

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

Name in Polish : ABT
Name in English : ABS, BUTTOCKS AND THIGHS
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033203
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.
2. Proper sports clothing and shoes.

SUBJECT OBJECTIVES

- C1. Arousing students' interests in physical education.
- C2. Creating the need for active lifestyle in adult life.
- C3. Body shape developing - strengthening stomach, thighs and buttocks muscles.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows different forms of fitness.

PEK_W02: a student knows names of basic aerobic steps.

PEK_W03: a student knows how to use exercise accessories: exercise balls, straps, stilts etc.

Relating to skills:

PEK_U01 :a student can do a warm up.

PEK_U02 : a student can choose and do correctly exercises strengthening stomach, thighs and buttocks muscles

Relating to social competences:

PEK_K01: a student is aware of the necessity of physical activity for physical and mental health.

PEK_K02: a student cooperates in a team.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes. Requirements for passing a course and safety rules. How to do abdominal and buttocks muscles strengthening exercises correctly – set No.1	2
Cl. 2	Strengthening abdominal and buttocks muscles - set No.1	2
Cl. 3-4	Performing set No.2	4
Cl. 5-6	Performing set No.3 – exercise balls	4
Cl. 7-8	Performing set No. 4	4
Cl. 9-10	Performing set No. 5 – exercise stilts	4
Cl. 11	Strengthening exercise in a training circuit.	2
Cl. 12-13	Performing set No. 6 – rubber straps.	4
Cl. 14-15	Strengthening exercises in pairs. Course completion.	4
	Total hours	30

TEACHING TOOLS USED
N1. Practical exercises. N2. The trainer's demonstration. N3. Description.

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, W03	Oral answers, demonstration.
F2	PEK_U01, U02	Demonstration, test.
F3	PEK_K01, K02	Observation.
C: Attendance, participation and attitude in class including arithmetic mean derived from F1, F2 and F3.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Delavier F.: <i>Modelowanie sylwetki. Atlas ćwiczeń dla kobiet</i> . Warszawa: Wydawnictwo lekarskie PZWL, 2008. ISBN 978-83-200-3712-8 [2] Traczinski C. G., Polster R. S.: <i>Brzuch, nogi, pośladki. Skuteczny program fitness</i> . Wydawnictwo Vemag 2014. ISBN 978-3-625-12381-1

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
Magdalena Lewandowska, magdalena.lewandowska@pwr.edu.pl