

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

Name in Polish : WSPINACZKA
Name in English : CLIMBING
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033142
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 in the classes.
2. Absence of contraindications to perform exercises with a medium loading.

SUBJECT OBJECTIVES

- C1: Improving students' mobility.
 C2: Preparing students for aware undertaking various physical activities.
 C3: Developing responsibility for security of co-exercising.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows the rules of safe – belay climbing.

PEK_W02: A student knows basic information on human body functioning during physical exertion having features of strength and strength - endurance.

Relating to skills:

PEK_U01: A student can belay using a method of a "rod" and "with lower".

PEK_U02: A student can use basic climbing techniques, depending on a terrain and set of rails.

Relating to social competences:

PEK_K01 A student has a sense of responsibility for climbing partner's health and life.

PEK_K02: A student promotes various forms of physical activity and the principles of healthy living and nutrition.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organizational classes. Discussion on health and safety rules associated with specific classes and a facility, which is a climbing wall. Basic principles of moving on a climbing wall. Bouldering as an important form of climbing for technique and strength exercises.	2
Cl. 2 - 4	Learning how to wear harness, tying up and belaying "on a rod". Presentation and footwork training while climbing, learning basic principles of motor rules while climbing. Presentation. Discussion on a role of warm-up at the beginning of classes and stretching exercises at the end of classes.	6
Cl. 5-9	Presentation and improvement of a frontal technique. Discussion on friction techniques, underholdings and stays. Climbing in a corner. Discussion on a role of buoyancy technique. Learning steering techniques in a smaller or bigger overhanging. Overcoming roofs.	10
Cl. 10-14	Learning climbing "in running" - proper rope tying and running a rope. Learning protection while running. Training of the known climbing techniques while overcoming routes with the top and bottom protection.	10
Cl. 15	Climbing with bottom protection. Crediting	2
	Total hours	30

TEACHING TOOLS USED

- N1. Practical exercises.
 N2. Teacher'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 answer, demonstration, test.
F2	PEK_U01, U02	Demonstration, attendance, test.
C: Attendance, activity and attitude in classes including F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Lewis S.P., Cauthorn D.: *Ze ścianki na ścianę*. Warszawa: Eremis, 2001.

SECONDARY LITERATURE:

- [1] Fyffe A., Iain P.: *Podręcznik wspinaczki*. Łódź: Galaktyka, 1999.
 [2] Goddard D., Neumann U.: *Wspinaczka – trening i praktyka*. Warszawa: RM, 2000.
 [3] Horst E.J.: *Trening Wspinaczkowy*. Warszawa: RM, 2011.

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

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