N1. Exercises
 N2. Demonstration performed by the teacher (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 assessment, demonstration.
F2	PEK_U01, U02, U03, K02	Demonstration, attendance.
C: Attendance, active participation and attitude during the classes as well as arithmetic mean derived from F1and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Raab A.: *Joga kręgosłupa*. Warszawa: Wydawnictwo Interspar, 2002.
 [2] Tsatsouline P.: *Rozciąganie odprężone*. Łódź : Wydawnictwo JK , 2010.
 [3] Listkowski M.: *Stretching*. Łódź: Wydawnictwo Marian Listkowski, 1994.
 [4] Clemenceau J-P., Delavier F., Gundill M.: *Stretching. Ilustrowany Przewodnik*. Warszawa: Wydawnictwo Lekarskie PZWL, 2012.

SECONDARY LITERATURE:

- [1] Ignasiak Z. *Anatomia układu ruchu*. Wrocław: Wydawnictwo Medyczne Urban&Partner, 2012.

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

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