

Subject: Physical education – conditioning

I. General information

Organization unit	Faculty of Rehabilitation Chair of Movement Teaching Supervisor: prof. Bartosz Molik
Course name	Physical education - conditioning
Subject code	FV - 39
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies	master (linear)
Study year	2
Semester	4
ECTS points	1
Teacher	Dr Grzegorz Bednarczuk grzegorz.bednarczuk@awf.edu.pl Dr hab. Izabela Rutkowska izabela.rutkowska@awf.edu.pl
Studies program in which the subject is realized	PHYSIOTHERAPY
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Methodics of movement teaching Fun and games movement

II. Detailed Information

Course aims and objectives

A1	Familiarize students with basic information concerning safety and organization of practical (physical) classes
A2	Familiarize students with the methods and forms used in practical (physical) classes and health training,
A3	Familiarize students with the methods and forms in developing motor skills
A4	Familiarize students with practical skills in the field of selected track and field events

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
<p>In terms of knowledge, the graduate knows and understands:</p> <p>O.W11. issues related to conditioning, maintaining and restoring fitness and performance to people of different ages, including the elderly, who lost or reduced their performance due to various diseases or injuries; as well as the principles of health promotion - at an advanced level;</p> <p>B.W8. basic forms and methods of providing information using didactic means in the field of teaching physiotherapy, conducting trainings and professional development;</p>	<ol style="list-style-type: none"> 1. Student has a knowledge about the safety and organization of practical (physical) classes 2. Student knows the general rules about a various forms of activity, as well as methods in practical (physical) classes and health training 3. Student has a knowledge about improving motor skills
Skills	
<p>In terms of skills, the graduate can:</p> <p>O.U10. encourage others to learn and take part in physical activity;</p> <p>B.U9. demonstrate motor skills in the field of selected forms of physical activity (recreational and health)</p>	<ol style="list-style-type: none"> 1. Student is able to plan and control the learning process of practical (physical) classes, including the methodology of teaching using professional terminology 2. Student can use forms of activity in improving one's own motor skills 3. Student has a physical skills necessary to carry out physical activities 4. Student has a basic level of physical fitness needed to participate in recreational and athletic forms of activities 5. Student has the appropriate level of physical performance (positive results in the fitness test)
Social Competences	
<p>In terms of social competence, the graduate is ready to:</p> <p>O.K3 demonstrate the attitude that promotes a healthy lifestyle, promote and actively create the healthy lifestyle and health promotion during activities related to the professional practice and to</p>	<ol style="list-style-type: none"> 1. Student can promote and actively create a healthy lifestyle and the idea of physical fitness focused on health 2. Student is able to critically evaluate the level of performance and verify the proposed solutions, 3. Student is able to participate in physical activities and health training

determine the level of fitness necessary to practice the profession of a physiotherapist;	
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Syllabus contents

No	Title
Classes/ Practical classes	
SC 1-2	Forrest walk/ run
SC 3	„Small cross-country”
SC 4	„Big cross-country”
SC 5	Endurance training (interval)
SC 6	Endurance training (rhythm)
SC 7	Endurance training (circuit)
SC 8	Sprint: technics, speed training
SC 9	Sprint: reaction time, start, rivalry
SC 10	Jumping ability: multi jumps
SC 11	Jumping ability: tasks with sand pitch (landing area)
SC 12	Jumping ability: plyometrics
SC 13-15	Practical test: 50m dash, standing long jump, 800/ 1000m run

Assessment criterion

Local grade	Grade	Criteria
5	A	adequate result in the fitness test (according to the norms)
4,5	B	adequate result in the fitness test (according to the norms)
4	C	adequate result in the fitness test (according to the norms)
3,5	D	adequate result in the fitness test (according to the norms)
3	E	adequate result in the fitness test (according to the norms)
2	F	Insufficient result in the fitness test (according to the norms)

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	5
Total = 35 hours = 1 ECTS	