		WWFiZ	Subject name		for spor	and conditioning	
Field of study		Physical education	Study year/term		(V)	/F/I/st/50) 3/6	
Number of hours		30	ECTS points			6	
Subject type* Study level**		obligatory full-time	Language Subject form***			English classes	
Preliminary and additio requirements (e.g. prev		No requirements.					
subjects) Subject objective		The aim of this subject is to provide sactive people.	strength, power and flexil	bility traini	ng guidelir	nes for pysically	
	s	UBJECT LEARNING OUTCOMES (COU) after completing this subject, the		ES)			
Knowledge		S_K01. Describe the benefits of a wa		s that affe	ct flexibilit	у	
		(K_W26/P6U_W/P6S_WG).  S_KO2. Understanding the general techniques involved in performing resistance training exercise and teach the basic strength exercises (K_W26/P6U_W/P6S_WG).					
		and teach the basic strength exercises ( <b>K_WZb</b> /PbU_W/PbS_WG).  S_K03. Identify the phases of the stretch-shortening cycle, identify the components of a plyometric training program and design a safe and effective plyometric training program					
Skills		(K_W26/P6U_W/P6S_WG).  S_SO1. Conduct a warm-up before strength and power training. Perform the cool-down exercises					
		S_SUL. Conduct a warm-up before strength and power training. Perform the cool-down exercises (K_U21/P6U_U/P6S_UW).  S SO2. Perform basic resistance training exercise and provide recommendations for physically					
		active people trying to optimize their muscular strength ( <b>K_U21</b> /P6U_U/P6S_UW).					
		S_S03. Show correct execution of lower- and upper-body plyometric exercises K_U21/P6U_U/P6S_UW).					
Social competences		S_SC01. Develop and clarify the goals of a strength and conditioning program (K_K06/P6U_K/P6S_KK).					
		S_SC02. Identify ways to reduce the risk of injury during a workout (K_K08/P6U_K/P6S_KO).					
Confirmation of achieve outcomes#	ed learning	Continuous assesment, assesment of execution of the selected strength, power and flexibility exercises.					
Type of assesment mar	k##	Final assessment mark, support asse	ssment mark.				
Content			Subject form (number of hours) ###		learning omes	Course learning outcomes	
An introduction to the content).	e classes (lea	rning outcomes, passing criteria,	classes (2)	S_SC01		K_K06	
The structure and function of general and specific warm-ups. Factors affecting flexibility. Frequency, duration and intenisity of stretching.			classes (2)	S_K01, S_ S_SC01, S		K_W26, K_U21, K K06, K K08	
				3_3001, 3		N_N00, N_N00	
		ballistic stretch, dynamic strtetch, ation). Guidlines for stretching.	classes (2)	S_K01, S_		K_W26, K_U21	
proprioceptive neuromu	uscular facililt ength and po	· ·	classes (2)		501		
proprioceptive neuromu 4. A warm-up before str strength and power train	rength and poining.	ation). Guidlines for stretching.		S_K01, S_	S01 S01 S02,	K_W26, K_U21	
4. A warm-up before str strength and power train 5. Exercise technique fu speed, breathing consid 6. Physical testing and e	rength and po ning. ndamentals ( lerations).	ation). Guidlines for stretching.	classes (2)	S_K01, S_ S_K01, S_ S_K02, S_	501 501 502, 502, 502,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21,	
4. A warm-up before str strength and power train 5. Exercise technique fur speed, breathing conside 6. Physical testing and eclean, jerk). 7. Strength exercise sele	rength and poining. Indamentals (lerations). Individuation in section (core a	ation). Guidlines for stretching.  ower training. A cool-down after  movement range of motion and	classes (2)	S_K01, S_ S_K01, S_ S_K02, S_ S_SC01, S S_K02, S_	501 502, 502, 502, 502, 502, 502, 502,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before str strength and power trail 5. Exercise technique fu speed, breathing consid 6. Physical testing and e clean, jerk). 7. Strength exercise sele balance, training equipn	rength and poining.  Indamentals (lerations).  Evaluation in section (core ament).	ower training. A cool-down after movement range of motion and strength training (squat 1RM, power	classes (2) classes (2) classes (2)	S_K01, S_ S_K01, S_ S_K02, S_ S_SC01, S S_K02, S_ S_K02, S_ S_K02, S_ S_K02, S_	501 502, 502, 502, 502, 502, 502, 502, 502, 502,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before str strength and power train 5. Exercise technique fu speed, breathing consid 6. Physical testing and e clean, jerk).	rength and pointing.  Indamentals (lerations).  Evaluation in section (core a ment).	ower training. A cool-down after movement range of motion and strength training (squat 1RM, power	classes (2)  classes (2)  classes (2)  classes (2)	\$_K01, \$_ \$_K02, \$_ \$_K02, \$_ \$_K02, \$_ \$_SC01, \$_ \$_K02, \$_ \$_SC01, \$_ \$_K02, \$_	\$01 \$02, \$03, \$04, \$05, \$	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21, K_K06, K_U21, K_K06, K_U21, K_K06, K_U21,	
