



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Men's Gym [C\_CS>SM15]

### Course

Field of study

Civil Engineering

Year/Semester

1/1

Area of study (specialization)

Structural Engineering

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

0

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

mgr Agata Ostrowska

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### Lecturers

### Prerequisites

none

### Course objective

1. Shaping general physical fitness through strength exercises using equipment and your own body weight. 2. Students' equipment with the necessary knowledge of the methods and methods of shaping selected motor skills and physical fitness. 3. Improving strength and figure as a result of the use of strength exercises. 4. Familiarizing the student with health and safety rules in the gym, safe training and the use of devices 5. Familiarization with exercises shaping the improvement of the silhouette, increasing muscle mass and their strength, as well as the overall efficiency of the body using equipment for strength exercises: - Gryfów and truck plates - dumbbells, - specialized machines for exercising specific muscle groups, - medical 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

### 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	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