

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

<b>Name in Polish</b>	<b>: MODELOWANIE CIAŁA</b>
<b>Name in English</b>	<b>: BODY TUNING</b>
<b>Level and form of studies</b>	<b>: 1<sup>st</sup> level, full-time</b>
<b>Profile</b>	<b>: academic, practical</b>
<b>Kind of subject</b>	<b>: optional, university-wide</b>
<b>Subject code</b>	<b>: WFW033222</b>
<b>Group of courses</b>	<b>: NO</b>

	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 classes, concerning especially the cardiovascular system, respiratory system and motor organs.
2. Good physical and mental shape and the possession of a particular set of physical abilities.
3. A sense of music and rhythm.

**SUBJECT OBJECTIVES**

- C1: Acquiring knowledge on body tuning exercises.  
 C2: Achieving a better sense and control of student's body, improving movement economy, becoming aware of student's own physical abilities.  
 C3: Getting familiar with tuning particular muscle parts exercises.  
 C4: Teaching the rules of proper nutrition, methods for reducing excessive fat tissue and for increase in muscle mass.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows how to prepare his/her body for the main part of body tuning classes.  
 PEK\_W02: Student knows basic exercises enhancing body tuning.  
 PEK\_W03: Student has knowledge of fitness training, its intensiveness, duration, number of series and repetitions.

**Relating to skills:**

- PEK\_U01: Student can do exercises from a basic set and can control the intensiveness of his/her effort.  
 PEK\_U02 : Student is able to estimate his/her functions (maximum heart rate and at rest) as well as to estimate his/her BMI index and fat tissue density using bioelectrical impedance method.

**Relating to social competences:**

- PEK\_K01: Student can integrate with the group.  
 PEK\_K02: Student can socialize easily, exchanges and accepts views on physical activity.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1-2	Requirements for passing a course and safety rules, syllabus, introduction to body tuning - general physical exercises.	4
Cl. 3	Bar weights - stress put on strengthening the pectoral girdle, shoulders and chest.	2
Cl. 4-5	Therapy balls - basic techniques of therapy ball exercises, strengthening leg, buttock, back and stomach muscles, enhancing muscle balance (static and dynamic).	4
Cl. 6	Exercises with thera band systems.	2
Cl. 7	Ankle weights - strengthening leg, buttocks and stomach muscles.	2
Cl. 8	Exercises in pairs.	2
Cl. 9	Step exercises for leg and buttocks tuning.	2
Cl. 10	Keep-fit classes with jump rope.	2
Cl. 11	Exercises with small fitness balls.	2
Cl. 12	Fitness circuit.	2
Cl. 13	2 kg medicine balls – forming the strength of chest, shoulders, back and stomach muscles.	2
Cl. 14	Stability cushions – exercises for balance and spine stability.	2
Cl. 15	Summary of semester and final grades.	8
	<b>Total hours</b>	<b>30</b>

<b>TEACHING TOOLS USED</b>
<p>N1. Demonstration.            N2. Practical exercises with the use of various equipment and tools.            N3. Lecture.            N4. Relaxation methods.</p>

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02, W03	Part of the classes run by students (demonstration and oral description)
F2	PEK_U01, PEK_U02	Skills demonstration.
<b>C:</b> Attendance, participation and creativity in class including average of marks F1, F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<p><b><u>PRIMARY LITERATURE:</u></b>            [1] Bernatek-Brzózka Paulina: <i>Fitness dla kobiet</i>. Siedmioróg 2010.            [2] Olex-Mierzejewska Dorota: <i>Fitness -teoretyczne i metodyczne podstawy prowadzenia zajęć</i>. AWF Katowice 2002.</p>

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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