4. A warm-up before str strength and power train 5. Exercise technique fur speed, breathing consid 6. Physical testing and e clean, jerk). 7. Strength exercise sele balance, training equipn 8. Strength and power e 9. Hypertrophy - prograin	rength and pointing.  Indamentals (levations).  Indamentals (levations).  Indamentals (levations).  Indamentals (levations).  Indamentals (levations).  Indexercises - promotions are also and a levations (levations).  Indexercises - promotions are also and a levations (levations).	ower training. A cool-down after movement range of motion and strength training (squat 1RM, power and assistance exercises, muscle ogram design.	classes (2)  classes (2)  classes (2)  classes (2)  classes (2)	S_K01, S_  S_K01, S_  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_C01, S  S_K02, S_ S_C01, S	\$01 \$02, \$03, \$03, \$04, \$05, \$	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before strictering that and power trains. 5. Exercise technique fur speed, breathing considers. 6. Physical testing and eclean, jerk). 7. Strength exercise selections and exercise selections. 8. Strength and power experience of the selection of the	rength and pointing.  Indamentals (errations).  Evaluation in section (core a ment).  Exercises - promises - promises and circuit the cost and physic etch-shorten	cation). Guidlines for stretching.  Sower training. A cool-down after  Imovement range of motion and  Strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  Training.  Jogy. Mechanical model of  ing cycle.	classes (2)  classes (2)  classes (2)  classes (2)  classes (2)  classes (2)	S_K01, S_  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_C01, S  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S	\$01 \$02, \$502 \$502,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08	
4. A warm-up before strict strength and power trail 5. Exercise technique fur speed, breathing conside 6. Physical testing and eclean, jerk). 7. Strength exercise selebalance, training equipn 8. Strength and power e 9. Hypertrophy - program 10. Muscular endurance 11. Plyometric exercise. Stre 12. Plyometric program 12. Plyometric program	rength and pointing.  Indamentals (errations).  Evaluation in section (core a ment).  Exercises - promises - promises and circuit the cost and physic etch-shorten	cation). Guidlines for stretching.  Sower training. A cool-down after  Impovement range of motion and  Strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  raining.	classes (2)	S_K01, S_  S_K02, S_ S_C01, S	\$01 \$02, \$503, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before strictering than dipower trains. 5. Exercise technique fur speed, breathing considers. 6. Physical testing and eclean, jerk). 7. Strength exercise selectal balance, training equipn. 8. Strength and power eg. 9. Hypertrophy - program. 10. Muscular endurance. 11. Plyometric mechanic plyometric exercise. Strength. 12. Plyometric program consideration.	rength and pointing.  Indamentals (erations).  Evaluation in sevaluation in sevaluation in sevaluation in sevaluation.  Exercises - promise ament).  Exercises - promise and circuit the cand circuit the cand circuit the cand design (modes and promise and design (modes and design (modes and promise and design (modes and design (modes and promise and prom	ation). Guidlines for stretching.  ower training. A cool-down after  movement range of motion and  strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  raining.  logy. Mechanical model of  ing cycle.  e, lower-body plyometrics). Safety  e, upper-body plyometrics). Safety	classes (2)	S_K01, S_  S_K02, S_ S_C01, S  S_K03, S_ S_C01, S	501  502, 502, 502, 502, 502, 502, 502, 502	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08	
4. A warm-up before strictering that and power trails. 5. Exercise technique fur speed, breathing considers. 6. Physical testing and eclean, jerk). 7. Strength exercise selections and power experience. 8. Strength and power experience. 9. Hypertrophy - program. 10. Muscular endurance. 11. Plyometric mechanical plyometric exercise. Street. 12. Plyometric program consideration. 13. Plyometric program consideration. 14. Plyometric exercise.	rength and poining. Indamentals (erations). Indamental	ation). Guidlines for stretching.  wer training. A cool-down after  movement range of motion and  strength training (squat 1RM, power  and assistance exercises, muscle  pgram design.  raining.  logy. Mechanical model of  ing cycle.  e, lower-body plyometrics). Safety  e, upper-body plyometrics). Safety	classes (2)	S_K01, S_  S_K02, S_ S_C01, S  S_K03, S_ S_C01, S	\$01 \$02, \$503, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before strict strength and power trails. 5. Exercise technique fuspeed, breathing conside. 6. Physical testing and eclean, jerk). 7. Strength exercise selebalance, training equipn. 8. Strength and power e. 9. Hypertrophy - program. 10. Muscular endurance. 11. Plyometric mechanic plyometric exercise. Stre. 12. Plyometric program consideration. 13. Plyometric program consideration. 14. Plyometric exercise itraining methods. Landing trails.	rength and pointing. Indamentals (errations).	ation). Guidlines for stretching.  ower training. A cool-down after  movement range of motion and  strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  raining.  