**SYLABUS**

**applies to the** 2024-2027 **education cycle**

(extreme dates)

2024/2025 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 |
| Winter  |  |  |  | 15 |  |  |  |  | 2 |

**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

|  |
| --- |
| 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 - 12Writing 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, 20157. 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 20134. 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