Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Nordic Walking	
Academic Teacher	Marta Nowaczyk, PhD
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFWF-NW-26
Course description	
The aim of the course is to provide knowledge about Nordic Walking and modern forms of leisure activity. Students will learn the theory and practice of Nordic walking, the specifics of equipment, and gain skills in planning their free time and organizing outdoor recreational activities.	
Learning outcomes - course content	
Presentation of basic knowledge about Nordic Walking (history, goals and values of training, characteristics of equipment used in Nordic Walking). Introduction to Nordic Walking techniques and teaching methodology. General development exercises using Nordic Walking poles. Using Nordic Walking poles in: warm-ups, strength exercises, coordination exercises, stretching and cool-down exercises, and partner exercises. Using Nordic Walking poles in outdoor games and activities.	
Student workload (self-study description)	
1. Preparing for class. 2. Developing a practical assignment. 3. Participating in individual consultations with the lecturer (in person and via email).	
Literature	
1. Stewart, G. (2025). The Complete Guide to Nordic Walking (2nd ed.). Bloomsbury Sport. 2. Stewart, G. (2014). The Complete Guide to Nordic Walking. Bloomsbury Sport. 3. Schwanbeck, K. (2014). The Ultimate Nordic Pole Walking Book (3rd rev. ed.). Meyer & Meyer Sport. 4. Svensson, M. (2009). Nordic Walking. Human Kinetics.	

5. Arem, T. (2006). Nordic Walking: A Total Body Experience. BookSurge Publishing.
6. García-Méndez, Silvia, de Arriba-Pérez, Francisco, González-Castaño, Francisco J., & Vales-Alonso, Javier (2024). Unsupervised Explainable Activity Prediction in Competitive Nordic Walking from Experimental Data. arXiv.