COURSE DESCRIPTION CARD - SYLLABUS

Course name
Body & mind [C_CS>BM30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
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

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
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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Prerequisites

The student has no health contraindications to actively participate in classes and no health contraindications to participate in physical exercises aimed at strengthening the center, stretching the

spine, strengthening muscle tone and increasing awareness of one's own body.

Course objective

Body&Mind is a calm form of exercise that teaches you how to control your own body and how to breathe properly. They are most often referred to as physical activity, combining elements of the spiritual sphere. By strengthening the body and working on every part of it, they are also a very effective form of physical activity that brings great benefits to the body. The Body Mind classes include several types of movement, e.g.: - Pilates - includes exercises aimed at strengthening the deepest muscles of the entire body, including the muscles around the spine. Their harmonious and smooth performance teaches you how to control your own body, how to breathe properly, and calms and relaxes the body. In addition to strengthening your muscles, Pilates is also a great way to improve your figure and flexibility. - Body Ball - a form of classes using a gymnastic ball. It allows you to strengthen your muscles without putting too much strain on your spine and joints. It also has a positive effect on improving the balance of the body. - Stretching - a form of exercise based on the use of most types of stretching. During classes, usually by stretching, tightening and stretching again, you can greatly improve the flexibility of your muscles. - Body Balance - classes during which the greatest attention is focused on strengthening the muscles responsible for stabilizing the body. The benefits of Body Mind classes are many. It is worth diversifying each training plan with them. Thanks to calm music and not very dynamic movements, they can be introduced as a relaxing element.

Course-related learning outcomes

Knowledge:
The student knows the basic muscle groups and acquires knowledge of how to properly perform exercises that support health and maintain correct posture

Skills:
Is able to focus his or her attention on breathing in conjunction with the proper sequence of exercises
Knows the exercises that he or she can safely perform independently

Social competences:
Is aware of the balanced and harmonious development of his body

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

- learning different positions and practices aimed at improving physical and mental health.
- exercises aimed at improving strength, flexibility and efficiency of the whole body
- techniques to strengthen deep muscles, improve posture and coordination.
- classes combined with elements of fitness, improving fitness and coordination.
- exercises to improve balance and muscle strength.
- endurance and strength exercises that engage the whole body.

Course topics

Developing skills in the field of general fitness. Teaching and improving technical elements.
Learning proper breathing effectively affects the balancing of the nervous system, proper body systems during exercise guarantee the physiological quality of movement by balancing muscle tension and restoring the lost strength of muscles that are neglected and often overlooked in movement (also in sports). The body gains flexibility, strength, frees itself from pain (especially the spine) and feels filled with good energy.

Teaching methods

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

Bibliography

Basic:
Abby Ellsworth: PILATES krok po kroku. AKA 2011.
Selby A., Herdman Alan: PILATES kształtowanie ładnej sylwetki. Delta 2001. https://pilatesology.com

Additional:
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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