



COURSE DESCRIPTION CARD - SYLLABUS

Course name

Indoor cycling / Rowing machine [C_CS>RS30]

Course

Field of study

Aviation

Year/Semester

1/2

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

30

Projects/seminars

0

Number of credit points

0,00

Coordinators

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Prerequisites

no contraindications

Course objective

Stationary bicycles and rowing ergometer are a form of exercise recreation involving intensive work with the use of equipment: stationary bicycle and rowing ergometer. Athletic shoes and sports attire are required. It is advisable to have drinks to hydrate the body.

Course-related learning outcomes

The ability to independently conduct a warm-up

The ability to adjust the difficulty of tasks to individual needs during class

The student acquires awareness of his/her body in order to skillfully select exercises for its formation and

proper development

Able to adjust the pace of work according to the training goal

Is able to control the training load based on heart rate

Gains the ability to set up the equipment according to the dimensions of one's own body

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

- 1.The semester ends with an entry - credit
- 2.Credit for the semester on the basis of attendance and active participation in classes.
- 3.Any absences are made up in physical education classes

Programme content

Getting familiar with the form of physical activity on stationary equipment, such as stationary bicycle and rowing ergometer.

Learning proper movement technique.

Learning how to take care of one's body, as well as the rules of conduct and hygiene during and after physical activity.

Comprehensive development of the body. Formation of motor characteristics:
in particular: endurance and strength.

Taking care of equipment and its maintenance.

Teaching methods

none

Bibliography

none

Breakdown of average student's workload

| | Hours | ECTS |
|---|-------|------|
| Total workload | 30 | 0,00 |
| Classes requiring direct contact with the teacher | 30 | 0,00 |
| Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation) | 0 | 0,00 |