



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional Exercises in Physical Adaptation [C\_CS>ZK30]

### Course

Field of study

Aviation

Year/Semester

2/3

Area of study (specialization)

Aircraft Engines and Airframes

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

30

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Agata Ostrowska

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### Lecturers

mgr Arkadiusz Jarentowski

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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  | 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 |