

## CLASS CARD: PHYSICAL EDUCATION - CONDITIONING

Basic classes	Code in the study plan	ECTS
PE - Conditioning	FV-49	2

Education profile	Practical
Faculty and field of study	Rehabilitation
Studies program in which the subject is realized	Physiotherapy
Professor's name	Grzegorz Bednarczuk, PhD
Level of studies (eg. bachelor, master)	5 year linear master study
Study year and semester	2/ IV
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	practical
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	Methodics of movement teaching Fun and games movement

### DETAILED INFORMATION

#### Course aims and objectives

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

### LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
KW_14	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
<b>SKILLS</b>	
K_U01	Student is able to plan and control the learning process of practical (physical) classes, including the methodology of teaching using professional terminology
K_U02	Student can use forms of activity in improving one's own motor skills
K_U19	1. Student has a physical skills necessary to carry out physical activities 2. Student has a basic level of physical fitness needed to participate in recreational and athletic forms of activities 3. Student has the appropriate level of physical performance (positive results in the fitness test)
<b>SOCIAL COMPETENCES</b>	
K_K10	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, Student is able to participate in physical activities and health training

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – LECTURE - subject		Reference to subject-specific learning outcomes
FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
SC 1-2	Forrest walk/ run	KW_14; K_U01; K_U02; K_U19; K_K10
SC 3	„Small cross-country”	KW_14; K_U01; K_U02; K_U19; K_K10
SC 4	„Big cross-country”	KW_14; K_U01; K_U02; K_U19; K_K10
SC 5	Endurance training (interval)	KW_14; K_U01; K_U02; K_U19; K_K10
SC 6	Endurance training (rhythm)	KW_14; K_U01; K_U02; K_U19; K_K10
SC 7	Endurance training (circuit)	KW_14; K_U01; K_U02; K_U19; K_K10
SC 8	Sprint: technics, speed training	KW_14; K_U01; K_U02; K_U19; K_K10
SC 9	Sprint: reaction time, start, rivalry	KW_14; K_U01; K_U02; K_U19; K_K10
SC 10	Jumping ability: multi jumps	KW_14; K_U01; K_U02; K_U19; K_K10
SC 11	Jumping ability: tasks with sand pitch (landing area)	KW_14; K_U01; K_U02; K_U19; K_K10
SC 12	Jumping ability: plyometrics	KW_14; K_U01; K_U02; K_U19; K_K10
SC 13-15	Practical test: 50m dash, standing long jump, 800/ 1000m run	K_U19; K_K10

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
3 – 12	Discussion, Practical activities, Conducting part of the classes by the students
Teaching resources: sports equipment	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
3 – 12	observation
13 - 15	Practical test

## CONDITIONS FOR PASSING CLASSES:

1. Active presence at 13 from 15 classes
2. Conducting a part of the classes (3 – 12)
3. Practical Test according to the norms

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

800/ 1000m distance run, standing long jump, 50m dash

## ENGLISH BIBLIOGRAPHY

Basic	Haff G.G, Triplett N.T. (ed.): Essentials of Strength Training and Conditioning. Fourth Edition <a href="https://www.academia.edu/93309090/Essentials_of_Strength_Training_and_Conditioning">https://www.academia.edu/93309090/Essentials_of_Strength_Training_and_Conditioning</a>
Additional	

## SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1	Active presence at the classes
30	1	Preparing for a practical test, familiarize with the bibliography

		<b>concerning exact topic, writing a scenario of the classes</b>
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**Number of ECTS points that a student obtains in classes developing practical skills: 2**

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