



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional Exercises in Physical Adaptation [C\_CS>ZK30]

### Course

|                                |                   |
|--------------------------------|-------------------|
| Field of study                 | Year/Semester     |
| Materials Engineering          | 1/1               |
| Area of study (specialization) | Profile of study  |
| –                              | general academic  |
| Level of study                 | Course offered in |
| first-cycle                    | polish            |
| Form of study                  | Requirements      |
| full-time                      | elective          |

### Number of hours

|           |                    |                     |
|-----------|--------------------|---------------------|
| Lecture   | Laboratory classes | Other (e.g. online) |
| 0         | 0                  | 0                   |
| Tutorials | Projects/seminars  |                     |
| 30        | 0                  |                     |

### Number of credit points

0,00

### Coordinators

mgr Agata Ostrowska  
agata.ostrowska@put.poznan.pl

### Lecturers

mgr Arkadiusz Jarentowski  
arkadiusz.jarentowski@put.poznan.pl

### Prerequisites

Decision on the degree of disability Long-term sick leave

### Course objective

Compensatory physical education classes are held for students who, for health reasons, cannot participate in sports, have a medical exemption or a disability certificate. Registration for compensatory classes takes place during organizational meetings in the first week of the semester. Students choose one term per week from the three offered and receive credit based on attendance and involvement in the classes. Exercises are prepared and conducted by a physical education teacher and physiotherapist at the same time. According to their condition, students perform exercises according to an individually prepared program. As students return to full fitness, they can join programmed physical education classes. These classes, in addition to assisting and preparing them to function fully, also have a certain integrative aspect, as they are classes in which students from all departments participate at the same time.

### Course-related learning outcomes

The ability to assess one's dysfunction  
The ability to cope with dysfunction

Counteracting its effects  
Improving motor skills  
Knowledge and awareness of how one's body functions  
The importance of systematic physical activity to maintain fitness  
Ability to work as part of a team-assurance, understanding and empathy

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit based on attendance and engagement in class

### Programme content

Dependent on a particular dysfunction, medical condition or temporary inability to exercise

### Teaching methods

Analytical methods  
Division of motion into phases

### Bibliography

none

### 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 |