

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

Name in Polish : WIOŚLARSTWO (SEKCJA)
Name in English : ROWING (VARSITY DIVISION)
Level and form of studies : 1st and 2nd level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW034064
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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. No health impediments to active participation in the course.
2. Proper sportswear.
3. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions

SUBJECT OBJECTIVES

- C1. Mastering the elements of rowing technique, full cycle rowing at the whole range of pace.
 C2. Familiarity with boating and sailing regulations
 C3. Preparation for inter-university and national rowing competitions.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: The student is familiar with the basic rowing techniques.

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

Relating to skills:

PEK_U01: The student can perform rotational and non-rotational strokes.

PEK_U02: The student is capable to perform a full rowing cycle regarding the start and racing along the track.

Relating to social competences:

PEK_K01: The student is aware of positive impact physical activity has on one's health.

PEK_K02: The student promotes sport, tourism and recreation as a significant 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	4
Cl. 2-10	Improving 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, improving non-rotational rowing techniques - only RR, RR with T, ½ of slide, the whole slide), improving the whole rowing cycle with a pause behind the knees (one, two, three catches), mastering rowing techniques, continuous run.	36
Cl. 11-19	Improving the rowing technique, continuous run, non-continuous run with a start-up practice. Activities on improving balance, rhythm, the feel of water, a start-up, continuous run.	12
Cl. 20-24	Practicing the catch, drive, exercising the pause after ¼, ½, ¾ of a slide, continuous run with accelerations.	6
Cl. 25-29	Improving the rowing technique with rotation (only RR, RR with T, ½ of a slide, the whole slide), teamwork improvement, improving the start-up catch, further practice on improving the rowing technique, interval run.	
Cl. 30	Crediting	2
	Total hours	60

TEACHING TOOLS USED
<p>N1. Lecture. N2. Practical tasks. N3. Demonstration of techniques. N4. Analysis of a footage presenting a rowing technique.</p>

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 of techniques
C: Attendance, active participation in the course, attitude.		

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

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