

**Subject card**

<b>Subject name and code</b>	Health-promoting Forms of Physical Activity, PG_00194063						
<b>Field of study</b>	Sport Management						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2026/2027		
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>			Optional subject group		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	1	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	1	<b>ECTS credits</b>			2.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>							
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		dr Sabina Nowak				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	<b>Number of study hours</b>	30		1.0		19.0	50
<b>Subject objectives</b>	<p>The aim of the course is to provide knowledge in the field of health promotion, taking into account factors determining health and pro-health behaviours in lifestyle. The theoretical and practical foundations of contemporary health-promoting forms of physical activity will be discussed and presented, with particular emphasis on appropriate starting positions and exercises adapted to various spinal abnormalities. Health-promoting training aims to familiarise students with the most popular trends in physical activity currently used in the world of fitness.</p> <p>Students can use the acquired knowledge in various areas of sports clubs, health-promoting activities and other types of sports-related business activities. Thanks to the acquired knowledge, students' self-awareness in the area of broadly understood physical culture and taking care of their health and psychophysical development will increase.</p>						
<b>Learning outcomes</b>	<b>Course outcome</b>		<b>Subject outcome</b>		<b>Method of verification</b>		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Can demonstrate the technique for performing a motor task in various forms of health-promoting physical activity, and can work in a team applying the principle of fair play.		[SU6] demonstration of practical skills [SU8] observation of student's independent or team work		
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Can plan and organise sporting events, taking responsibility for their own health and safety and that of others.		[SK2] presentation/project/paper/report [SK6] demonstration of practical skills		

Subject contents	<p>1-3. Human anatomy movement analysis and the overarching role of the main joints in functional terms.  4. Fundamentals of health promotion, the place of physical activity in a healthy lifestyle and its types.  5. Starting positions for exercises in terms of health promotion.  6. Functional training as a form of health-promoting exercise. Basic exercises, terminology.  7. Basic forms of health-promoting activities, taking into account spinal abnormalities.  8. Sample lessons: Healthy spine using a variety of equipment.  9. Technique and basic exercises in the Joseph Pilates method - demonstration lesson using equipment.  10. Spinal stabilisation, lesson structure. Principles of mobilising, stretching, strengthening and balancing exercises used in health-promoting activities.  11. Stretching - benefits of stretching and types of stretching, demonstration lesson.  12. Nirvana Fitness - demonstration lesson based on breathing according to the BUTEJKO method.  Discussion of the classes.  13. Animal Flow - starting positions for training and teaching technique for key positions used in training on four points of support.  14. Course completion in the form of a test and designing your own exercise programme (rules and selection of positions and their compensation).  15. Course completion: preparation of a syllabus and demonstration of selected exercises with an analysis of their application.</p>								
Prerequisites and co-requisites									
Assessment methods and criteria	<table border="1" data-bbox="448 629 1487 701"> <thead> <tr> <th data-bbox="448 629 794 667">Subject passing criteria</th> <th data-bbox="794 629 1141 667">Passing threshold</th> <th data-bbox="1141 629 1487 667">Percentage of the final grade</th> </tr> </thead> <tbody> <tr> <td data-bbox="448 667 794 701">Presentation</td> <td data-bbox="794 667 1141 701">51.0%</td> <td data-bbox="1141 667 1487 701">100.0%</td> </tr> </tbody> </table>			Subject passing criteria	Passing threshold	Percentage of the final grade	Presentation	51.0%	100.0%
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Presentation	51.0%	100.0%							
Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. Delavier F. Atlas treningu siłowego, PZWL, Warszawa 2004</li> <li>2. Ignaszewska Kuhbauch J., Nowości w światowym fitnessie wellness, body &amp; mind, body intelligence concept. Seminarium Nowoczesny klub fitness, Warszawa AWF 2001.</li> <li>3. Jerzemowski J., Duda B., Orkiszewska A., Wójtowicz E. Anatomia człowieka, Narząd ruchu. AWFIS, Gdańsk 2010..</li> <li>4. Listkowski M.: Stretching sprawność i zdrowie. Łódź, Wydawnictwo Marian Listkowski 1994</li> <li>5. Olex Zarychta D.: Fitness. Teoretyczne i metodyczne podstawy prowadzenia zajęć. Katowice, AWF 2005.</li> <li>6. Ostrowska A., Styl życia a zdrowie, Wyd. IFiS PAN, Warszawa 1999.</li> <li>7. Robinson L. Convy G.: Ćwiczenia Pilates. Bauer-Weltbild Media 2000.</li> <li>8. Woynarowska B., Edukacja Zdrowotna, Wydawnictwo Naukowe PWN, Warszawa 2007.</li> <li>9. Vella M. (2007) Anatomia w treningu siłowym i fitness. Muza SA, Warszawa 2007</li> <li>10. Zeyland-Malawka E., Ćwiczenia korekcyjne, Wydawnictwo Akademii Wychowania Fizycznego i Sportu, Gdańsk 2006.</li> <li>11. Listkowska A., Listkowski M., Stretching A-Z, Wyd. Aleksandra 2007</li> <li>12. Nowosad Z., Woźnicki. J., Mobilizacja tkanek miękkich, 2014</li> <li>13. dr Georg Feuerstein, dr Larry Payne, Joga dla bystrzaków, Wyd. Helion 2013</li> <li>14. Knopek N., Dlaczego joga</li> <li>15. Wilanowski A., Nordick Walking dla każdego, Nord Walk 2014</li> <li>16. Waterford Press Kavanagh J., Day Hiking essentials, Waterford Press Ltd 2019</li> </ol>							
	Supplementary literature	<ol style="list-style-type: none"> <li>1. Bilczyńska J.: Pilates, Wydawnictwo Dragon , Marzec 2012.</li> <li>2. Czerwiński R.: Kręgosłup na co dzień. Wydawnictwo SIC, 2000.</li> <li>3. Grodzka Kubiak E.: Aerobik czy fitness, Poznań 2002.</li> <li>4. Fidusiewicz H.: Aerobik PKOL. Warszawa Scangraph, 1997.</li> <li>5. Kutzner-Kozińska M. Proces korygowania wad postawy. Wyd. Dydaktyczne, W-wa. 2001</li> </ol>							
	eResources addresses								
Example issues/ example questions/ tasks being completed									
Work placement	Not applicable								

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