



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Functional training [C\_CS>TF15]

### 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

- no medical contraindications to participate in classes - willingness to learn about exercises and training methods

### Course objective

Functional training is a training in which exercises are performed in which the movement is similar to what we do in everyday life. There are many strength exercises (but without such weights as in the gym) and coordination, flexibility, etc. We exercise using TRX tapes, dumbbells, balls, small barbells, rubber bands, etc. Of course, with music. Thanks to the use of all this, our body develops comprehensively. We care about the variety of movements and loads, that's why everyone will find something for themselves in these classes ... of course, fatigue is indispensable in functional training, which we will not avoid ;) but the end result is worth sacrificing ....

### Course-related learning outcomes

The student knows the basic muscle groups and acquires the knowledge of how to perform exercises correctly and safely

Knows the exercises that he can safely perform on his own

Is aware of the balanced and harmonious development of his body  
 Knows the basic objectives and principles of warm-up  
 Performs correctly exercises in supports, using available equipment and instruments  
 Is able to select training volume  
 Acquires awareness of his/her body 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

Principles of exercise during functional training  
 strength exercises with own resistance  
 coordination exercises  
 flexibility exercises  
 exercises using equipment  
 shaping strength, efficiency, speed

### Course topics

Functional Training as a set of exercises in which movement is similar to activities in everyday life  
 strength exercises (mainly with own resistance)  
 coordination exercises  
 flexibility exercises  
 exercises with TRX tape  
 exercises using dumbbells, balls, small barbells, bands, etc.  
 developing strength, efficiency and flexibility

### Teaching methods

- verbal description
- show
- practical exercises

### Bibliography

"Nowoczesny trening funkcjonalny" Boyle M.

### 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