

1. Course name: Some Forms and Methods of Strength Training
2. Type of classes: exercise classes
3. Form of evaluation: graded credit
4. Term: summer term
5. Suggested number of the hours: 20
6. Syllabus:

The subject aims to teach students theory and practice of the chosen forms and methods of the recreational strength training. It gives the knowledge using it during physical education lessons /varied level and age – groups/ and in many other situations. The range of subject includes chosen elements of the theory and practice of the various weight training forms and methods, technique numerous strength exercises, basic nutrition rules, warming – up, cool – down, stretching after weight training, popular strength tests.

7. The results of education: The competence for using various strength training methods during physical education lessons /varied levels and age – groups/ and other classes with youth and adults /beginners and more advanced/. 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 forms during physical education lessons and other classes /especially with the beginners/.
II level: Higher standard of the knowledge about strength training for more advanced athletes /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.