

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

Name in Polish	: WSPINACZKA (SEKCJA)
Name in English	: ROCK CLIMBING (VARSITY DIVISION)
Level and form of studies	: 1 st and 2 nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW033148
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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. There are no medical contraindications to participate in climbing training.
2. Very high motor abilities, especially those necessary to climb (flexibility, strength of shoulders and fingers).
3. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.
3. Compulsory participation in Lower Silesian Inter-University League (DLM) competitions and Academic Championships of Poland (AMP).

SUBJECT OBJECTIVES

- C1: Preparing the team to take part in tournaments of DLM and AMP.
 C2: Enabling former players to continue sporting career.
 C3: Adapting outstanding amateur climbers to practice climbing at a sport level (sports and games at least at an amateur level)

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows current regulation of competition climbing - on time, on difficulty, AMP, Polish Cup.
 PEK_W02: A student has basic knowledge of sports training's methodology, especially trainings of climbing.

Relating to skills:

PEK_U01: A student has mastered specific ways of technical-tactical behavior while climbing with bottom protection in style on sight (without skills), and RP and Flash (with skills).
 PEK_U02: A student is able to prepare herself/himself physically and technically during a summer break.

Relating to social competences:

PEK_K01: A student is aware of the importance of physical activity for physical and mental health.
 PEK_K02: Promotes social and cultural importance of sport and physical activity, nurses her/his own preferences in the field of physical culture, cooperates in a team, participates in competitive sports, applies the principles of fair play.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1-2	Organizational classes. Discussion on health and safety rules in order to take part in climbing varsity division, getting known with the regulations of the division and getting known with students' abilities. The selection to the team by tests. Choosing a leader of the division	2
Cl. 3-29	Discussion on the general principles of climbing's training. General and specific exercises. Trainings of techniques and skills. Trainings of strength, endurance, flexibility. Mental training. Trainings of tactics. Planning own training program. Therapy and prevention of an injury. Keeping a diary of training, self-development climbing tests. Preparing for self-trainings and going for rock climbing during holidays.	6
Cl. 30	Comments on self-development cards, assessment of climbing development. Crediting.	10
Total hours		60

TEACHING TOOLS USED
N1. Training. N2. Lecture. N3. Sports tournaments N4. Practical exercises.

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, student's demonstration, climbing tournaments.
F2	PEK_U01, U02	Climbing tournaments. Doing routes in- and outdoor.
F3	PEK_K02	Co-organizing climbing events.
C: Attendance, active participation in classes as well as arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u> [1] Horst E.J.: <i>Trening Wspinaczkowy</i>. Warszawa: RM, 2011. [2] Macia D.: <i>Planowanie treningu we wspinaczce sportowej</i>. Wydawnictwo: Sudetica Verticalia Wrocław 2008.</p> <p><u>SECONDARY LITERATURE:</u> [1] Drózd P. (pod red.): <i>100 porad gór</i>. Wydawnictwo: Góry Books 2011. [2] Hague D., Hunter D.: <i>Wspinaczka skałkowa. Poradnik</i>. Wydawnictwo: Bellona Warszawa 2009.</p>

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