

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

Name in Polish	: TRENING FUNKCJONALNY
Name in English	: FUNKCJONAL WORKOUT
Level and form of studies	: 1st level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW034082
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 participate actively in the classes.
2. Absence of medical contraindications to exercise at 80% of maximum heart rate
3. Motivation to participate in practice getting across comfort zone.

SUBJECT OBJECTIVES

- C1: Improving of strength endurance and cardiovascular capacity.
 C2: Uploading students with knowledge about correct technique of performing exercises related to everyday activity and different sports.
 C3: Uploading students with skills allowing them control body weight and its composition.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows training methods developing strength endurance and capacity.

PEK_W02: A student knows general body reactions on particular physical effort.

PEK_W03: A student knows correct technique of performance basic functional motions.

Relating to skills:

PEK_U01: A student can evaluate his/her own body endurance and capacity level and joints mobility based on simple fitness and posture tests and measurements.

PEK_U02: A student can plan his/her training program according to the defined aim.

PEK_U03: A student can calibrate difficulty rate and intensity of training, based on his/her own possibilities and modify it to rich the target.

Relating to social competences:

PEK_K01 A student is aware of the importance of developing fitness (crossing own body limitations) and motivate others to activity.

PEK_K02: A student willingly takes part in various kinds of physical activity.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organizational classes. Presenting crediting criteria, way of excusing and making up classes, schedule, health and safety rules. Naming personal targets in matter of developing fitness. Basic knowledge about body reactions to physical effort.	2
Cl. 2	Effort intensity estimation related on pulse rate. Learning how to use a heart rate monitor. Body composition estimation based on fat tissue measurements with using bioelectrical impedance device. Posture test.	2
Cl. 3-7	Getting acquainted with basic functional motions using only own body weight – such as push-up, plank, squat, etc	10
Cl. 8-11	Improving technique of basic functional exercises. Mobility method training – using rollers, balls, etc..	8
Cl. 12-14	Getting acquainted with basic functional motions techniques with usage of tools TRX tapes, body balls, bossu-balls, tubing tapes, etc..	6
Cl. 15	Body composition estimation based on fat tissue measurements with using bioelectrical impedance device. Posture test.	2
Total hours		30

TEACHING TOOLS USED

- N1. Practical exercises.
 N2. Teacher's lecture.
 N3. Tests

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 answer, demonstration, test
F2	PEK_U01, U02, U03	Oral answer, demonstration, activity.
F3	PEK_K01, K02	Participation in, or supporting sport and recreation events
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1, F2 and F3.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] dr Starret K., Cordoza G.: *Bądź sprawny jak lampart*. Galaktyka 2016
 [2] Broussal-Derval A., Ganneau S.: *Metoda cross-treningu*. Wydawnictwo AHA 2017

SECONDARY LITERATURE:

- [1] Kępka K., Gaś Sz.: *Trening funkcjonalny*. Wydawnictwo Edipresse Polska 2016

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

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