

Subject card

Subject name and code	Modern forms of gymnastics GYM FIT, PG_00194194						
Field of study	Sport Management						
Date of commencement of studies	October 2026	Academic year of realisation of subject			2028/2029		
Education level	Bachelor's studies	Subject group			Optional subject group		
Mode of study	full-time studies	Mode of delivery			at the university		
Year of study	3	Language of instruction			Polish		
Semester of study	6	ECTS credits			2.0		
Learning profile	academic	Assessment form			credit		
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Sabina Nowak				
	Teachers						
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	30.0	0.0	0.0	0.0	30
	E-learning hours included: 0.0						
Learning activity and number of study hours	Learning activity	Participation in didactic classes included in study plan		Participation in consultation hours		Self-study	SUM
	Number of study hours	30		1.0		19.0	50
Subject objectives	The aim of the course is to familiarize students with issues related to Modern Forms of Gymnastics and Fitness (GYM FIT). The theoretical and practical foundations of contemporary physical education trends will be discussed and presented, which can be used in various areas of sports clubs, sports academies, and other types of sports-related business activities. Practical exercises are designed to familiarize students with the techniques and methodology of exercises used in modern forms of fitness, thereby increasing their self-awareness in the area of physical culture and caring for balanced psychophysical development.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Using knowledge of modern forms of gymnastics and fitness, one can demonstrate the technique for performing a physical task; while working in a team, one applies 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 evaluate and uphold the achievements and traditions of the fitness and sports management industry, identify patterns of good practice and ethical standards, and promote them among participants, partners, and colleagues.		[SK2] presentation/project/paper/report		

Subject contents	<ol style="list-style-type: none"> 1. The development of fitness in Poland and worldwide. Current trends. 2. Rules for conducting group classes, cueing used in fitness. Basic steps in choreography demonstration lesson. 3. Basic steps on the step demonstration lesson. 4. Functional step functional training using a step demonstration lesson. 5. Total Body Condition using additional equipment demonstration lesson. 6. Strength training using FIT BALL balls. 7. Circuit training using equipment demonstration lesson. 8. Power pump as muscle endurance training demonstration lesson. 9. Cross Training protocols in fitness classes demonstration lessons. 10. Popular interval training with your own body weight and using equipment demonstration lessons. 11. Pilates demonstration lesson using equipment. 12. Stretching using additional equipment demonstration lesson. 13. Fascial self-massage as a self-relaxation technique. 14. The structure of modern fitness clubs. 15. Course completion; theoretical and practical part. 		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
Recommended reading	Presentation/assignment	51.0%	100.0%
	Basic literature	<ol style="list-style-type: none"> 1. Domagała K. Rolowanie- Automasaż rozluźnianie mięśni w sporcie rehabilitacji poprawie sprawności, Konfizjo 2022 2. Glińska- Właz J., Worek A., Warchoł K., Podstawowe zagadnienia teorii, metodyki i praktyki fitness, Fosze 2021 3. Olex-Zarychta D. Fitness- Teoretyczne i metodyczne podstawy prowadzenia zajęć, Katowice 2009 4. Vella M., Anatomia w treningu siłowym i fitness, Muza SA, Warszawa 2027 	
	Supplementary literature	<ol style="list-style-type: none"> 1. Bilczyńska J., Pilates, Dragon 2012 2. Bochenek A., Reicher M., Anatomia Człowieka, PZWL Warszawa 1968 3. Hass Greene J., Anatomia w Tańcu, MUZA SA, Warszawa 2011 	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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