COURSE DESCRIPTION CARD - SYLLABUS

Course name
Women's Gym [C_CS>SD30_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 medical contraindications to participate in classes - no requirements for special preparation - willingness to learn exercises and training methods

Course objective

Classes recommended for women who want to improve the appearance and strength of individual body parts. Gym classes do not always result in muscle development. Appropriate loads and the selection of exercises and repetitions will bring the expected effect. It is worth familiarizing yourself with the equipment and accessories the gym is equipped with and learning safe and effective exercises that serve and do not harm your muscles and joints. The gym equipment will meet the expectations of the most demanding users: 1. Shaping general physical fitness through exercises using equipment and your own body weight. 2. Providing students with the necessary knowledge about ways and methods of developing selected motor skills and physical fitness. 3. Improvement of strength and figure as a result of strength exercises. 4. Familiarizing students with health and safety rules in the gym, safe training and the use of equipment 5. 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,

Course-related learning outcomes

Knowledge:
Student knows the basic principles of strength training
- Performs basic adaptive exercises correctly
- Knows the basic objectives and principles of warm-up

Skills:
- Can perform the learned exercises in training
- Can select training volume

Social competences:
-Completes correctly exercises in supports, using available equipment and instruments
-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. 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

-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
- strict follower, strict task-oriented.

Bibliography

Basic:
- 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

Additional:
-

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