

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

Name in Polish : BODY BALL
Name in English : BODY BALL
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033262
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. Absence of contraindications to work out with a fitball.
3. Proper sport clothes and trainers.

SUBJECT OBJECTIVES

- C1: Strengthening muscles responsible for maintaining proper posture.
 C2: Getting acquainted with ways of improving sense of balance.
 C3: Improving functioning of cardiovascular system.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows the rules how to work out safely with a rehab ball.

PEK_W02: a student knows the construction of a spine and knows how to adjust rehabilitation exercises relieving a spine pain.

Relating to skills:

PEK_U01: a student can properly work out with a fitball.

PEK_U02: a student can choose the right strengthening, stretching, relaxation and relieving exercises for particular muscles.

Relating to social competences:

PEK_K01: a student is aware of importance of physical activity to keep fit.

PEK_K02: a student is aware of importance of necessity of physical activity during the whole life.

| PROGRAMME CONTENT | | |
|----------------------------------|--|------------------------|
| Form of classes - lecture | | Number of hours |
| Cl. 1 | Organization of classes, grading rules and safety rules. Discussing the influence of exercises with a ball on your body. | 2 |
| Cl. 2 | Learning the Basic starting positions for exercises with a ball. | 2 |
| Cl. 3 | Trunk elongation exercises. | 2 |
| Cl. 4 | Back muscles strengthening. | 2 |
| Cl. 5 | Improving the strength of arms using dumbbells. | 2 |
| Cl. 6 | Improving the strength of leg muscles. | 2 |
| Cl. 7 | Improving the strength of postural muscles using gymnastic stick. | 2 |
| Cl. 8 | Improving the strength of abdominal muscles using straps. | 2 |
| Cl. 9 | Gymnastics with heavy balls. | 2 |
| Cl. 10 | Postural positions in spine discomfort . | 2 |
| Cl. 11 | Stretching exercises with a ball. | 2 |
| Cl. 12 | Gymnastics with a chi – ball. | 2 |
| Cl. 13 | Strengthening exercises in pairs, the ball massage. | 2 |
| Cl. 14 | Power body ball. | 2 |
| Cl. 15 | Summing up the semester, course completion.. | 2 |
| | Total hours | 30 |

| TEACHING TOOLS USED |
|---|
| N1. Practical exercises. N2. Demonstration. N3. Lecture. N4. Group work. |

| 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, oral answer. |
| F2 | PEK_U01, U02 | Demonstration, group work. |
| C: Attendance, participation and attitude in class and a grade average of F1 and F2. | | |

| PRIMARY AND SECONDARY LITERATURE |
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| <u>PRIMARY LITERATURE:</u> [1] Materiały ze szkoleń: OM Body Ball. Warszawa, 2006. [2] Materiały ze szkoleń: OM Reha – Fit I i II, Warszawa 2007. |
| <u>SECONDARY LITERATURE:</u> [1] Gallagher-Mundy Ch.: <i>Ćwiczenia z piłką</i> . Warszawa: Wydawnictwo Świat Książki, 2007. |

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