COURSE DESCRIPTION CARD - SYLLABUS

Course name
Functional Exerciess in Physical Adaptation [C_CS>ZK15]

Course

Field of study
Chemical and Process Engineering

Year/Semester
1/1

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
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
0

Projects/seminars
0

Number of credit points

0,00

Coordinators Lecturers

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