

- 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 Sensory Therapy, Faculty of Motor Rehabilitation

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

11. Conditions of the course: a group

12. Proposed number of ETCS: 3