Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
FITNESS	
Academic Teacher	PhD Katarzyna Stachowiak
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFWF-F-26

Course description

- **Acquires basic skills in teaching fundamental aerobic steps and conducting basic aerobic classes**, at a level that enables the correct demonstration and execution of these activities.
- **Effectively applies teaching and skill-development methods acquired during the course** to teach and improve selected movements necessary for learning individual aerobic steps and various aerobic forms at different levels of instruction.
- **Demonstrates the ability to conduct fitness classes**, including the preparation of an individual training program. Possesses the ability to select and lead strengthening and stretching exercises tailored to an individual participant.

Learning outcomes - course content

- **Introduction to fitness classes.** Basic fitness terminology. The concept of the fitness movement – a historical overview of the fitness movement in Poland and worldwide. Class modules – types of classes, their characteristics, selection of music and tempo. Principles of fitness training. Components of fitness training.
- **Methodology of teaching basic aerobic steps.** Basic concepts related to music and rhythm. Rhythmic exercises.
- **Exercises with large fitness balls in pairs.** Body massage using fitness balls.
- **Methodology of conducting step aerobics classes.**
- **Interval aerobics** – exercises combining strength-training movements performed with equipment or accessories (resistance bands, dumbbells, and step platforms) with traditional aerobic steps, aimed at increasing heart rate.
- **Shape class** – exercises using accessories, including resistance bands and small exercise balls.

- **Hi-Lo aerobics class** – conducting a class, discussing and presenting the characteristic features of this form of aerobics.
- **Zumba class** – discussion, demonstration, and technique of performing basic steps.
- **Step aerobics class** – discussion, demonstration, and technique of performing basic steps.

Student workload (self-study description)

- **Independent instruction of strengthening exercises** – improving exercise cueing and announcements, leading a group, and ensuring the correct technique for performing these exercises.
- **Methodology of conducting fitness classes by students.**
- Reading assigned literature

Literature

- Olex-Mierzejewska, D. (2002). *Fitness: Theoretical and Methodological Foundations of Conducting Classes*. Katowice.
- Grodzka-Kubiak, E. (2002). *Aerobics or Fitness*. DDK Edition.
- Gomez Arteaga, R. (2009). *Aerobics and Step: Exercises for Everyone*.
- Pilates for Everyone. Austin, D. (2005). Zysk & Co.
- Corbin, C. B., Corbin, W. R., Welk, K. A., & Corbin, G. J. (2007). *Fitness and Wellness: Physical Condition, Fitness, and Health*. Poznań: Zysk & Co.
- Delavier, F. (2008). *Body Shaping: Exercise Atlas for Women*. Warsaw: PZWL.
- Jaskólska, A. (2006). *Fundamentals of Exercise Physiology with an Outline of Human Physiology*. Wrocław: University School of Physical Education.
- Conley, G., & Robinson, L. (2002). Pilates Exercises. Warsaw: KDC.