COURSE DESCRIPTION CARD - SYLLABUS

Course name
Indoor cycling / Rowing machine [C_CS>RS30_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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Lecturers

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Prerequisites

no contraindications

Course objective

Stationary bicycles and rowing ergometer are a form of exercise recreation involving intensive work with the use of equipment: stationary bicycle and rowing ergometer. Athletic shoes and sports attire are required. It is advisable to have drinks to hydrate the body.

Course-related learning outcomes

Knowledge:
The ability to independently conduct a warm-up
The ability to adjust the difficulty of tasks to individual needs during class

Skills:
The student acquires awareness of his/her body in order to skillfully select exercises for its formation and proper development
Able to adjust the pace of work according to the training goal

Social competences:
Is able to control the training load based on heart rate
Gains the ability to set up the equipment according to the dimensions of one's own 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

Getting familiar with the form of physical activity on stationary equipment, such as stationary bicycle and rowing ergometer.
Learning proper movement technique.
Learning how to take care of one's body, as well as the rules of conduct and hygiene during and after physical activity.
Comprehensive development of the body. Formation of motor characteristics: in particular: endurance and strength.
Taking care of equipment and its maintenance.

Course topics

Rules for the safe use of a rowing ergometer Setting the equipment according to body parameters Technique of riding on a rowing ergometer General endurance training
Special endurance training
Heart rate measurement and physical load
Harmonious shaping of the muscles of the legs, back, shoulders, buttocks, arms and abdomen Training with a variable pace
Group competition
Rules for safe use of an exercise bike
Setting the equipment (saddle and handlebar) according to body parameters Stationary bike riding technique
Learning the warm-up (riding at a leisurely pace, preparing for further riding), the main part (continuous riding with variable pace and load) and the final part (so-called calming down and calming down the body after intense work. Maintaining an appropriate riding rhythm.

Teaching methods

1. Talk

2. Direct purposefulness of the movement
3. Task-oriented

Bibliography

Basic:
ERGOMETER CONCEPT II USER'S GUIDE
Cycling.Training basics Dominik Lau

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