



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Indoor cycling / Rowing machine [C_CS>RS15]

Course

Field of study

Environmental 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

part-time

Requirements

elective

Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

15

Projects/seminars

0

Number of credit points

0,00

Coordinators

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Lecturers

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Prerequisites

no contraindications

Course objective

Classes on a rowing ergometer enable endurance training that evenly engages all major muscle groups and improves the efficiency of the cardiovascular system. In addition, they support fat burning and increase the body's ability to absorb oxygen. The natural rowing movement allows you to harmoniously shape the muscles of the legs, back, shoulders, buttocks, arms and abdomen, while improving the functioning of the circulatory and respiratory systems. These classes have a great impact on improving health and instill in the trainee the desire to continue caring for their own health and physical and mental condition. Exercise bike classes are one of the forms of aerobic training. Classes are held on Spinner Pro Plus and Shwinn Evolution bikes. They are conducted by qualified instructors to the rhythm of carefully selected music, which helps maintain the appropriate driving rhythm. The classes consist of three parts: warm-up (consisting of riding at a leisurely pace, preparing for further riding), the main part (consisting of continuous riding with variable pace and load) and the final part (the so-called cool-down, during which we slow down the rotational movement and calm the body after intense driving). During typical classes that last approximately 75 minutes, participants burn up to 800 calories, increase physical and mental strength, and improve endurance. They also reduce the risk of cardiovascular diseases. The benefits of cycling to music include: increasing general efficiency and improving fitness increasing the efficiency of the circulatory system prevention of coronary heart disease and hypertension increasing the efficiency of the respiratory system strengthening the skeletal system prevention of osteoporosis change in body composition mental relaxation :)

Course-related learning outcomes

The student is able to correctly set the equipment according to its parameters
Knows the rules of warm-up and aerobic or anaerobic training
It can estimate your fitness level based on your heart rate
Performs calming and stretching exercises independently
Adjusts the difficulty of tasks to individual needs
Is able to make an objective self-assessment in relation to the requirements set for himself

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

- 1.The semester ends with an entry - credit
- 2.Credit for the semester on the basis of attendance and active participation in classes.
- 3.Any absences are made up in physical education classes

Programme content

Getting to know the equipment, adjusting the settings to your own body parameters
Learning the technique
Conducting a warm-up
The use of equipment to develop motor skills - strength and endurance
Using your heart rate to determine your physical activity level

Teaching methods

practical methods: practical exercises,
reporting methods: description and explanation with underlining most often
mistakes made
exposing methods: demonstration, error analysis

Bibliography

none

Breakdown of average student's workload

	Hours	ECTS
Total workload	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00