

Subject card

Subject name and code	, PG_00156125						
Field of study	Sport Management						
Date of commencement of studies	October 2024		Academic year of realisation of subject		2024/2025		
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	1		Language of instruction		Polish		
Semester of study	1		ECTS credits		2.0		
Learning profile	academic		Assessment form				
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		mgr Joanna Kania-Kot				
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 impart knowledge on the basics of health promotion, taking into account the determinants of health and pro-health behaviour in lifestyle. The theoretical and practical foundations of contemporary health-promoting forms of physical activity will be discussed and presented, with particular emphasis on appropriate starting positions and stabilising exercises adapted to various spinal abnormalities. Health-promoting workouts are designed to familiarise the student with the most popular physical activity trends currently used in the world of fitness and wellness. The acquired knowledge can be used by the student in various areas of sports clubs, health-oriented activity studios and other sports-related business activities. The acquired knowledge will increase the students' self-awareness in the area of widely understood physical culture and taking care of their health and psychophysical development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[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.	Has an awareness of how to promote the social and cultural importance of sport and physical activity.	[SK6] demonstration of practical skills
	[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.	Cooperates in a team by applying the ethics of 'fair play'.	[SK8] observation of student's independent or team work
	[ZSSML3_W14] The student has a structured, detailed knowledge of the operation of companies and other entities in the sports market.	Has a basic knowledge of various forms of health-promoting physical activity.	[SW2] presentation/project/paper/report
	[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.	Can use knowledge to demonstrate the technique of a movement task in a range of health-promoting physical activities.	[SU2] presentation/project/paper/report
	[ZSSML3_K07] The student is aware of the need to adapt his behavior and conduct to their role in the team.	Has a sense of responsibility for their own and others' health and safety.	[SK8] observation of student's independent or team work
Subject contents	[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.	Is able to plan and organise sporting events.	[SU2] presentation/project/paper/report
	1. Human anatomy-basics of functional anatomy.2. Basics of health promotion - the place of physical activity in a pro-healthy lifestyle and its types.3. Starting positions for exercise in a health-promoting aspect.4. Functional training as one of the forms of health-promoting exercises.5. Other forms of pro-health activities taking into account abnormalities of the spine.6. Example lessons of the so-called Healthy spine exercises using a variety of equipment.7. Principles, techniques and basic exercises in the Joseph Pilates method - demonstration lesson with the use of equipment.8. Stabilisation of the spine, lesson structure. Principles of mobilising, stretching, strengthening and balancing exercises used in the Healthy Spine classes.9. Stretching- benefits of stretching and types of stretching.10. Static Stretching- demonstration lesson.11. Definition of yoga and benefits of yoga exercises:Hatha yoga- the yoga of physical practices and its types (Iyengar yoga, ashtanga yoga, vinyasa yoga, kundalini yoga, sivananda yoga).12. Breathing in yoga, basic breathing exercises and selected asanas: - standing postures, forward bends, seated postures, back bends, balance postures, inversions, rotations.13. Sun salutations A and B (study and practice)- basic lesson.14. Designing your own exercise programme (rules and selection of positions and compensation).15. Nordick walking and hiking-a recreational health-promoting workout.		
	None		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	presentation	51.0%	50.0%
	written test	51.0%	50.0%

Recommended reading	Basic literature	1. Delavier F. Atlas treningu siłowego, PZWL, Warszawa 2004 2. Ignaszewska Kuhbauch J., Nowości w światowym fitnessie wellness, body & mind, body intelligence concept. Seminarium Nowoczesny klub fitness, Warszawa AWF 2001. 3. Jerzemowski J., Duda B., Orkwiszewska A., Wójtowicz E. Anatomia człowieka, Narząd ruchu. AWFIS, Gdańsk 2010.. 5. Listkowski M.: Stretching sprawność i zdrowie. Łódź, Wydawnictwo Marian Listkowski 1994 6. Olex Zarychta D.: Fitness. Teoretyczne i metodyczne podstawy prowadzenia zajęć. Katowice, AWF 2005. 7. Ostrowska A., Styl życia a zdrowie, Wyd. IFiS PAN, Warszawa 1999. 8. Robinson L. Convy G.: Ćwiczenia Pilates. Bauer-Weltbild Media 2000. 9. Woynarowska B., Edukacja Zdrowotna, Wydawnictwo Naukowe PWN, Warszawa 2007. 10. Vella M. (2007) Anatomia w treningu siłowym i fitness. Muza SA, Warszawa 2007 11. Zeyland-Malawka E., Ćwiczenia korekcyjne, Wydawnictwo Akademii Wychowania Fizycznego i Sportu, Gdańsk 2006. 12. Listkowska A., Listkowski M., Stretching A-Z, Wyd. Aleksandra 2007 13. Nowosad Z., Woźnicki. J., Mobilizacja tkanek miękkich, 2014 14. dr Georg Feuerstein, dr Larry Payne, Joga dla bystrzaków, Wyd. Helion 2013 15. Knopek N., Dlaczego joga 16. Wilanowski A., Nordick Walking dla każdego, Nord Walk 2014 17. Waterfold Press Kavanagh J., Day Hiking essentials, Waterford Press Ltd 2019
	Supplementary literature	1. Bilczyńska J.: Pilates, Wydawnictwo Dragon , Marzec 2012. 2. Czerwiński R.: Kręgosłup na co dzień. Wydawnictwo SIC, 2000. 3. Grodzka Kubiak E.: Aerobik czy fitness, Poznań 2002. 4. Fidusiewicz H.: Aerobik PKOL. Warszawa Scangraph, 1997. 5. Kutzner-Kozińska M. Proces korygowania wad postawy. Wyd. Dydaktyczne, W-wa. 2001
	eResources addresses	Adresy na platformie eNauczanie:

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

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