

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

Name in Polish : NORDIC WALKING
Name in English : NORDIC WALKING
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033252
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 activities.
2. Proper sports clothing and shoes.

SUBJECT OBJECTIVES

- C1: Improving body's general functions.
 C2: Improving the strength of pectoral girdle, torso and leg muscles.
 C3: Assisting the realization of the need for systematic physical activity.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows the drill of warm-up and cool-down after physical effort.
 PEK_W02: He/She knows the rules of improving body's general functions and the strength of pectoral girdle muscles through Nordic Walking.

Relating to skills:

PEK_U01: Can use basic nordic walking technique.
 PEK_U02 : Can use nordic walking technique to improve body's general efficiency and the strength of pectoral girdle muscles.

Relating to social competences:

PEK_K01: Student knows the importance of regular sport and physical activity.
 PEK_K02: Student promotes healthy lifestyle.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1, 2	Presenting the requirements for passing a course and safety rules. Lecture on Nordic Walking as an alternative for traditional physical activities. Introduction of the basic technique.	4
Cl. 3, 4	Learning the drill of warm-up and cool-down. Learning the basic technique. Introduction to using the basic technique during walking.	4
Cl. 5, 6	Improving body's general functions and the strength of pectoral girdle muscles during a 10 km walk.	4
Cl. 7, 8	Improving body's general functions and the strength of pectoral girdle muscles during a 10 km walk. Introduction to the Fitness technique	4
Cl. 9, 10	Improving body's general functions and the strength of pectoral girdle muscles during a 10 km walk. Learning and practicing the Fitness technique	4
Cl. 11, 12	Improving body's general functions and the strength of pectoral girdle muscles during a 10 km walk. Learning to use nordic walking technique in mountainous areas.	4
Cl. 13, 14	Improving body's general functions and the strength of pectoral girdle muscles during a 10 km walk.	4
Cl. 15	Introducing to the rules and possibilities of using nordic walking for trainings on various proficiency levels. Course completion.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Demonstration by the supervisor (or a student) 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	Demonstration.
F2	PEK_U01, U02	Demonstration, participation.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Skibicki Z.: <i>Marsz z kijami</i> . Łódź: Wydawnictwo Skibicki, 2008. ISBN 978-83-920923-7-7
<u>SECONDARY LITERATURE:</u> [1] Zajac A., Waškiewicz Z.: <i>Dietetyczno-treningowe wspomaganie zdrowia i sprawności fizycznej</i> . Katowice: Wydawnictwo AWF Katowice, 2001.

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