





TOTAL per year:													
Department of Physical Education and Sport		30											
Educational objectives (max. 6 items)													
<b>C 1. Shaping responsibility for the state of one's health and the health of others.</b> <b>C2. Motivation to undertake physical activity for health purposes.</b> <b>C3. Providing students with knowledge on methods of fighting stress through physical activity.</b>													
Education result matrix for module/course in relation to verification methods of the intended education result and the type of class													
Number of course education result	Number of major education result	Student who completes the module/course knows/is able to	Methods of verification of intended education results (forming and summarising)	Form of didactic class <b>**enter the abbreviation</b>									
K 01	D.W10	It justifies the influence of physical activity on reducing stress and improving well-being.	Oral answer Direct observation Discussion	SE									
K 02	D.W12	Has knowledge of the impact of motivation on pro-health behavior. He knows how to motivate and encourage physical exercise of himself and others.											
K 03	D.W15	Is aware of the impact of cooperation in a team on achieving a common goal.											
S 01	D.U16	He selects and applies the appropriate form of physical activity to his abilities and needs.	Direct observation Questionnaire / questionnaire	SE									



<b>S 02</b>	<b>B.U10</b>	It measures the body composition using the Tanita measuring device and interprets the obtained results in relation to standards.	Analysis of results
<b>S 03</b>	<b>B.U11</b>	He/She can compare his test results with global results available on the Internet or other databases and draws conclusions about the level of his physical activity.	

\*\* L - lecture; SE - seminar; AC – auditorium classes; MC – major classes (non-clinical); CC – clinical classes; LC – laboratory classes; SCM – specialist classes (magister studies); CSC – classes in simulated conditions; FLC – foreign language course; PCP practical classes with patient; PE – physical education (obligatory); VP – vocational practice; SS – self-study, EL – E-learning .

Please mark on scale 1-5 how the above effects place your classes in the following categories: communication of knowledge, skills or forming attitudes:

Knowledge: 3

Skills: 2

**Student's amount of work (balance of ECTS points) 1.5**

<b>Student's workload</b> (class participation, activity, preparation, etc.)	<b>Student Workload (h)</b>
1. Contact hours:	30
2. Student's own work (self-study):	9
Total student's workload	39
<b>ECTS points for module/course</b>	<b>1.5</b>
Comments	

**Content of classes** (please enter topic words of specific classes divided into their didactic form and remember how it is translated to intended educational effects)

**Lectures**

**Seminars**

1. The role of strength training for health.
  2. Rules, methods and goals of strength training.
  3. Basic methods used in strength training.
  4. Methodology of selecting training measures and laying training plans.
1. Safety rules in strength training.



2. Main goals and training principles used in strength training.
3. Adaptive method in strength training.
4. Individual and group exercises using external resistance.
5. Exercises using free weights.
6. Ascending and descending pyramid method as a more advanced form used in strength training.
7. Advanced methods in strength training (heavily athletic method, giant series method, eccentric method).
8. The use of medical balls in strength training.
9. The use of a body pump in strength training.
10. Strength training with the use of kettleballs.
11. Crossfit elements as a form of strength training.

#### Practical classes

#### Basic literature (list according to importance, no more than 3 items)

1. 1. Stefaniak T. Atlas uniwersalnych ćwiczeń siłowych cz II, Wydawnictwo BK 2011, Warszawa
2. Demeilles L, Kruszewski M. Kulturystyka dla każdego. Wydawnictwo Siedmiogród 2017
3. Michael J. Burke, PhD, Sue Ann Sarpy, PhD, Kristin Smith-Crowe, PhD, Suzanne Chan-Serafin, BA, Rommel O. Salvador, MBA, and Gazi Islam, B Relative Effectiveness of Worker Safety and Health Training Methods
4. Paul K. Drain, MPH, Aron Primack, MD, MA, D. Dan Hunt, MD, MBA, Wafaie W. Fawzi, MB, DrPH, King K. Holmes, MD, PhD, and Pierce Gardner, MD Global Health in Medical Education: A Call for More Training and Opportunities

