COURSE DESCRIPTION CARD - SYLLABUS

Course name
Functional training [C_CS>TF30_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 - 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

Knowledge:
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

Skills:
Performs correctly exercises in supports, using available equipment and instruments Is able to select training volume

Social competences:
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. 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

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

Basic:
"Nowoczesny trening funkcjonalny" Boyle M.

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