

Subject card

Subject name and code	Propaedeutics - Athletics, PG_00156146						
Field of study	Sport Management						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2026/2027		
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	2		Language of instruction		Polish		
Semester of study	4		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 athletics and its division into running, jumping and throwing competitions. The theoretical foundations of the discipline will be discussed along with the historical background and social conditions, which can be used in various areas of operation of sports clubs, sports academies and other sports-related business activities. Practical exercises are designed to familiarise students with the technical elements of the most popular competitions and the use of their variations in popular sport, thus increasing their self-awareness in the area of physical culture and caring 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 apply correct teaching methodology to athletic training.	[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
	[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 athletic competition and the use of varieties in community sport.	[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 plan and organise sports events.	[SU2] presentation/project/paper/report
Subject contents	1. Athletics - history of the discipline broken down into blocks of competition. 2. Athletics regulations. 3. Cross-country competition block. 4. Block of jumping competitions. 5. Block of throwing competitions. 6. Introduction to endurance training. 7. Developing special strength. 8. Circuit training with elements of coordination. 9. Field athletics 10. Practical application of rules - refereeing 11. Organisation of sports competitions.		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	paaper / presentation	51.0%	50.0%
	written test	51.0%	50.0%
Recommended reading	Basic literature	1. Stanisław Socha (red.): Rzuty i wieloboje lekkoatletyczne: podstawy treningu. Wydawnictwo Akademii Wychowania Fizycznego, 1994 2. Katarzyna Paczkowska (red.) Lekkoatletyka Technika Metodyka Trening. Wydawnictwo Sport i Turystyka, 1982 3. Michał Duwała: Sport. Lekkoatletyka - historia, zasady, trening. Wydawnictwo DRAGON, 2011	
	Supplementary literature	1. Jacek Bigus, Adam Szymczak, Krzysztof Warchoł (red.): Kształcenie animatorów sportu szkolnego. MEiN Warszawa 2022	
	eResources addresses		
	Example issues/ example questions/ tasks being completed		
Work placement	Not applicable		