

1. Course name: Body - building
2. Type of classes: exercise classes
3. Form of evaluation: graded credit
4. Term: winter term
5. Suggested number of hours: 20
6. Syllabus:

The subject aims to teach students theory and practice of the body – building and other forms and methods of the recreational strength training. It gives the knowledge using it during physical education lessons /varied levels and age – groups/ and other classes. The range of subject includes elements of the anatomy and physiology, theory and practice of the various strength training methods, systematics and technique strength exercises, basic nutrition rules, warming – up, regeneration, stretching, planning and checking the various training forms and occupations.

7. The results of education: The competence for using various strength training methods during body – building personal training and apart from it during physical education lessons /varied level and age – groups/ and other classes. Basic knowledge about nutrition.
8. Description of the first- and second- qualifications level
I level: Basic level of the competence for using various strength training methods during physical education lessons and other classes. Basic knowledge about nutrition.
II level: Higher standard of the knowledge about strength and body – building training /included the base nutrition/.
9. Organizational unit responsible for the course: Department of Gymnastics and Dance.
10. Course teacher: dr Mirosław Kost.
11. Course conditions: group classes.
12. ECTS points: 3
13. On-line: maks. 6