

1. Course title: **Nordic walking**
2. Type of the course: **exercise classes**
3. Form of evaluation: **course attendance and nordic walking techniques evaluation (given mark)**
4. Recommended amount of hours: **15**
5. Semester: II (summer)
6. Syllabus:

The course offers nordic walking classes, providing a total body workout thanks to walking with a specific technique using specially designed nordic walking poles. Nordic walking poles have hand gloves that enable the walker to use the nordic walking technique, releasing the pole at the end of each stroke, they also have different tips that allow walking on various surfaces. Some of the benefits of nordic walking technique include: relieving strain on the knees, hips, and ankles, toning the upper body, burning up to 30% more calories per km while feeling no more exertion than during regular walking. The nordic walking course bases on health and fitness techniques but also gives the possibility to use sports one.

7. Learning outcomes:

Knowledge: Student knows the advantages of nordic walking as a form of training.

Skills: Student is able to adjust the length of the poles, the strap and to demonstrate health and fitness nordic walking techniques.

8. Studies: BA or MA (I or II)

9. The unit implements the subject: **Department of Recreation and Biological Regeneration**

10. Instructor: **dr Anna Tyka**

11. Teaching conditions: group - max 24 students

12. Recommended credit points: **3**

13. 5 hours can be online, if necessary.