



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Men's Gym [C\_CS>SM30]

### Course

Field of study

Aviation

Year/Semester

1/2

Area of study (specialization)

Air Traffic Organisation

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

0

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

### Lecturers

### Prerequisites

- no medical contraindications to participate in classes - no special preparation requirements - willingness to learn about exercises and training methods

### Course objective

1. Shaping general physical fitness through strength exercises using equipment and your own body weight.
2. Students' equipment with the necessary knowledge of the methods and methods of shaping selected motor skills and physical fitness.
3. Improving strength and figure as a result of the use of strength exercises.
4. Familiarizing the student with health and safety rules in the gym, safe training and the use of devices
5. Familiarization with exercises shaping the improvement of the silhouette, increasing muscle mass and their strength, as well as the overall efficiency of the body using equipment for strength exercises: - Gryfów and truck plates - dumbbells, - specialized machines for exercising specific muscle groups, - medical balls, - weights, - stationary bikes,

### Course-related learning outcomes

Student knows the basic principles of strength training

- Performs basic adaptive exercises correctly
- Can perform the learned exercises in training
- Knows the basic objectives and principles of warm-up

- Completes correctly exercises in supports, using available equipment and instruments
- Can select training volume
- Gains awareness of one's body in order to skillfully select exercises for its formation and proper development.

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

1. Systematic and ongoing control of knowledge of the correct technique of exercises to ensure its effectiveness,
2. The student can warm up for strength exercises
3. The student can choose exercises and use the equipment,
4. The student can choose loads when performing exercises,
5. Control of the student's presence in class:
  - a student must actively participate in a certain number of classes,
  - in the event of a long sick leave, he must include them by participating in compensation classes

### Programme content

none

### Teaching methods

- show
- verbal description

### Bibliography

- Strength training atlas- Anatomical (Anatomical Podiej 2022 Frederic Delavier
- Silhouette modeling using the Delaviera Warsaw 2021 Frederic Delavier, Michael Gundill method
- start with strength - Łódź 2022 Mark Rippetoe
- Power training programming - 2023 Mark Rippetoe
- Bodybuilding for everyone - 2023 Lucien Demeilles, Marek Kruszewski

### 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