



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Women's Gym [C\_CS>SD15]

### Course

Field of study

Circular System Technologies

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 Anna Baranowska-Graczyk

anna.baranowska-graczyk@put.poznan.pl

mgr Agata Ostrowska

agata.ostrowska@put.poznan.pl

### Lecturers

mgr Agata Ostrowska

agata.ostrowska@put.poznan.pl

### Prerequisites

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

## Course objective

Classes recommended for women who want to improve the appearance and strength of individual body parts. Gym classes do not always result in muscle development. Appropriate loads and the selection of exercises and repetitions will bring the expected effect. It is worth familiarizing yourself with the equipment and accessories the gym is equipped with and learning safe and effective exercises that serve and do not harm your muscles and joints. The gym equipment will meet the expectations of the most demanding users: 1. Shaping general physical fitness through exercises using equipment and your own body weight. 2. Providing students with the necessary knowledge about ways and methods of developing selected motor skills and physical fitness. 3. Improvement of strength and figure as a result of strength exercises. 4. Familiarizing students with health and safety rules in the gym, safe training and the use of equipment 5. Familiarization with exercises aimed at improving the figure, increasing muscle mass and strength, as well as the overall efficiency of the body using strength training equipment: - weight bars and plates - dumbbells, - specialized machines for exercising specific muscle groups, - medicine 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:

Credit for the course is given by active and regular participation in classes. Absences without the obligation to make up and excuse are possible in leaving a maximum of 1 class with 15 hours in a semester. Students are required to make up the remaining unexcused absences and short-term sick leave in consultation with their instructor. It is possible to make up two classes per week. Physical education classes may be attended a maximum of one per day. Classes must be made up on a different day from the program classes.

## Programme content

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,

## 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	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00