**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

**1. INFORMATION ABOUT THE SUBJECT**

|  |  |
| --- | --- |
| Name of the subject | Contemporary forms of fitness |
| Code of the subject\* |  |
| Name of the unit providing the course | Institute of Physical Culture Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical education |
| Study degree | First-cycle studies |
| Profile | General academic |
| Form of studies | Stationary |
| Year and semester(s) of study | 2 year / semester III. |
| Type of subject | Major subject: individual sports |
| Language of lecture | Polish English |
| Coordinator | Dr Justyna Glińska- Wlaź |
| Name and surname of the instructor(s) | Dr Justyna Glińska- Wlaź |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| III |  |  |  | 15 |  |  |  |  | 1 |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

Classes – marked credit

2.PREREQUISITES

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| General fitness and basic knowledge and skills provided in the subjects: "Gymnastics with methodology", "Anatomy", "Voice emission" |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

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| --- | --- |
| C1 | Acquainting with theoretical knowledge about modern forms of gymnastics fitness and with the equipment used during classes. |
| C2 | Teaching the correct performance of strengthening exercises |
| C3 | The ability to warm up in fitness classes |
| C4 | The ability to select exercises for specific muscle groups |
| C5 | Raising the level of motor skills, motor coordination and rhythmicity of students. |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) | content of the learning outcome defined for the subject | reference to field outcomes |
| EK­\_ 01 | The student will know the phases of creating a motor habit of strengthening exercises in fitness class and elements of choreography | K\_ W08 |
| EK­\_ 02 | Will know the rules of creating basic choreographic arrangements | K\_ W17 |
| EK­\_ 03 | The student will know how to properly build a fitness lesson | K\_ W18 |
| EK\_ 04 | Will be able to choose the appropriate means shaping physical fitness on the example of fitness classes and various types of lessons | K\_ U04 |
| EK\_ 05 | Will be able to demonstrate elements of individual technique characteristic of fitness classes | K\_ U07 |
| Ek\_ 06 | The student will be able to choose a set of shaping exercises for specific muscle groups | K\_ U09 |
| EK\_ 07 | Will be able to prepare a place for fitness classes | K\_ U12 |
| Ek\_ 08 | Will be able to write a plan of a physical education lesson or a training unit for a selected type of class on the example of fitness classes. | K\_ U17 |
| EK\_ 09 | Will be able to conduct recreational activities in the form of fitness | K\_ U19 |
| EK\_ 10 | The students will improve their practical skills in the field of fitness | K\_ K02 |
| EK\_ 11 | The students will be ready to improve their substantive qualifications in the field of fitness | K\_ K11 |

**3.3 Program content**

A. Lectures

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| Course content |
| Not applicable |

B. Content of auditorium, seminar, laboratory exercises, practical classes

|  |
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| Subject content - **15 hours.** |
| • Terminology of the concept of fitness  • Characteristics of fitness forms  • Division and naming of the steps  • Rules for working with music. The basics of creating choreography.  • Principles of building a strengthening lesson (shape). The course of fitness lessons and health and safety rules. |
| • The technique of basic fitness steps and strengthening exercises on the example of various forms of fitness (Step Intro, Body Ball, Body Shape with dumbbells and sliding discs)  • Working in pairs - preparation for warm-up and strengthening exercises |

3.4 Didactic methods

Classes: demonstration and explanation, work in pairs (preparation of a warm-up to the music and strengthening exercises).

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

|  |  |  |
| --- | --- | --- |
| Effect symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity  (lecture, class ...) |
| EK­\_ 01 | Assessment during the conduct of part of the fitness lesson on the basis of a written outline | Classes |
| Ek\_ 02 | Assessment during the conduct of part of the fitness lesson on the basis of a written outline | Classes |
| EK\_ 03 | Preparation of a set of strengthening exercises and a warm-up (outline) | Classes |
| EK\_ 04 | Observation during classes, preparation of a set of strengthening exercises | Classes |
| EK\_ 05 | Preparation of a set of strengthening exercises and warm-up. | Classes |
| EK\_ 06 | Preparation of a set of strengthening exercises | Classes |
| EK\_ 07 | Observation during classes | Classes |
| EK\_ 08 | Preparation of a set of strengthening exercises and warm-up. | Classes |
| EK\_ 09 | Preparation of a set of strengthening exercises and warm-up. | Classes |
| EK\_ 10 | Observation during classes; Oral answer | Classes |
| EK\_ 11 | Observation during classes; Oral answer | Classes |