alogy. Mechanical model of  ing cycle.  e, lower-body plyometrics). Safety  e, upper-body plyometrics). Safety  the training. The resisted and assisted and equipment.	classes (2)	S_K01, S_  S_K02, S_ S_SC01, S  S_K03, S_ S_SC01, S	\$01 \$02, \$02, \$502 \$502, \$503, \$502, \$503, \$502, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before strictength and power trail 5. Exercise technique fur speed, breathing conside 6. Physical testing and e clean, jerk). 7. Strength exercise sele balance, training equipn 8. Strength and power e 9. Hypertrophy - program 10. Muscular endurance 11. Plyometric mechanic plyometric exercise. Stre 12. Plyometric program consideration. 13. Plyometric program consideration. 14. Plyometric exercise training methods. Landii 15. Final assesment (per	rength and pointing. Indamentals (errations).	ation). Guidlines for stretching.  wer training. A cool-down after  movement range of motion and  strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  raining.  logy. Mechanical model of  ing cycle.  e, lower-body plyometrics). Safety  e, upper-body plyometrics). Safety  te training. The resisted and assisted  id equipment.  practical task).	classes (2)	\$_K01, \$_ \$_K01, \$_ \$_K02, \$_ \$_SC01, \$_ \$_S	\$01 \$02, \$02, \$502 \$502, \$503, \$502, \$503, \$502, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before str strength and power train 5. Exercise technique fur speed, breathing conside 6. Physical testing and eclean, jerk). 7. Strength exercise sele- balance, training equipm 8. Strength and power e 9. Hypertrophy - program 10. Muscular endurance 11. Plyometric mechanic plyometric exercise. Stree 12. Plyometric program consideration. 13. Plyometric program consideration. 14. Plyometric exercise straining methods. Landin 15. Final assesment (per	uscular facilities rength and pointing. Indamentals (perations). Indamentals (perations). Indamentals (perations). Indamentals (perations). Invaluation in sevention (core a ment). In exercises - promotion of the promotion of th	ation). Guidlines for stretching.  wer training. A cool-down after  movement range of motion and  strength training (squat 1RM, power  and assistance exercises, muscle  ogram design.  raining.  logy. Mechanical model of  ing cycle.  e, lower-body plyometrics). Safety  e, upper-body plyometrics). Safety  te training. The resisted and assisted  id equipment.  practical task).	classes (2)	\$_K01, \$_ \$_K01, \$_ \$_K02, \$_ \$_SC01, \$_ \$_S	\$01 \$02, \$02, \$502 \$502, \$503, \$502, \$503, \$502, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08  K_W26, K_U21,	
4. A warm-up before strict strength and power trains. 5. Exercise technique further speed, breathing considers. 6. Physical testing and eclean, jerk). 7. Strength exercise select balance, training equipm. 8. Strength and power eg. 9. Hypertrophy - program. 10. Muscular endurance. 11. Plyometric mechanic plyometric exercise. Strength and poweric program consideration. 13. Plyometric program consideration. 14. Plyometric exercise is training methods. Landing meth	rength and pointing.  Indamentals (lerations).  Indamentals (lerations).  Indamentals (lerations).  Indamentals (lerations).  Invaluation in section (core a ment).  Invaluati	cation). Guidlines for stretching.  Sower training. A cool-down after  Imovement range of motion and  Strength training (squat 1RM, power  and assistance exercises, muscle  Degram design.  Jogy. Mechanical model of  Jogy. Mechanical model of  Jogy. Mechanical model of  Jogy. Lower-body plyometrics). Safety  Lee, lower-body plyometrics). Safety  Lee training. The resisted and assisted  Jog dequipment.  Practical task).	classes (2)	S_K01, S_  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K03, S_ S_SC01, S	\$01 \$02, \$502, \$502 \$502, \$503, \$502, \$503, \$502, \$503, \$502, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08	
4. A warm-up before strict strength and power trails. 5. Exercise technique fuspeed, breathing conside. 6. Physical testing and eclean, jerk). 7. Strength exercise selebalance, training equipn. 8. Strength and power e. 9. Hypertrophy - program. 10. Muscular endurance. 11. Plyometric mechanical plyometric exercise. Strength 2. Plyometric program consideration.	rength and pointing. Indamentals (levations). Indamentals (levations). Indamentals (levations). Indamentals (levations). Indamentals (levations). Indamentals (levations). Indexercises - properties - p	cation). Guidlines for stretching.  Sower training. A cool-down after  Imovement range of motion and  Strength training (squat 1RM, power  Ind assistance exercises, muscle  Degram design.  Jogy. Mechanical model of  Jogy. Mechanical mode	classes (2)  classes (2)	S_K01, S_  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_SC01, S  S_K02, S_ S_C01, S  S_K02, S_ S_SC01, S  S_K03, S_ S_C01, S  S_K03, S_ S_SC01, S	\$01 \$02, \$502, \$502 \$502, \$503, \$502, \$503, \$502, \$503, \$502, \$503,	K_W26, K_U21  K_W26, K_U21  K_W26, K_U21, K_K06, K_K08	

