# COURSE DESCRIPTION CARD - SYLLABUS

Course name
Women's Gym [C_CS>SD15]

## Course

Field of study
Architecture

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
0

Tutorials
15

Projects/seminars
0

## Number of credit points

0,00

## Coordinators

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## Lecturers

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## Prerequisites

- no medical contraindications to participate in classes - no requirements for special preparation - willingness to learn exercises and training methods

## Course objective

Classes recommended for women who want to improve the appearance and strength of individual body parts. Gym classes do not always result in muscle development. Appropriate loads and the selection of exercises and repetitions will bring the expected effect. It is worth familiarizing yourself with the equipment and accessories the gym is equipped with and learning safe and effective exercises that serve and do not harm your muscles and joints. The gym equipment will meet the expectations of the most demanding users: 1. Shaping general physical fitness through exercises using equipment and your own body weight. 2. Providing students with the necessary knowledge about ways and methods of developing selected motor skills and physical fitness. 3. Improvement of strength and figure as a result of strength exercises. 4. Familiarizing students with health and safety rules in the gym, safe training and the use of equipment 5. Familiarization with exercises aimed at improving the figure, increasing muscle mass and strength, as well as the overall efficiency of the body using strength training equipment: - weight bars and plates - dumbbells, - specialized machines for exercising specific muscle groups, - medicine balls, - weights, - stationary bikes,

## Course-related learning outcomes

Student knows the basic principles of strength training
- Performs basic adaptive exercises correctly
- Can perform the learned exercises in training
- Knows the basic objectives and principles of warm-up
-Completes correctly exercises in supports, using available equipment and instruments
- Can select training volume
-Gains awareness of one's body in order to skillfully select exercises for its formation and proper development.

## 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.
One absence is allowed without the obligation to make up or excuse it for 15 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

-Health and safety rules at the gym
-Developing general physical fitness
-Strength exercises using equipment
-Strength exercises using your own body weight.
-Ways and methods of developing strength, motor skills and physical fitness
-Improving strength and figure
-Improving the body's efficiency

## Course topics

Familiarizing students with health and safety rules in the gym, safe training and the use of equipment
Strength exercises for the upper body: series of push-ups, bench press, isometric exercises for arm muscles.
Strength exercises for the lower body: weighted squats, lunges. Developing general physical fitness through exercises using equipment and your own body weight.
Providing students with the necessary knowledge about ways and methods of developing selected motor skills and physical fitness.
Improving strength and figure as a result of strength exercises.
Familiarization with exercises aimed at improving the figure, increasing muscle mass and strength, as well as the overall efficiency of the body using strength training equipment:
- weight bars and plates
- dumbbells,
- specialized machines for exercising specific muscle groups,
- medicine balls,
- weights,
- stationary bikes,
Balance and stability training: plank, Bosu exercises,
leg raises while lying down.
Endurance training: running on a treadmill, stationary bike, jumping rope.
Stretching and stretching exercises: static stretching of the leg, arm, back and abdominal muscles.
Calming the body through a walk, gentle muscle stretching and relaxing breathing exercises.
Individual consultations with a gym teacher to correct exercise technique or select appropriate loads.
Analyzing training progress and setting new training goals with students.

## Teaching methods

- verbal description
- show
- practical exercises
- strict follower, strict task-oriented.

## Bibliography

- Strength training atlas- Anatomical (Anatomical Podiej 2022 Frederic Delavier
- Silhouette modeling using the Delaviera Warsaw 2021 Frederic Delavier, Michael Gundill method
- start with strength - Łódź 2022 Mark Rippetoe
- Power training programming - 2023 Mark Rippetoe
- Bodybuilding for everyone - 2023 Lucien Demeilles, Marek Kruszewski

## Breakdown of average student's workload

| | Hours | ECTS |
|---|---|---|
| Total workload | 1 | 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 |