



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Nordic Walking [C\_CS>NW15]

### Course

Field of study

Civil Engineering

Year/Semester

1/1

Area of study (specialization)

Construction Engineering and Management

Profile of study

general academic

Level of study

second-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

### Prerequisites

Recommened 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.

One absence is allowed without the obligation to make up or justify 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

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	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