POZNAN UNIVERSITY OF TECHNOLOGY

EUROPEAN CREDIT TRANSFER AND ACCUMULATION SYSTEM (ECTS)

COURSE DESCRIPTION CARD - SYLLABUS

Course name
Nordic Walking [C_CS>NW30]

Course

Field of study	Year/Semester
Mechatronics	1/2
Area of study (specialization)	Profile of study
Air Transport Safety	general academic
Unmanned Aerial Vehicles	
Technical Electrochemistry	
Composites and Nanomaterials	
Air Traffic Organisation	
Aircraft Piloting	
Aircraft Engines and Airframes	
Onboard Systems and Aircraft Propulsion	
Organic Technology	
Polymer Technology	
null	
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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Lecturers

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Prerequisites

Reccomended to be interested in the discipline, be active and to have no health precautions

Course objective

Nordic Walking is a form of physical recreation consisting of intensive walk using dedicated sticks. Classes are taking place in nature and are dedicated both for females and males. It is essential to have sports footwear and proper clothing adjusted to weather conditions.

Course-related learning outcomes

The student has the ability and technique to move with Nordic Walking poles
Ability to independently conduct a warm-up
Ability to adjust the difficulty of tasks to individual needs during classes
Student gains awareness of their body to skillfully select exercises for its formation and proper development
The student promotes physical activities in the open air

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

Familiarisation with Nordic Walking as a form of physical recreation.
Learning a proper technique. Familiarisation with possibility to use NW in different conditions.
Familiarisation with rules of building cardiovascular fitness.
-Thorough development by shaping the motor features: strength, endurance and movement coordination.

Course topics

1. Choosing the right equipment: Nordic walking poles and appropriate trekking shoes that will ensure stability and comfort while walking.
2. Warm-up preparing the muscles for exercise.
3. Body position while walking, including: maintaining a straight posture, slightly leaning forward and actively engaging the abdominal and back muscles.
4. Walking technique with poles, including: how to properly insert and remove poles, how to use the impulse from your hands and how to maintain balance.
5. Practical exercises: walking on different types of surfaces, changing the pace of walking, climbing and descending slopes.
6. Analysis, correction and improvement of technique.
7. Repetition, consolidation and improvement of the Nordic walking technique.
8. Equipment: Pay attention to selecting the right equipment

Teaching methods

1. Discussion

2. Direct purpose of fitness

3. Task oriented

Bibliography

Figurscy M. i T.-Nordic Walking for you, Oficyna Wydawnicza "Interspar"2008
Schwanbeck K.-The Ultimate Nordic Pole Walking Book, Helion 2013
Burger D. -Power-Nordic-Walking, Bauer-Weltbild Media, 2010

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