

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

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.