

Subject card

Subject name and code	Motor Preparation and Strength Training, PG_00156137						
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	3		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 familiarise students with the methodology of shaping motor abilities, equipping them with the knowledge, competences and skills necessary for basic strength training. Practical exercises are designed to familiarise students with the forms of organisation of training activities and mastering the skills of their application in training in various sports, as well as planning and conducting strength training using various training means. This will increase students' self-awareness in the area of physical culture and care for balanced psycho-physical development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[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 knows the popular and various forms of strength training and its importance in motor preparation.	[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.	Student promotes the social and cultural importance of sport and physical activity.	[SW2] 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.	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 in motor preparation training and strength 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 has an awareness of how to promote the social and cultural importance of sport and physical activity.	[SK6] demonstration of practical skills
	[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 use knowledge to demonstrate the technique of a movement task in strength training.	[SU2] presentation/project/paper/report
Subject contents	1. Familiarisation with the methodology of motor skills formation. Structure of sports training. 2. Forms of training. Exercises adapted depending on the sport discipline. 3. Techniques of performing individual exercises in shaping motor skills. 4. General and special fitness tests depending on a sport discipline. 5. Monitoring and control of the training process. Supplementation. 6. Preliminary motor adaptation. Basics of strength training. 7. Postural muscle strengthening. General development training. 8. Upper body, lower body general development training. 9. Strength training using conventional and unconventional training measures. 10. Preparation for strength training with people of different ages with different health problems.		
Prerequisites and co-requisites	None		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	written test	51.0%	50.0%
	paper / presentation	51.0%	50.0%
Recommended reading	Basic literature	1. Bompa T.O. (1999) Periodization training for sport. Human Kinetics, Champaign, IL. 2. Naglak Z. (1999) Metodyka trenowania sportowca. AWF, Wrocław. 3. Sozański H. (red.) (1999) Podstawy teorii treningu. AWF, Warszawa. 4. <i>Starrett K.</i>, Cordoza G. (2015) Bądź sprawny jak lampart, Wyd. Galaktyka 5. Mc Gill S. (2019). Postaw na plecy, Wyd. Galaktyka	
	Supplementary literature	1. Ljach W. (2003), Kształtowanie zdolności motorycznych dzieci i młodzieży. COS Warszawa. 2. Błaszczak J. (2010). Dietetyczne i suplementacyjne wspomaganie procesu treningowego. AWF Katowice.	

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

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