

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

Name in Polish : SHAPE
Name in English : SHAPE
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033212
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 contradictions to take active part in physical education activities.
2. Proper sports outfit and sneakers.

SUBJECT OBJECTIVES

- C1. Increasing strength, muscle mass and flexibility – posture's improvement.
- C2. General endurance improvement.
- C3. Commanding basic knowledge in the field of muscle tones' overcoming.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows different exercises for each muscle group and knows how to properly perform stretching.

PEK_W02: A student knows basic forms of relaxation and ways to soothe muscle tension.

Relating to skills:

PEK_U01: A student can use various sports equipment (dumbbells, large and small balls, weights, steps, bars, bebalanced Airex cushions) to work on a figure.

PEK_U02: A student can carry out an aerobic warm-up.

Relating to social competences:

PEK_K01: A student is aware of the importance of physical activity for physical and mental health of each person.

PEK_K02: A student promotes social and cultural importance of sport and physical activity, and cares for their own pleasure in the field of physical culture.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Presenting health and safety rules and rules of crediting, all-purpose exercises.	2
Cl. 2, 7	Strengthening shoulder girdle without equipment (classes No. 2) and using dumbbells (classes No. 7), coordination classes.	4
Cl. 3, 8	Strengthening exercises and making a spine more elastic (classes No. 3) with a usage of bars, mastering balance (classes No. 8).	4
Cl. 4, 9	Strengthening abdominal muscles, "brain gymnastics".	4
Cl. 5, 10	Work out on a lower part of a body, balancing exercises (classes No.5) with a usage of weights (classes No.10).	4
Cl. 6, 11	All-purpose station training.	4
Cl. 12	Exercises in pairs.	2
Cl. 13	Classes with big balls, balance.	2
Cl. 14	Stretching and relax – mental body.	2
Cl. 15	Mental body – crediting.	2
	Total hours	30

TEACHING TOOLS USED
N1. Practical exercises. N2. The trainer's demonstration (student's). 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	Demonstration, carrying out a warm-up.
C: Attendance, participation and attitude in class including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Letuwnik S.: <i>Bodytrainer – biust i ramiona</i> . Warszawa: Wydawnictwo SIC!, 1994. ISBN 83-86056-04-5. [2] Letuwnik S.: <i>Bodytrainer – biodra i pośladki</i> . Warszawa: Wydawnictwo SIC!, 1996. ISBN 83-86056-70-3. [3] Pincney C.: <i>Callanetics</i> . GeoCenter International, 1998. ISBN 83-86146-18-4 [4] Gallagher-Mundy C.: <i>Ćwiczenia z piłką</i> . Wydawnictwo Świat książki, 2007. ISBN 9788324705160.

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