

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

Name in Polish : Body ART
Name in English : Body ART
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033104
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 take active part in physical education activities.

SUBJECT OBJECTIVES

- C1: Improving body strength and flexibility – silhouette shaping
 C2: Better own body perception .

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows the course schedule - „clock bodyART”.

PEK_W02: a student knows how to work out to eliminate negative muscle tone and keep fit.

Relating to skills:

PEK_U01: a student can do exercises from the whole exercise cycle.

PEK_U02: a student has better perception of his own body and can breathe consciously during exercises.

PEK_U03: a student knows how to stretch properly.

Relating to social competences:

PEK_K01: a student is aware how physical activity is important for physical and mental health in every man's life.

PEK_K02: a student promotes social and cultural importance of sport and physical activity, cares about his own preferences in the field of physical culture.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introduction of grading rules and safety rules. The beginning of the exercise cycle.	2
Cl. 2-5	Learning „clock bodyART”. Strengthening abdominal muscles.	8
Cl. 6-8	Mastering „clock bodyART” using exercises which strenghten different muscles.	6
Cl. 9-11	Mastering „clock bodyART” using therapeutic exercises.	6
Cl. 12-14	Mastering „clock bodyART” using exercises inspired by yoga.	6
Cl. 15	Course completion. Relaxation exercises.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Trainer’s demonstration. 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	Demonstration, attendance.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Steinbacher R., strony szkoły bodyART, http://www.bodyartschool.com , dostęp: kwiecień 2015.

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