

Subject card

Subject name and code	Modern Forms of Gymnastics and Fitness (GYM FIT), PG_00156152						
Field of study	Sport Management						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2027/2028		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study		
Mode of study	full-time studies		Mode of delivery		at the university		
Year of study	3		Language of instruction		Polish		
Semester of study	5		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Physical Education and Sports Centre -> Vice-Rector for Student Affairs -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		mgr Tomasz Aftański				
	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		0.0		20.0	50
Subject objectives	The aim of the course is to introduce students to issues related to Modern Forms of Gymnastics and Fitness (GYM FIT). The theoretical and practical foundations of modern exercise training, which can be used in various areas of operation of sports clubs, sports academies and other sports-related business activities, will be discussed and presented. Practical exercises are designed to familiarise students with the technique and methodology of exercises used in modern varieties of fitness, thus increasing their self-awareness in the area of physical culture and care for balanced psycho-physical development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[ZSSML3_K07] The student is aware of the need to adapt his behavior and conduct to their role in the team.	Student has a sense of responsibility for their own and others' health and safety.	[SK8] observation of student's independent or team work
	[ZSSML3_U10] The student can prepare written works and multimedia presentations on specific issues in the field of management and quality studies, present them and lead discussions in Polish and foreign languages.	Student is able to use knowledge to demonstrate the technique of a movement task in modern forms of gymnastics and fitness.	[SU2] presentation/project/paper/report
	[ZSSML3_W14] The student has a structured, detailed knowledge of the operation of companies and other entities in the sports market.	Student has a basic knowledge of Modern Forms of Gymnastics and Fitness.	[SW2] presentation/project/paper/report
	[ZSSML3_K06] The student is ready to work in, co-create or manage a group. The student is able to think and act in an entrepreneurial manner.	Student cooperates in a team using the ethics of 'fair play'.	[SK8] observation of student's independent or team work
	[ZSSML3_U07] The student is able to find the necessary information to make rational decisions of an operational and strategic in enterprises operating in the sports market and in other sports entities.	Student is able to assess the correctness of the safe execution and application of gymnastic and fitness forms.	[SU2] presentation/project/paper/report
	[ZSSML3_K02] The student is aware of the need to supplement and expand the acquired knowledge and skills and strives to combine knowledge from different fields and disciplines of science interdisciplinarily.	Student is aware of how to promote the social and cultural importance of sport and physical activity.	[SK6] demonstration of practical skills
Subject contents	1. Development of the field of fitness in Poland and worldwide. Current trends.2. Principles of group classes, cueing used in fitness. Basic LOW steps.3. Basic steps in a warm-up, principles of exercise selection, starting positions - a sample lesson.4. Basic steps in stepping, choreography.5. Strengthening training with the use of FIT Balls.6. Strengthening training with Easy Ball, Ovo Ball.7. Strengthening training with the use of equipment such as: dumbbells, step stools, gim-stick, mini-band.8. Fitness training: dance form - Zumba. 9. Circuit and interval training using equipment.10. Modern, unconventional breathing training - Nirvana Fitness.11. Stretching and rolling as a separate training unit.		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	paper / presentation	51.0%	50.0%
	written test	51.0%	50.0%
Recommended reading	Basic literature	1. D. Olex-Zarychta: Fitness- Teoretyczne i metodyczne podstawy prowadzenia zajęć. Katowice 2009 2. J. Glińska-Właz, A. Worek, K. Warchoł Podstawowe zagadnienia teorii, metodyki i praktyki Fitness Fosze 2021 3. K. Domagała: Rolowanie- Automasaż 2020	
	Supplementary literature	1. A. Bochenek, M. Reicher Anatomia Człowieka, PZWL Warszawa 1968 2. J. Hass Greene Anatomia w Tańcu, MUZA SA, Warszawa 2011	
	eResources addresses		

Example issues/ example questions/ tasks being completed	
Work placement	Not applicable

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