



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional training [C_CS>TF15]

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

mgr Agata Ostrowska

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Lecturers

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

none

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

physical efficiency test

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