

**Faculty of Physical Education and Tourism**

1. *Movement and physical activity*
2. *Sport and recreational training (principles, methods and structure)*
3. *Systematics of exercises and terminology of recreational training*
4. *Fitness - modern forms of gymnastics*
5. *Principles of conducting fitness - modern forms of gymnastics.*

<b>Course contents (problem solving):</b>	
<p>1.Strengthening classes (ABT, Pump Fit Ball)</p> <p>2.Movement improving activities (step, TBC, Tae Bo)</p> <p>3.Targeted classes (for pregnant women, mothers with children, seniors)</p> <p>4.Water activities, outdoor activities (NordicWalking, beach aerobics, water aerobics)</p> <p>5.Relaxation and shaping classes ( Yoga, Pilates, Body ART Flow, Stretching)</p>	
<b>Teaching and learning methods:</b>	
<p>Methods based on the students' practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama).</p>	
<b>Assessment methods:</b>	
<p>1.Continuous evaluation</p> <p>2.Practical Work</p>	
<b>Recommended reading</b>	
1.	Vella M.: <i>Anatomia w treningu siłowym i fitness.</i> Warszawa 2007.
2.	Olex D.: <i>"Fitness metodyka i praktyka"</i> , Górnośląska Oficyna Wydawnicza S.A., Katowice, 2001r.
3.	Opoka D. M.: <i>Fitness – historia, organizacja, zarządzanie.</i> UPJW. Warszawa 2004.
4.	Norris C. M.: <i>The complete guide to stretching.</i> A&C Black. London 2006.

**Authorisation – course coordinator and course teachers (signatures):**