

SYLLABUS

SUBJECT ... SPOTRS AND RECREATION DISCIPLINES - JOGGING

TEACHER ...KAROLINA PRZEDNOWEK MSC.....

COURSE DESCRIPTION

The aim of this module is improvement students physical fitness and endurance without excessive load bound up with physical effort. Popularization of jogging as a sports live.

LEARNING OUTCOMES

After this course students will be able to:

- organize jogging lesson
- take up physical activity without stress bound up with physical effort

ECTS: 2+ 2

GRADING POLICY

1. Attendance at classes.
2. Performance of athletic warm up.
3. Result of Cooper Test

TIMETABLE

NUMBER	TOPIC OF STUDIES	HOURS
1	Basic information about jogging. Run/walk method. Racing warm up and cool down	2
2	Cooper Test.	4
3	Racing play and game.	8
4	Shaping of endurance by jogging.	16

TEXTBOOK AND REQUIRED MATERIALS

1. Rosato F. (2003): *Walking and Jogging for Health and Wellness (Cengage Learning Activity Series*
2. The Sport Medicine Council of British Columbia (2005). *The Beginning Runner's Handbook: The Proven 13-Week Walk-Run Program.*
3. Glover B., Glover Shelly-lynn Florence, Shepherd J. (1996): *The Runner's Handbook : The Bestselling Classic Fitness Guide for Beginning and Intermediate Runners.*
4. Nancy H. Cummings, Sue Stanley-Green, Paul Higgs (2008): *Perspectives in Athletic Training*
5. Roger W. Earle, Thomas R. Baechle (2008): *Essentials of Strength Training and Conditioning*

PREREQUISITES:

No special prerequisites despite of average level of physical fitness.