



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Nordic Walking [C\_CS>NW30]

### Course

Field of study

Interior Design

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

practical

Level of study

first-cycle

Course offered in

polish

Form of study

full-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Agnieszka Kożma

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### Lecturers

mgr Katarzyna Wasielewska

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### Prerequisites

Reccomended to be interested in the discipline, be active and to have no health precautions

### Course objective

Nordic Walking is a form of physical recreation consisting of intensive walk using dedicated sticks. Classes are taking place in nature and are dedicated both for females and males. It is essential to have sports footwear and proper clothing adjusted to weather conditions.

### Course-related learning outcomes

The student has the ability and technique to move with Nordic Walking poles

Ability to independently conduct a warm-up

Ability to adjust the difficulty of tasks to individual needs during classes

Student gains awareness of their body to skillfully select exercises for its formation and proper development

The student promotes physical activities in the open air

## Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Passing the course takes place through active and regular participation in classes. Absences without the obligation to make up and justify are possible in the absence of a maximum of 2 classes with 30 hours in a semester. The student is obliged to make up for the remaining unjustified absences and short-term sick leave in consultation with his/her teacher. It is possible to make up two classes a week. You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

## Programme content

Familiarisation with Nordic Walking as a form of physical recreation. Learning a proper technique. Familiarisation with possibility to use NW in different conditions.

Familiarisation with rules of building cardiovascular fitness.

-Thorough development by shaping the motor features: strength, endurance and movement coordination.

## Teaching methods

1. Discussion
2. Direct purpose of fitness
3. Task oriented

## Bibliography

Figurscy M. i T.-Nordic Walking for you, Oficyna Wydawnicza "Interspar"2008  
Schwanbeck K.-The Ultimate Nordic Pole Walking Book, Helion 2013  
Burger D. -Power-Nordic-Walking, Bauer-Weltbild Media, 2010

## Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00