ligatory, optional

ull-time, part-time, e-learning

flectures, classes, laboratory classes, projects, workshops, classes iducted by students

ontinuous assessment (current preparation for classes), mid-term written test, mid-n oral test, final written test, final oral test, written exam, oral exam, assessment of tor skills, B.A/M.A. thesis, project realisation, attendance

final assessment mark, support assessment mark

-lectures, classes, laboratory classes, projects, workshops, classes conducted by

Literature	1. Baechle, T. R., & Earle, R. W. (Eds.). (2008). Essentials of strength training and conditioning. Human Kinetics, Champaign, IL.  2. Bishop, D. (2003). Warm up II. Sports Medicine, 33(7), 483-498.  3. Dietz, C., & Peterson, B. (2012). Triphasic training: A systematic approach to elite speed and explosive strength performance (Vol. 1). Bye Dietz Sport Enterprise.					
						4. Radcliffe, J., & Farentinos, R. (2015). High-Powe
		5. Zatsiorsky, V. M., & Kraemer, W. J. (2006). Science and practice of strength training. Human Kinetics, Champaign, IL.				
ECTS points						
Number of hour.	s with teacher (e.g. classes, office hours)	40				
Number of hours without teacher (e.g. homework)		110				
ECTS points in to	otal	150/6				
Teacher (e-mail		dr hab. prof. AWF Hubert Makaruk				
		(hubert.makaruk@awf-bp.edu.pl)				