COURSE DESCRIPTION CARD - SYLLABUS

Course name
Nordic Walking [C_CS>NW30_Z]

Course

Field of study
Microelectronics and Digital Communication

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

Reccomended to be interested in the discipline, be active and to have no health precautions

Course objective

Nordic Walking is a form of physical recreation consisting of intensive walk using dedicated sticks. Classes are taking place in nature and are dedicated both for females and males. It is essential to have sports footwear and proper clothing adjusted to weather conditions.

Course-related learning outcomes

Knowledge:
The student has the ability and technique to move with Nordic Walking poles Ability to independently conduct a warm-up

Skills:
Ability to adjust the difficulty of tasks to individual needs during classes

Social competences:
Student gains awareness of their body to skillfully select exercises for its formation and proper development The student promotes physical activities in the open air

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

Familiarisation with Nordic Walking as a form of physical recreation.
Learning a proper technique. Familiarisation with possibility to use NW in different conditions.
Familiarisation with rules of building cardiovascular fitness.
-Thorough development by shaping the motor features: strength, endurance and movement coordination.

Course topics

1. Choosing the right equipment: Nordic walking poles and appropriate trekking shoes that will ensure stability and comfort while walking.
2. Warm-up preparing the muscles for exercise.
3. Body position while walking, including: maintaining a straight posture, slightly leaning forward and actively engaging the abdominal and back muscles.
4. Walking technique with poles, including: how to properly insert and remove poles, how to use the impulse from your hands and how to maintain balance.
5. Practical exercises: walking on different types of surfaces, changing the pace of walking, climbing and descending slopes.
6. Analysis, correction and improvement of technique.
7. Repetition, consolidation and improvement of the Nordic walking technique.
8. Equipment: Pay attention to selecting the right equipment

Teaching methods

1. Discussion
2. Direct purpose of fitness
3. Task oriented

Bibliography

Basic:

Figurscy M. i T.-Nordic Walking for you, Oficyna Wydawnicza "Interspar"2008 Schwanbeck K.-The Ultimate Nordic Pole Walking Book, Helion 2013 Burger D. -Power-Nordic-Walking, Bauer-Weltbild Media, 2010

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