



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional training [C\_CS>TF30]

### Course

Field of study

Civil Engineering

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

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 Agata Ostrowska

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### Lecturers

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### Prerequisites

Ability to exercise confirmed by a family doctor or a medical certificate of a dysfunction for a trainer conducting compensatory classes.

### Course objective

Functional training is a training in which exercises are performed in which the movement is similar to what we do in everyday life. There are many strength exercises (but without such weights as in the gym) and coordination, flexibility, etc. We exercise using TRX tapes, dumbbells, balls, small barbells, rubber bands, etc. Of course, with music. Thanks to the use of all this, our body develops comprehensively. We care about the variety of movements and loads, that's why everyone will find something for themselves in these classes ... of course, fatigue is indispensable in functional training, which we will not avoid ;) but the end result is worth sacrificing ....

### Course-related learning outcomes

The student knows the basic muscle groups and acquires the knowledge of how to perform exercises correctly and safely  
 Knows the exercises that he can safely perform on his own  
 Is aware of the balanced and harmonious development of his body  
 Knows the basic objectives and principles of warm-up  
 Performs correctly exercises in supports, using available equipment and instruments  
 Is able to select training volume  
 Acquires awareness of his/her body to skillfully select exercises for its formation and proper development.

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit for the course is given by active and regular participation in classes. Absences without the obligation to make up and excuse are possible in leaving a maximum of 2 classes with 30 hours in a semester. Students are required to make up the remaining unexcused absences and short-term sick leave in consultation with their instructor. It is possible to make up two classes per week. Physical education classes may be attended a maximum of one per day. Classes must be made up on a different day from the program classes.

### Programme content

Learning the squat, learning the deadlift, learning the front support position as the basic forms of functional movement.

### Teaching methods

Practical exercises explained and presented by the teacher.

### Bibliography

"Nowoczesny trening funkcjonalny" Boyle M.

### 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