

1. Course title – Aquatic Fitness.
2. Type of class – exercises.
3. Form of credit – Credit with a grade.
4. Semester, which will be held activities – summer.
5. Suggested number of hours - 15 hours.
6. Syllabus:

The main aim of the course is to acquaint students with the Aquatic Fitness as a whole body training form in the water, aimed at seeking the individual well-being. Aquatic Fitness should be directed towards achieving maximum physical efficiency, using a variety of movement forms in the water, adapted to the student's possibilities, taste and expectations. Additionally water activities are designed to implement the students to the take care and improve their own body. Course program: Aqua Dance, Aqua Aerobik Aqua Fatburner Aqua Circuit Training, Aqua Tabata, Aqua CrossFit, Aqua Kickboxing, Aqua Fight Kick, Aqua Jogging, Aqua Walking, Aqua Watsu , Aqua Joga, Aqua Energy Aqua Zumba Aqua Step Aqua Cycling. Teaching methods: verbal, demonstrative, practical activity. Assessment: practical exercise, active participation in classes. Conditions complete the course: preparation and execution of the chosen Aquatic Fitness form, individually or in groups with special regard for safety, appropriate methods, components and equipment.

7. Educational outcomes:

Knowledge: Knowledge of Aquatic Fitness terminology and recreational swimming impact on the human body (hot water-cold water). Knowledge security issues and organizations conducting activities in the aquatic environment (water shallow water depth). Knowledge of basic classification forms used in Aquatic Fitness

Skills: Mastering the basic exercises resource in different Aquatic Fitness forms. Mastering student's belaying partner as well as a self safety, self rescue in the aquatic environment. Student is able to classify and identify major muscle group's areas in selected Aquatic Fitness forms. The student has knowledge about the tools and equipment dedicated to the Aquatic Fitness activities.

Social competence: Development of proper attitudes and self-development in the physical education field, realized in the aquatic environment to the activity life. Gaining competence in law and rules existing in swimming pools.

8. Determine the qualifications I and II degree.

The student obtains the necessary knowledge about biological and social skills enabling competent influence of physical means on the body and pedagogical personality and are prepared to work either on self-employment basis or hold various jobs in the tourism industry, e.g. in hotels, sports and leisure centers.

9. Organizational unit implementing the course – Department of Water Sports University of Physical Education, Kraków, Poland.
10. The person leading course– PhD Katarzyna Kucia.
11. Course conditions - group classes.
12. Suggested number of ECTS points – 3.