

Faculty	WWFIZ	Subject name	Modern forms of physical activity (WF/I/st/51)	
Field of study	Physical education	Study year/term	3/6	
Number of hours	30	ECTS points	7	
Subject type*	obligatory	Language	English	
Study level**	full-time	Subject form***	classes	
Preliminary and additional requirements (e.g. previous subjects)	No requirements.			
Subject objective	The aim of this subject is to equip with the necessary knowledge and skills to use of optimal and appropriate methods, forms in outdoor i indoor functional training for people of all ages.			
SUBJECT LEARNING OUTCOMES (COURSE LEARNING OUTCOMES) after completing this subject, the student will be able to:				
Knowledge	S_K01. Has basic knowledge about teaching, identifying and correcting mistakes in the technique of performing various functional exercises, and is able to apply it depending on age and gender (K_W10/P6U_W/P6S_WG, K_W25/P6U_W/P6S_WG).			
	S_K02. Identify the components of a outdoor and indoor functional training program. Design attractive, safe and effective specified functional training program (K_W26/P6U_W/P6S_WG).			
	S_K03. Understand and knows the principles, forms, methods and factors conditioning the effectiveness of various types of outdoor and indoor functional training and benefit of a warm-up and cool-down (K_W26/P6U_W/P6S_WG).			
Skills	S_S01. Is able to choose the form, methods and training means and apply physical fitness tests (K_U21/P6U_U/P6S_UW, K_U22/P6U_U/P6U_UW).			
	S_S02. Performs basic exercises on general physical fitness training and gives recommendations to people exercising, trying to optimize body build and level of physical fitness (K_U21/P6U_U/P6S_UW).			
	S_S03. Can correctly show exercises during the warm-up and the main part of the lesson and perform the cool-down exercises (K_U21/P6U_U/P6S_UW).			
Social competences	S_SC01. Develop and clarify the goals of a all kind of physical fitness training program (K_K06/P6U_K/P6S_KK).			
	S_SC02. Identify ways to reduce the risk of injury during a workout and rejects all dangerous behavior (K_K08/P6U_K/P6S_KO, K_K09/P6U_K/P6S_KR).			
Confirmation of achieved learning outcomes#	Continuous assesment, assesment of execution and decription of the selected fitness exercises.			#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A/M.A. thesis, project realisation, attendance
Type of assesment mark##	Final assesment mark, support assesment mark.			##-final assesment mark, support assesment mark
Content	Subject form (number of hours) ###	Subject learning outcomes	Course learning outcomes	
1. An introduction to the classes (learning outcomes, passing criteria, content). Theoretical basics of outdoor and indoor functional training.	classes (2)	S_K01, S_K02, S_K03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_K06, K_K08, K_K09	
2. The structure and function of general and specific warm-ups in different forms outdoor and indoor physial activities. Types of stretching and cool-down. Application of differnt kind of small inventory.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
3. Functional training with TRX belts - variant general physical fitness exercises (description and implementation). Guidelines for physical fitness ability.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
4. Functional training with TRX belts - variant endurance exercises (description and implementation). Guidelines for exercises.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
5. Functional training with TRX belts - variant Strength and jump exercises (description and implementation). Guidelines for exercises.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
6. Functional training with TRX belts - variant coordination motor abilities and flexibility exercises (description and implementation). Guidelines for exercises.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
7. Functional training with TRX belts. Different outdoor variant - program design.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
8. Tabata and circuit training with endurance exercises with small inventory - program design.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
9. Physical testing (ICSPFT) and evaluation of general physical fitness-interpretation. Safety consideration.	classes (2)	S_K01, S_K03, S_S01, S_S02, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
10. Plays and games in water with elements of competition. Safety consideration.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
11. Systematics of exercises and methodology of teaching nordic walking at the recreational and health level . The technique of classical march.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
12. Nordic walking endurance and strength training (gymnastic and strength exercises with sticks, in place and in motion, exercises in pairs, games)	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	
13. Nordic walking training – basic technique. Types of warm-ups.	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09	

*obligatory, optional

**full-time, part-time, e-learning

***lectures, classes, laboratory classes, projects, workshops, classes conducted by students

#-continuous assessment (current preparation for classes), mid-term written test, mid-term oral test, final written test, final oral test, written exam, oral exam, assessment of motor skills, B.A/M.A. thesis, project realisation, attendance

##-final assesment mark, support assesment mark

###-lectures, classes, laboratory classes, projects, workshops, classes conducted by students

14. Nordic walking- selected elements of sports technique (mountain training technique, walking, running, jumping on various surfaces).	classes (2)	S_K01, S_K03, S_S01, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_K06, K_K08, K_K09
15. Final assesment (performance of practical task).	classes (2)	S_K01, S_K02, S_K03, S_S01, S_S02, S_S03, S_SC01, S_SC02	K_W10, K_W25, K_W26, K_U21, K_U22, K_K06, K_K08, K_K09
Equipment	1. Notebook and projector		
	2. Balls, swiss balls, bosu balls, expander, steep reebok equipment, rubber tapes, rope, TRX belts set, nordic walking sticks.		
Passing criteria	Project implementation including the preparation of draft for a set of general physical fitness exercises or strength, endurance, jump, coordination motor abilities and flexibility exercises (ability description and demonstration selected variant of training with TRX belts or nordic walking)		
Exemplary exam (test) tasks	List the types of exercises used in outdoo and indoor functional training for adolescents and adults.		
	Describe and perform exercises with TRX belts and for body postural (core) muscles		
	Describe and perform warm-up for outdoor exercises in nordic walking training.		
Literature	1. Bettendorf B. (2010). TRX Suspension Training Bodyweight Exercises: Scientific Foundations and Practical Applications. San Francisco, CA: TRX Training.		
	2. Bishop, D. (2003). Warm up II. Sports Medicine, 33(7), 483-498.		
	3. Calatayud J., Borreani S., Colado J.C. (2014). Muscle Activation during Push-Ups with Different Suspension Training Systems. J Sports Sci Med., 13(3):502-510.		
	4. Litwiniuk A., Kavaliauskas V. (2018). TRX as a form of physical activity for everyone both in outdoor (adventure sports) and indor. In: Dilemmas of school physical education. Diversity is a chance to increase the attractiveness of school and out-of-school physical activities. Bodańskińska A., Jaślikowska-Sadowska T., Piech K. (eds.). Biała Podlaska AWF J. Piłsudskiego, Warszawa, Faculty WF and Sport, Biała Podlaska, s. 163-176.		
	5. Mok N.W., Yeung E.W., Cho J.C., Hui S.C., Liu K.C., Pang C.H. (2015). Core muscle activity during suspension exercises . J Sci Med Sport.,18(2):189-194.		
ECTS points			
<i>Number of hours with teacher (e.g. classes, office hours)</i>		40	
<i>Number of hours without teacher (e.g. homework)</i>		135	
ECTS points in total		175/7	
Teacher (e-mail)	dr Artur Litwiniuk (artur.litwiniuk@awf-bp.edu.pl)		
	dr Krzysztof Piech (krzysztof.piech@awf-bp.edu.pl)		