

1. Course: Fitness

2. Type of classes: practical classes

3. Assessment: credit with a grade

4. Semester in which classes will be conducted: summer semester

5. The proposed number of hours: 15

6. Syllabus

The aim of the course: The acquisition of knowledge and skills to creating simple aerobics choreographies.

Pre-requisites: Proper level of overall physical fitness and coordination. Musical and dance predispositions. On the practical workshops sports clothes and shoes are required.

Content: Various forms of fitness: cardio (low, high-low, high-impact) muscle, cooling. Dance aerobics choreography, total body condition exercises, forming strength and stamina. Creating simple aerobics choreographies (high-low).

Teaching methods: Practical exercises. Working in pairs.

7. Learning outcomes: The student has knowledge of fitness as a factor that influences the physical shape and human's health state. The student has the ability to combine basic steps in simple combinations of movement.

8. Qualifications: first and second degree studies

9. Organisational unit of a course: Department of Occupational Therapy

10. Person responsible for the subject: Katarzyna Filar-Mierzwa, PhD

11. Conditions of the course: a group

12. Proposed number of ETCS: 3