

Course title:	<b>Physical recreation and fitness</b>				Code:
Field of study:	<b>Tourism and recreation</b>				Year/Semester: <b>2, 3</b>
Specialization:	<b>all</b>				Modes: <b>F/E</b>
Number of hours / semester <b>60/32</b>					ECTS credits: <b>0</b>
Lectures:	Classes: <b>60/32</b>	Laboratories:	Projects:	Seminars:	

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**Department: Physical Education Department**

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**Course position in the study programme:**

- general course

**Objectives:**

- to shape an active and self-reliant attitude towards activities concerning physical robustness, health and beauty
- to arouse interest in spontaneous recreation and sport activity to keep and strengthen physical and psychical health
- to shape the personality able to take responsibility for his/her own fitness and health

**Course contents:**

- to develop fitness
- to practise exercises ensuring the correct posture and graceful figure
- to use utilitarian activities in practice
- to practice recreation and sport activities
- to learn to organize recreation and sport events
- to learn to make some self-control and self-assessment of physical education

**Teaching methods:** classes

**Assessment methods:** credit with a grade

**Recommended reading:****Compulsory:**

1. Delavier F., Zemelko U. [tł.], Atlas treningu siłowego. Warszawa 2007, Wydawnictwo Lekarskie PZWL.
2. Eider J., Ćwiczenia kształtujące wolne. Szczecin 2001, Wydawnictwo Naukowe Uniwersytetu Szczecińskiego.
3. Nowak Z., Teoria zespołowej gry sportowej : kształcenie gracza. Wrocław 2001, Wydawnictwo Akademii Wychowania Fizycznego.
4. Olex-Zarychta D., Fitness. Katowice 2002, Wydawnictwo Akademii Wychowania Fizycznego.
5. Siwiński W., Przykłady ćwiczeń fizycznych dla zdrowia i sylwetki. Poznań 1992, Wydawnictwo Akademii Wychowania Fizycznego im. E. Piaseckiego.
6. Stawczyk Z., Ćwiczenia ogólnorozwojowe. Poznań 2001, Wydawnictwo Akademii Wychowania Fizycznego im. E. Piaseckiego.