



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional Exercises in Physical Adaptation [C\_CS>ZK15]

### Course

Field of study

Interior Design

Year/Semester

1/2

Area of study (specialization)

Bionics and Virtual Engineering

Technical Electrochemistry

Production Informatics and Robotics

Production Informatics

Engineering of Implants and Prosthesis

Construction Engineering and Management

Composites and Nanomaterials

Machine Design

Structural Engineering

Supply Chain Logistics

Corporate Logistics

Metal and Plastics Materials

Nanomaterials

Aircraft Piloting

Aircraft Engines and Airframes

Logistics Systems

Onboard Systems and Aircraft Propulsion

Production Systems

Organic Technology

Polymer Technology

Medical and Rehabilitation Devices

Virtual Engineering

Managing Enterprise of the Future

Enterprise Resource and Process Management

Integrated Work Safety Management

null

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

0

Projects/seminars

0

### Number of credit points

0,00

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## 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

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

## Course topics

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

## Teaching methods

Analytical methods

Division of motion into phases

## Bibliography

'Healthy spine' Piotr Józefowski

"corrective and compensatory exercises" Małgorzata Barańska

## 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