

## Subject: Physical Education - Conditioning

### GENERAL INFORMATION

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| <b>Organization unit</b>   | Faculty of Rehabilitation<br>Chair of Movement Teaching<br>Chairman: dr hab. Izabela Rutkowska |
| <b>Course name</b>   | Physical Education - Conditioning  |
| <b>Subject code</b>  | FV-49  |
| <b>Teaching language</b>   | English  |
| <b>Type of subject<br/>(obligatory/ facultative)</b>             | obligatory   |
| <b>Level of studies (eg. bachelor, master)</b>                   | 5 years linear master study  |
| <b>Study year</b>  | 2  |
| <b>Semester</b>  | 4  |
| <b>ECTS points</b>   | 2  |
| <b>Professor</b>   | Dr Grzegorz Bednarczuk   |
| <b>Studies program in which the subject is realized</b>          | physiotherapy  |
| <b>Method of realization<br/>(stationary/ distance learning)</b> | stationary   |
| <b>Prerequisites</b>   | Methodics of movement teaching<br>Fun and games movement                                       |

### DETAILED INFORMATION

#### Course aims and objectives

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|---|
| 1. Familiarize students with basic information concerning safety and organization of practical (physical) classes |
| 2. Familiarize students with the methods and forms used in practical (physical) classes and health training,      |
| 3. Familiarize students with the methods and forms in developing motor skills                                     |

#### Main topics

| No                      | Topic             |
|-------------------------|-------------------|
| <b>Lectures/classes</b> |                   |
| 1-2                     | Forrest walk/ run |



|       |  |
|-------|--|
| 3     | „Small cross-country”  |
| 4     | „Big cross-country”  |
| 5     | Endurance training (interval)                                |
| 6     | Endurance training (rhythm)                                  |
| 7     | Endurance training (circuit)                                 |
| 8     | Sprint: technics, speed training                             |
| 9     | Sprint: reaction time, start, rivalry                        |
| 10    | Jumping ability: multi jumps                                 |
| 11    | Jumping ability: tasks with sand pitch (landing area)        |
| 12    | Jumping ability: plyometrics                                 |
| 13    | Preparation for a practical tests                            |
| 14-15 | Practical test: 50m dash, standing long jump, 800/ 1000m run |

**CONDITIONS FOR PASSING CLASSES:**

**Active presence at 13/15 classes**  
**Passing practical exam (800/1000m distance run, standing long jump, 50m dash)**  
**Conducting a set of tasks related to the topics (endurance, speed, jumping)**

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

| <b>TYPES OF CLASSES</b>                               | <b>HOURS</b> |
|---|--------------|
| 1. Contact classes                                    | 30           |
| 2. Students' preparations of the presentations        | 10           |
| 3. Self study as preparation to the written exam      | 10           |
| 4. Self study as reading text prepared by the teacher | 10           |
| <b>Total = 60 hours- ECTS points 2</b>                |              |

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|----------------------------------|--|
| <b>Author of the class card:</b> | <b>Name, surname and email</b><br>Grzegorz Bednarczuk, PhD<br>grzegorz.bednarczuk@awf.edu.pl |
| <b>Date:</b>                     | 15.04.2025   |