



## Subject: Recovery Strategies for Sport

### I. General information:

<b>Organization unit</b>	Faculty of Physical Education Chair: Sport Department: Theory of Sport Supervisor: Jakub Adamczyk Ph.D., D.Sc.
<b>Course name</b>	Recovery Strategies for Sport
<b>Subject code</b>	19/1/II/S
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Master
<b>Year of studies</b>	I
<b>Semester</b>	II
<b>ECTS Points</b>	2
<b>Teacher</b>	Dr hab. Prof. AWF Jakub Adamczyk jakub.adamczyk@awf.edu.pl
<b>Studies program in which the subject is realized</b>	SPORT
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	Required knowledge about theory of sport, theory of training, anatomy, physiology

### II. Detailed Information

#### Course aims and objectives

A1	Extended knowledge allowing for conducting recovery proces in training
A2	Enhancing competences of evaluating body's reaction for physical effort

**Learning outcomes**

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W01 Acquired extended knowledge concerning the physicochemical and biological basis of the functioning of a human body in connection with undertaken physical efforts in sports.	Knowledge of biomedical basis of human functioning and body's reaction for physical effort. Influence of physical and kinesiotherapeutical means for human.
K_W03 Acquired extended knowledge concerning consequences of doing sports, rules of rational nutrition and hygiene of the training process and sports facilities.	Extended knowledge about consequences of training, nutrition and recovery.
K_W11 Acquired extended knowledge concerning sports sciences (concepts, theories, methods and concepts pertaining to training).	Knows mutual relations between subsystems of training, competitions and recovery.
<b>Skills</b>	
K_U11 Ability to plan training work depending on the sports level and the training period and to cooperate in planning and implementation of research tasks.	Plans recovery treatment as an integral part of training proces.
K_U06 Ability to conduct scientific studies and to execute measurements and analyses indispensable in sports with the use of specialist appliances.	Design system of control for monitoring effects of recovery.
K_U04 Ability to deploy advanced methods, forms and means of sports education in different environment and for persons with diversified needs.	Conduct activities for enhance the post exercise recovery..
<b>Social Competences</b>	
K_K05 Ability to take up cooperation with other entities aimed at implementing objectives arising from various forms of sports activity.	Cooperate with athletes as well as with other specialists to realize aims of recovery program.

**Class content**

Number of meeting	Title
<b>Exercise / practical classes</b>	
1	The Principles of Recovery, Barriers to Effective Recovery
2	Periodization and Managing Recovery
3	Types and Stretegies of Recovery

4	Nutrition in Recovery
5	Active vs Passive Recovery
6	Hydrotherapy, Massage
7	Effect of cold, heat, magnetic field and other physical measures in Recovery
8	Project.

#### Assessment criterion

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Minimum 90% points from final test.
4,5	B	Class attendance at least 75%. Activity during class. Total 82-89% points from final test.
4	C	Class attendance at least 75%. Activity during class. Total 75-81% points from final test.
3,5	D	Class attendance at least 75%. Activity during class. Total 65-74% points from final test.
3	E	Class attendance at least 75%. Activity during class. Total 55-64% points from final test.
2	F	Class attendance at least 75%. Activity during class. Less than 55% from final test.

#### ECTS Points calculation

Type of the activity	Number of hours for the activityi	ECTS Points
<b>With direct contact with tutor (total)</b>	<b>37,5</b>	<b>1</b>
a) Lectures / exercises	22,5	x
b) Other contact hours, consultations	15	x
<b>Other forms of classes / gaining effects of education</b>	<b>22,5</b>	<b>1</b>
a) Literature analysis	10	x
b) Collecting of materials to the project	3	x
c) Preparation of presentation	2	x
d) Studying of didactic materials	-	x
e) Developing of personal skills	-	x
f) Preparation to the exam	7,5	x
<b>Number of hours / Total ECTS Points</b>	<b>60</b>	<b>2</b>

#### Bibliography:

1. Hausswirth C., Mujika I., Eds. *Recovery for Performance in Sport*. Champaign, IL: Human Kinetics, 2013.
2. Lehmann M., Foster C., Gastmann U., Keizer H., Steinacker J.M. *Overload, Performance Incompetence, and Regeneration in Sport*. US: Springer, 2007.

3. Armiger P., Martyn MA. *Stretching for Functional Flexibility*. Philadelphia, PA: Lippincott Williams & Wilkins, 2010.
4. Kellmann M. *Underrecovery and overtraining: Different concepts—similar impact?* In: *Enhancing Recovery*. Kellmann M., ed. Champaign, IL: Human Kinetics, 2002. pp. 3–24.
5. Nelson A., Kokkonen J. *Stretching Anatomy-2nd Edition*. Champaign, IL: Human Kinetics, 2014.