

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

Name in Polish : WINDSURFING
Name in English : WINDSURFING
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. Good swimming skills.

SUBJECT OBJECTIVES

- C1: Getting acquainted with use of windsurfing equipment service on land
 C2: Mastering windsurfing on different courses.
 C3: Mastering basic maneuvers of windsurfing's sailing.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

- PEK_W01: A student knows terminology related to windsurfing.
 PEK_W02: A student knows the theory of sailing.

Relating to skills:

- PEK_U01: A student can keep balance on a board, feel its' stability.
 PEK_U02: A student can raise a propeller out of water with starting halyard.
 PEK_U03: A student can adopt basic positions on a board (safe and start).
 PEK_U04: A student start on tack on a beam reach, can choose and loose a sail and heading up and bearing away.
 PEK_U05: A student can perform two basic maneuvers of returns: gybe and coming about.
 PEK_U06: A student can swim on a board in a variety of courses (close reach, beam reach, broad reach and run) using heading up and bearing away maneuvers and gybe and coming about.

Relating to social competences:

- PEK_K01 A student has a whole life awareness of the importance of physical and mental activity for health.
 PEK_K02: A student learns to respect the nature, by communing with it.

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 regulations on windsurfing classes. Theoretical classes in SWFiS. Getting the students know windsurfing equipment which they are going to use, how a board is constructed, equipping with a stabilizer, centerboard and pallet. Presenting the way of carrying the equipment on land. Getting known with the way of propeller's ragging and terminology used in windsurfing. Presenting methods of carrying the propeller on land.	3
Cl. 2-5	Balancing exercises, lifting the equipment on water and connecting the board with the propeller, learning to raise the propeller out of water behind starting halyard, adoption of basic position, rotating the board with the inoperative propeller.	5
Cl. 5-7	Preparation and adoption starting position, start on tack on a beam reach, selecting and loosening a sail, heading up and bearing away maneuvers.	5
Cl. 8-10	Explanation of compass, swimming lessons on close reach course, further mastering of heading up and bearing away maneuvers.	5
Cl. 11-13	Gybe and coming about, learning swimming in courses: close reach, beam reach, broad reach and run. Learning gybes.	5
Cl. 14-15	Task swimming on a route marked with buoys as a preparation for a regatta finishing the course. Regattas.	7
Total hours		30

TEACHING TOOLS USED

- N1. Practical exercises.
 N2. Teacher's demonstration.
 N3. Student's demonstration.
 N4. 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	Oral answer, demonstration.
F2	PEK_U01, U02, U03, U04	Demonstration, attendance.
C: Attendance, activity and attitude in classes including arithmetic mean derived from F1 and F2.		

PRIMARY AND SECONDARY LITERATURE

PRIMARY LITERATURE:

- [1] Malinkiewicz M., Ostrowski A.: *Windsurfing. Poradnik dla początkujących i zaawansowanych*. AWF Kraków, 2010.

SECONDARY LITERATURE:

- [1] Gadacz L., Malinkiewicz M.: *Vademecum żeglarstwa deskowego*. Kraków: DEKA, 2000.

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

Janusz Gryszko, janusz.gryszko@pwr.edu.pl