4.2 Conditions of passing the subject (assessment criteria)

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| • Average grade from the grades obtained by the student in the field of knowledge, skills and social competences  • Knowledge: assessment of the plan prepared by the student. A plan prepared in accordance with the guidelines.  • Skills: assessment for the fitness warm-up and for the preparation and implementation of strengthening exercises for a given muscle group, the student is assessed on the basis of the assessment sheet. The following elements are assessed: work with music, teaching methodology, instruction, demonstration and explanation of exercises. Each item is rated on a scale of 5 to 5 points. The sum of points is converted into percentages:  • 51-60% max. points - satisfactory (3.0)  • 61-70% max. points - satisfactory plus (3.5)  • 71-80% max. points - good(4.0)  • 81-90% max. points – very good (4.5)  • 91-100% excellent (5.0)  • Social competence:   * the student uses literature and classical studies in the scope of the taught content, performs basic practical tasks (3.0-3.5) * is looking for knowledge in the latest Polish-language studies and publications, masters practical tasks at a good level (4.0-4.5) * updates the knowledge on the basis of English-language literature, performs practical tasks to a very good level (5.0)   • activity during classes and preparation for classes  • achieving all learning outcomes results in passing the course |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

|  |  |
| --- | --- |
| Form of activity | Average number of hours to complete the activity |
| Contact hours resulting from the study schedule | 15 |
| Others with the participation of an academic teacher | 2 |
| Non-contact hours - student's own work  (preparation for classes, examinations, writing a paper, etc.) | Preparation for the credit - 12  Writing a lesson plan- 1 |
| SUM OF HOURS | 30 |
| TOTAL NUMBER OF ECTS CREDITS | 1 |

*\* It should be considered that 1 ECTS point corresponds to 25-30 hours of total student workload.*

6. PROFESSIONAL TRAINING WITHIN THE COURSE

|  |  |
| --- | --- |
| hours |  |
| rules and forms of internship |  |

7. LITERATURE

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| Basic literature:  1. Glińska- Wlaź J., Warchoł K., Worek A.: *Podstawowe zagadnienia teorii, metodyki i praktyki fitness*, Wydawnictwo FOSZE, Rzeszów 2021.  2. Grodzka – Kubiak E.: *Aerobik czy fitness*. Wyd. DDK Edition, Poznań 2002;  3. Olex – Mierzejewska D., *Fitness. Teoretyczne i metodyczne podstawy prowadzenia zajęć*. Wyd. UKiP J&D Gębka, Katowice 2002;  4. Paruzel- Dyja L., Kuba M., *Fitness, nowoczesne formy gimnastyki*, wyd. AWF Katowice 2013.  **5.** Szot Z. (red.), *Elementy muzyki i ruchu w zajęciach dydaktycznych studentów*. Wyd. AWFiS, Gdańsk 2008.  6. Supińska A., Zabrocka A*.: Pilates, podstawy techniki gimnastyki*, AWFiS Gdańsk, 2015  7. Supińska A., Zabrocka A*.: Fitness: nowoczesne formy gimnastyki*, AWFiS Gdańsk, 2015 |
| Supplementary literature:  1. Gómez R. A.: *Aerobik i Step,* Wyd. Buchmann, Warszawa 2009;  2. Groffik D.: *Metodyka stosowania ćwiczeń fizycznych profilaktyce i terapii,* Wyd. AWF, Katowice 2009;  3. Grzegorczyk B, Korpak L., Plichcińska M.: *WF (nie tylko) dla dziewcząt Piłki Body Ball, laski gimnastyczne, taśmy Thera- Band,* Wydawnictwo: Dr J. Raabe Spółka Wydawnicza, Warszawa 2013  4. Shah S.: *Pilates exercises*, International Journal of Physiotherapy and Research, 2013 , vol. 1. (4), s, 196-203. |

Acceptance by the Head of the Unit or an authorized person