# COURSE DESCRIPTION CARD - SYLLABUS

Course name
Functional training [C_CS>TF15]

## Course

Field of study
Chemical and Process Engineering

Year/Semester
1/1

Area of study (specialization)
–

Profile of study
general academic

Level of study
first-cycle

Course offered in
polish

Form of study
full-time

Requirements
elective

## Number of hours

Lecture
0

Laboratory classes
0

Other (e.g. online)
0

Tutorials
15

Projects/seminars
0

## Number of credit points

0,00

## Coordinators

mgr Agata Ostrowska
agata.ostrowska@put.poznan.pl

## Lecturers

## Prerequisites

Ability to exercise confirmed by a family doctor or a medical certificate of a dysfunction for a trainer conducting compensatory classes.

## Course objective

Functional training is a training in which exercises are performed in which the movement is similar to what we do in everyday life. There are many strength exercises (but without such weights as in the gym) and coordination, flexibility, etc. We exercise using TRX tapes, dumbbells, balls, small barbells, rubber bands, etc. Of course, with music. Thanks to the use of all this, our body develops comprehensively. We care about the variety of movements and loads, that's why everyone will find something for themselves in these classes ... of course, fatigue is indispensable in functional training, which we will not avoid ;) but the end result is worth sacrificing ....

## Course-related learning outcomes

## Methods for verifying learning outcomes and assessment criteria

physical efficiency test

## Programme content

Learning the squat, learning the deadlift, learning the front support position as the basic forms of functional movement.

## Teaching methods

Practical exercises explained and presented by the teacher.

## Bibliography

"Nowoczesny trening funkcjonalny" Boyle M.

## Breakdown of average student's workload

|  | Hours | ECTS |
|---|---|---|
| Total workload | 0 | 0,00 |
| Classes requiring direct contact with the teacher | 0 | 0,00 |
| Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation) | 0 | 0,00 |