

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

The subject aims to teach students the theory and practice of using and planning functional training. It provides knowledge that is used in physical education classes, condition training and other classes. The scope of the subject includes elements of stabilization, mobilization, activation, power training and the RAMP warm-up protocol.

- 7.The results of education:

Students will master the teaching methodology of selected basic exercises and positions. Acquiring the ability to consciously train towards achieving the set goals. The ability to conduct a RAMP warm-up in terms of planned classes.

- 8.Description of the first- and second- qualifications level:

I level: ability to conduct functional training classes at a basic level.

II level: ability to conduct advanced functional training classes.

- 9.Organizational unit responsible for the course: Department of Gymnastics and Dance.
10. Course teacher: mgr Marcin Kaźmierczak.
- 11.Course conditions: group classes.
12. ECTS points: 3.