POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)

COURSE DESCRIPTION CARD - SYLLABUS

Course name
Indoor cycling / Rowing machine [C_CS>RS30]

Course

Field of study	Year/Semester
Aviation	1/2
Area of study (specialization)	Profile of study
Aircraft Engines and Airframes	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

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Prerequisites

no contraindications

Course objective

Stationary bicycles and rowing ergometer are a form of exercise recreation involving intensive work with the use of equipment: stationary bicycle and rowing ergometer. Athletic shoes and sports attire are required. It is advisable to have drinks to hydrate the body.

Course-related learning outcomes

The ability to independently conduct a warm-up
The ability to adjust the difficulty of tasks to individual needs during class
The student acquires awareness of his/her body in order to skillfully select exercises for its formation and

proper development
Able to adjust the pace of work according to the training goal
Is able to control the training load based on heart rate
Gains the ability to set up the equipment according to the dimensions of one's own body

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes.
Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day.
Classes must be made up on a day other than the scheduled classes.

Programme content

Getting familiar with the form of physical activity on stationary equipment, such as stationary bicycle and rowing ergometer.
Learning proper movement technique.
Learning how to take care of one's body, as well as the rules of conduct and hygiene during and after physical activity.
Comprehensive development of the body. Formation of motor characteristics:
 in particular: endurance and strength.
 Taking care of equipment and its maintenance.

Course topics

Rules for the safe use of a rowing ergometer
Setting the equipment according to body parameters
Technique of riding on a rowing ergometer
General endurance training
Special endurance training
Heart rate measurement and physical load
 Harmonious shaping of the muscles of the legs, back, shoulders, buttocks, arms and abdomen
Training with a variable pace
Group competition

Rules for safe use of an exercise bike
Setting the equipment (saddle and handlebar) according to body parameters
Stationary bike riding technique
Learning the warm-up (riding at a leisurely pace, preparing for further riding), the main part (continuous riding with variable pace and load) and the final part (so-called calming down and calming down the body after intense work. Maintaining an appropriate riding rhythm.

Teaching methods

1. Talk
2. Direct purposefulness of the movement
3. Task-oriented

Bibliography

ERGOMETER CONCEPT II
USER'S GUIDE

Cycling.Training basics
Dominik Lau

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