#### Additional literature and other materials (no more than 3 items)

1. L. Kuba, M. Paruzel-Dyja, Fitness. Nowoczesne formy gimnastyki. Podstawy teoretyczne, Katowice 2013.

#### Didactic resources requirements (e.g. laboratory, multimedia projector, other...)

Tanita measuring device, sports hall, projector, screen, gym, instruments and sporting goods, medical balls, bodypumps, kettleballs

#### Preliminary conditions (minimum requirements to be met by the student before starting the module/course)

No health contraindications to participate in physical education classes.

#### Conditions to receive credit for the course (specify the form and conditions of receiving credit for classes included in the module/course, admission terms to final theoretical or practical examination, its form and requirements to be met by the student to pass it and criteria for specific grades)

1. Active participation in classes.



2. Participation in body composition tests and filling out a healthy lifestyle questionnaire.	
3. Planning a simple cycle of strength training.	
4. Compulsory attendance on every classes.	
<b>Grade:</b>	<b>Criteria (only for courses/modules ending with an examination)</b>
Very Good (5.0)	He is able to show the technique of exercising and assuring himself very well. He knows the goals and tasks of physical culture very well. He knows rules and health method training Main goals and training principles used in strength training very well.
Good Plus (4.5)	He is able to show the technique of exercising and assuring himself well. He knows the goals and tasks of physical culture very well. He knows rules and health method training Main goals and training principles used in strength training very well.
Good (4.0)	He is able to show the technique of exercising and assuring himself. He knows the goals and tasks of physical culture He knows rules and health method training Main goals and training principles used in strength training
Satisfactory Plus (3.5)	He is able to show correct the technique of exercising and assuring himself He knows the goals and tasks of physical culture He knows rules and health method training Main goals and training principles used in strength training correct
Satisfactory (3.0)	He is able to show correct the technique of exercising and assuring himself He knows the goals and tasks of physical He knows rules and health method training Main goals and training principles used in strength training correct

<b>Name and address of module/course teaching unit</b>	<b>Department of Physical Education and Sport</b>			
<b>Address</b>	ul. Wojciecha z Brudzewa 12a, 51-601 Wrocław			
<b>Telephone</b>	tel. 71 348 65 09			
<b>E-mail address</b>	swf@umed.wroc.pl			
<b>Manager</b>	PhD Aureliusz Kosendiak			
<b>Phone</b>	tel. 71 3486509			
<b>E-mail</b>	aureliusz.kosendiak@umed.wroc.pl			
<b>List of persons conducting specific classes/ full name</b>	<b>degree</b>	<b>scientific or professional title</b>	<b>performed profession</b>	<b>form of classes</b>
Gabriela Jednorat	PhD	Science of Physical culture	Assistant	SE
Marek Mikula	MA	Physiotherapy	Assistant	SE
Sara Bajura	MA	Physiotherapy	Instructor	SE



<b>Emilia Kozłowska</b>	MA	Dietetics	Assistant	SE
<b>Aureliusz Kosendiak</b>	PhD	Science of Physical culture	Adjunct	SE

**Data opracowania sylabusu**

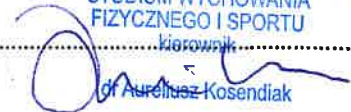
15.02.2020

**Sylabus opracował(a)**

PhD Aureliusz Kosendiak

**Podpis Kierownika jednostki prowadzącej zajęcia**

Uniwersytet Medyczny we Wrocławiu  
STUDIUM WYCHOWANIA  
FIZYCZNEGO I SPORTU

  
Kierownik

Aureliusz Kosendiak

**Podpis Dziekana właściwego wydziału**

Wrocław Medical University  
Faculty of Medicine  
Vice-Dean for English Studies

  
prof. Beata Sobieszczanska, PhD