

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

Name in Polish : TURYSTYKA ROWEROWA - KOBIETY
Name in English : CYCLING FOR GIRLS
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033091
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 contraindications to participate actively in the classes.
2. Fitness level allowing to cycle a distance in a range of 60-70km.
3. Possessing technically functional bicycle.
4. Compulsory owning bicycle helmet.
5. Possessing proper outfit depending on weather.
6. Possessing necessary accessories enabling fixing a bicycle while bicycle trips.
7. Knowledge of traffic regulations.

SUBJECT OBJECTIVES

C1: Improvement of general and special endurance by riding a bicycle.
 C2: Visiting interesting sites and monuments in and around Wrocław.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows traffic regulations.

PEK_W02: A student has basic knowledge of first aid.

Relating to skills:

PEK_U01: A student has basic knowledge of bicycle's service and how to fix minor breakdowns.

PEK_U02: A student can use a map in a territory.

Relating to social competences:

PEK_K01 A student has a whole life awareness of the importance of physical activity for physical and mental health.

PEK_K02: A student promotes and encourages other students for active recreation and healthy lifestyle.

PEK_K03: A student uses cycling as a means of transport in the city.

PROGRAMME CONTENT

Form of classes - lecture		Number of hours
Cl. 1	Organizational classes. Presenting crediting criteria, way of excusing and making up classes, schedule, health and safety regulations on cycling classes.	1
Cl. 2-3	Cycle route No. 1 – 50 km distance.	4
Cl. 4-5	Cycle route No. 2 – 60 km distance.	5
Cl. 6-8	Cycle route No. 3 – 70 km distance.	6
Cl. 9-11	Cycle route No. 4 – 70 km distance.	6
Cl. 12-15	Cycle route No. 1 – 100 km distance.	8
Total hours		30

TEACHING TOOLS USED

- N1. Practical exercises.
N2. 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.
F2	PEK_U01, U02	Attendance.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Skibicki Z.: *Szkoła turystyki rowerowej*. Wydawnictwo Skibicki, Pelplin 2006

SECONDARY LITERATURE:

- [1] Waligóra A., Waligóra M., Franaszek M.: *Wrocław i okolice. Wycieczki i trasy rowerowe*. Bezdroża kwiecień 2012.

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

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