

### COURSE DESCRIPTION CARD

Bialystok University of Technology Faculty of Engineering Management										
<b>Field of study</b>	<b>Management</b>							<b>Degree level and programme type</b>	<b>first degree/ second degree</b>	
<b>Diploma path</b>	-							<b>Study profile</b>	-	
<b>Course name</b>	<b>Sport animation</b>							<b>Course code</b>	<b>IS-FM-00080S</b>	
								<b>Course type</b>	<b>elective</b>	
<b>Forms and number of hours of educational activities</b>	<b>L</b>	<b>C</b>	<b>LC</b>	<b>P</b>	<b>SW</b>	<b>FW</b>	<b>S</b>	<b>Semester</b>	<b>summer</b>	
					30			<b>No. of ECTS credits</b>	<b>3</b>	
<b>Entry requirements</b>	-									
<b>Course objectives</b>	<p>The interest of students physical education and sports activities. Develop physical fitness, develop habits of hygiene and health in preparation for leisure time activities and effective regeneration of the body. Learning and improvement of technical and tactical elements in practiced sports. To acquaint students with sports equipment located in gyms and aerobics room, and the ways of its use. Understanding the rules applicable in gyms, enabling safe exercise. Breaching exercises- Innovative Rotation Exercise Program to help students recover from illness related to COVID-19 infection.</p>									
<b>Course content</b>	<p>Strength Training., Interval Training, Step Reebok, TBC, Stretching, Yoga, Low Impact, Sports rules in force in the practiced sports. Conduct proper warm-up. The formation of basic motor skills. Technique work with equipment found in the gym. Exercises shaping the correct figure. Methods for building muscle mass, strength development, power, local strength endurance. Methods for reducing body fat. Preparing for self-training and orientation plan a training session in the gym and aerobics room. The practical application of tactics and techniques practiced sports games. Participation in departmental competitions. Breaching exercises.</p>									
<b>Teaching methods</b>	Analytical, Synthetic Methods of teaching choreography (pyramidal)									
<b>Assessment method</b>	Test and observation of students performing Physical activity									
<b>Symbol of learning outcome</b>	<b>Learning outcomes</b>							<b>Reference to the learning outcomes for the field of study</b>		
<b>L01</b>	Understands the need for participation in physical culture throughout life.									
<b>L02</b>	Knows the basic rules and elements of the tactical and technical disciplines carried out during physical education classes.									
<b>L03</b>	Can be practically applied technical skills during the game, knows the correct structure of Physical recreation activities									

	and knows how to work in a team, participates in departmental competitions.	
<b>L04</b>	knows strength and endurance exercises and characteristics of the muscular system and able to create a simplified training plan.	
<b>Symbol of learning outcome</b>	<b>Methods of assessing the learning outcome</b>	<b>Type of teaching activities (if more than one) during which the outcome is assessed</b>
<b>L01</b>	Test or written paper on physical culture, sport and recreation for people with a total exemption of medical physical education. Written work of education about sport for students unable to participate in class.	SW
<b>L02</b>	Test (observation of students performing Physical activity).	SW
<b>L03</b>	Test (observation of students performing Physical activity)	SW
<b>L04</b>	Test (observation of students performing Physical activity)	SW
<b>Student workload (in hours)</b>		<b>No. of hours</b>
<b>Calculation</b>	Interval Training, Step Reebok Interval (Correct structure of activities: warm-up, main part and cool down)	15
	Strength Training, TBC (. Methods for building muscle mass, strength development, power, local strength endurance)	10
	Low Impact (. Methods for reducing body fat )	10
	Yoga (Stretching rules)	10
	, Rotational training, Breaching exercises-Cardiovascular Part	10
	Breaching exercises- Innovative Rotation Exercise Program-Mobility Part	10
	Breaching exercises- Innovative Rotation Exercise Program-Stretching Part	5
	Breaching exercises- Innovative Rotation Exercise Program-Relaxation Part	5
	<b>TOTAL:</b>	<b>75</b>
<b>Quantitative indicators</b>		<b>HOURS</b>
<b>Student workload – activities that require direct teacher participation</b>		<b>30</b>
<b>Student workload – practical activities Student workload – practical activities:</b>		<b>75</b>
<b>Basic references</b>	<ol style="list-style-type: none"> <li>Zuzda JG, Kacpura J, Dziura J [i in.], 2021, Gdańsk, Innowacyjna metoda treningu step aerobics z elementami treningu core. <i>An innovative method of step aerobics training with elements of core training</i>, Akademia Wychowania Fizycznego i Sportu im. Jędrzeja Śniadeckiego w Gdańsku, 180 s.,</li> <li>Zuzda G.J.at all: <i>Awareness Of ACSM Physical Activity Recommendations for Health Promotion Among Portuguese and Polish College Students</i>. <i>Medicine &amp; Science in Sport &amp; Exercise</i>. Supplement to the Official Journal of the ACSM. Lippincott Williams &amp; Wilkins, 2013, Vol. 45 (5).</li> </ol>	

	3. Zuzda J., G., Latosiewicz R.: <i>An Innovative Method of Conducting Recreational Classes Using the System of Reebok Step Exercises</i> . Oficyna Wydawnicza Politechniki Białostockiej. Białystok 2010	
<b>Supplementary references</b>	1. Gary Liguori, American College of Sports Medicine (ACSM) <i>ACSM's guidelines for exercise testing and prescription</i> . Wolters Kluwer Health Philadelphia, Baltimore, New York, London, Buenos Aires, Hong Kong, Sydney, Tokyo, 2021. 2. Breathing exercises ( <i>website</i> ): <a href="https://youtube.com/playlist?list=PLSWFQy6IDc74GYH8f6KWwNnR8POOhIPo8">https://youtube.com/playlist?list=PLSWFQy6IDc74GYH8f6KWwNnR8POOhIPo8</a> <a href="https://youtube.com/playlist?list=PLSWFQy6IDc75IO0-9akuEhiqd5tvKU4nL">https://youtube.com/playlist?list=PLSWFQy6IDc75IO0-9akuEhiqd5tvKU4nL</a>	
<b>Organisational unit conducting the course</b>	<b>Department of Marketing and Tourism</b>	<b>Date of issuing the programme</b>
<b>Author of the programme</b>	<b>Jolanta Grazyna Zuzda MD PhD</b>	24.02.2022