

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

Name in Polish : **PODSTAWY WIOŚLARSTWA**
Name in English : **ROWING - BASICS**
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. Proper sport outfit.

SUBJECT OBJECTIVES

- C1: Getting acquainted with basic rowing techniques.
 C2: Involvement in water tourism and physical activity.
 C3: Getting familiar with boating and sailing regulations.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: A student knows basic elements of rowing technique.

PEK_W02: A student is familiar with the types of racing shells and proper behaviours on open water areas.

Relating to skills:

PEK_U01: A student can perform rotational and non-rotational strokes

PEK_U02: A student is capable to perform a full rowing cycle and turn round the boat.

Relating to social competences:

PEK_K01 A student is aware of positive impact physical activity has on one's health

PEK_K02: A student promotes sport, tourism, physical activity as an important social factor.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Introductory classes: safety rules, terms of use at a rowing basin, gym and rowing hangar, principles of descending and ascending the water, proper behaviour principles on a body of water	2
Cl. 2-5	Learning the process of getting in and out of a boat as well as of a rowing warm-up, principles of proper behaviour on a boat, learning non-rotational rowing techniques - only RR, RR with T, ½ of slide, the whole slide), mastering rowing techniques.	8
Cl. 6-14	Learning rotational rowing techniques - only RR, RR with T, ½ of slide, the whole slide). Coordination in rowing as a team, mastering known elements. Getting familiar with exercises improving rowing technique.	18
Cl. 15	Crediting	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Teacher's demonstration. N3. Video presentation.

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__U01, U02	demonstration.
C: Attendance, activity and attitude in classes including F1.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u> [1] Hennig M. (red): <i>Wioślarstwo</i> . Warszawa: Polski Związek Towarzystw Wioślarskich, 2003.

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