COURSE DESCRIPTION CARD - SYLLABUS

Course name
Functional Exerciess in Physical Adaptation [C_CS>ZK30_Z2]

Course

Field of study
Aviation

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

mgr Arkadiusz Jarentowski
arkadiusz.jarentowski@put.poznan.pl

mgr Katarzyna Wasielewska
katarzyna.wasielewska@put.poznan.pl

mgr Agata Ostrowska
agata.ostrowska@put.poznan.pl

Lecturers

Prerequisites

Decision on the degree of disability Long-term sick leave

Course objective

Compensatory physical education classes are held for students who, for health reasons, cannot participate in sports, have a medical exemption or a disability certificate. Registration for compensatory classes takes place during organizational meetings in the first week of the semester .Students choose one term per week from the three offered and receive credit based on attendance and involvement in the classes. Exercises are prepared and conducted by a physical education teacher and physiotherapist at the same time. According to their condition, students perform exercises according to an individually prepared program. As students return to full fitness, they can join programmed physical education classes . These classes, in addition to assisting and preparing them to function fully, also have a certain integrative aspect, as they are classes in which students from all departments participate at the same time.

Course-related learning outcomes

Knowledge:
The ability to assess one's dysfunction Knowledge and awareness of how one's body functions

Skills:
Counteracting its effects
Improving motor skills
the ability to cope with dysfunction

Social competences:
The importance of systematic physical activity to maintain fitness Ability to work as part of a team-assurance, understanding and empathy

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Credit based on attendance and engagement in class

Programme content

Dependent on a particular dysfunction, medical condition or temporary inability to exercise The ability to assess one's dysfunction
The ability to cope with dysfunction Counteracting its effects Improving motor skills
Knowledge and awareness of how one's body functions The importance of systematic physical activity to maintain fitness Ability to work as part of a team-assurance, understanding and empathy

Course topics

Dependent on a particular dysfunction, medical condition or temporary inability to exercise

Teaching methods

Analytical methods
Division of motion into phases

Bibliography

Basic:
Healthy spine' Piotr Józefowski
"corrective and compensatory exercises" Małgorzata Barańska

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