

## Subject card

|                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                          |                                         |                                     |                                                                                                                                                |            |     |
|---------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----------------------------------------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------|-----|
| Subject name and code                       | Regional field practice - Uplands and mountains, PG_00119845                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Field of study                              | Geography                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| 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<br>Optional subject group<br>Subject group related to scientific research 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                            |                                     | 4.0                                                                                                                                            |            |     |
| Learning profile                            | academic                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                          | Assessment form                         |                                     |                                                                                                                                                |            |     |
| Conducting unit                             | Division of Regional Development -> Institute of Socio-Economic Geography and Spatial Management -> Faculty of Social Sciences -> Rector                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Name and surname of lecturer (lecturers)    | Subject supervisor                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                          | dr Krzysztof Kopeć                      |                                     |                                                                                                                                                |            |     |
|                                             | Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                          |                                         |                                     |                                                                                                                                                |            |     |
| Lesson types                                | Lesson type                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Lecture                                                  | Tutorial                                | Laboratory                          | Project                                                                                                                                        | Seminar    | SUM |
|                                             | Number of study hours                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 0.0                                                      | 36.0                                    | 0.0                                 | 0.0                                                                                                                                            | 0.0        | 36  |
|                                             | 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 36                                                       |                                         | 14.0                                |                                                                                                                                                | 50.0       | 100 |
| Subject objectives                          | Getting acquainted with the characteristic features of the natural environment of the areas of the mountains and highlands of southern Poland (plant-climate stratification, comparative analysis of regions, etc.). Learning about the geological past and the evolution of the relief of old or young mountains. To learn about the socio-economic processes shaping the regions of southern Poland. Understanding the role of historical events in shaping social and economic relations in cross-border areas. Explaining the interdependence of natural, historical, social and economic factors for development. |                                                          |                                         |                                     |                                                                                                                                                |            |     |

| Learning outcomes               | Course outcome                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Subject outcome                                                                                                                                                                                                                                                                                | Method of verification                                                                                                               |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
|                                 | [GEOGRL3-W04] to an advanced degree the social, economic and political differentiation of the world, as well as the social, economic and political characteristics of countries and regions, especially northern Poland and the Pomeranian Voivodeship, understands the socio-economic transformations taking place in the modern world                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | He has an advanced knowledge of the social, economic and political differentiation of the highlands and mountains of Poland; he understands the socio-economic transformations taking place today in the area of the highlands and mountains of Poland.                                        | [SW4] test/exam - oral or written<br>[SW1] oral statement/<br>conversation/discussion<br>[SW2] presentation/project/paper/<br>report |
|                                 | [GEOGRL3-U05] find and select the necessary information from professional literature and other sources, including electronic sources                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Finds and selects the necessary information on the area of Polish highlands and mountains from professional literature and other sources, including electronic sources.                                                                                                                        | [SU1] oral statement/conversation/<br>discussion<br>[SU2] presentation/project/paper/<br>report                                      |
|                                 | [GEOGRL3-W07] on advanced level methods of acquiring data on the natural and anthropogenic environment, including operation of specialized equipment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | To an advanced degree, he applies methods for obtaining data on the natural and anthropogenic environment of the highlands and mountains.                                                                                                                                                      | [SW2] presentation/project/paper/<br>report                                                                                          |
|                                 | [GEOGRL3-W06] interactions between the natural and anthropogenic environment at different spatial and temporal scales, in particular the processes and phenomena occurring in the area of the South Baltic Coastal and Lake District and the determinants of these interactions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | He knows the interactions occurring between the natural and anthropogenic environment at different spatial and temporal scales with particular emphasis on the processes and phenomena occurring in the area of the Polish highlands and mountains and the determinants of these interactions. | [SW4] test/exam - oral or written<br>[SW1] oral statement/<br>conversation/discussion<br>[SW2] presentation/project/paper/<br>report |
|                                 | [GEOGRL3-U08] use scientific language and express themselves and discuss topics concerning geographic issues in Polish and in a foreign language                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | He uses scientific language and expresses himself and discusses topics concerning geographical issues of the Polish highlands and mountains area in Polish.                                                                                                                                    | [SU1] oral statement/conversation/<br>discussion<br>[SU2] presentation/project/paper/<br>report                                      |
|                                 | [GEOGRL3-K03] work in a group and perform various roles in it, take care of the entrusted equipment and the safety of themselves and others                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Has the competence to work in a group and perform various roles in it; takes care of the equipment entrusted to him and the safety of himself and others during field exercises.                                                                                                               | [SK8] observation of student's independent or team work                                                                              |
|                                 | [GEOGRL3-W05] Has advanced knowledge of the environment Earth's geographic environment, understood as a unified system of interrelated and interacting each other's components; its diversity, functioning and dynamics of change, including the mutual interaction of environmental components in the area of South Baltic Coastal and Lake Districts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | He has advanced knowledge of the geographical environment of the highlands and mountains of Poland, understood as a unified system of interrelated and interacting components; its diversity, functioning and dynamics of change, including the interaction of environmental components.       | [SW4] test/exam - oral or written<br>[SW1] oral statement/<br>conversation/discussion<br>[SW2] presentation/project/paper/<br>report |
| Subject contents                | 1. History of the development of the Sudetes (Carpathians) as a geological unit. Glacial and periglacial sculpture. Slope processes. Mineral and rock resources and their use. Karst phenomena and forms in the belt of mountains and highlands. Characteristics of the soil cover of the area of southern Poland.<br>2. climatic and vegetation floors in the area of the Polish mountains. Guiding features of the climate of mountain and highland areas. Influence of relief and exposure on climatic conditions. Local air flow systems. Bioclimatic differentiation.<br>3. Precipitation vs. surface runoff in the Carpathians and Sudetes. Groundwater outflows. Characteristic characteristics of the hydrographic network of southern Poland. River gorges and their genesis. Longitudinal profile and gradient of mountain rivers (thresholds, waterfalls, evaporative basins). Natural and anthropogenic determinants of flooding in the mountain and highland belt. Hydro-engineered structures (dam reservoirs and their functions, debris dams). Mineral and medicinal waters.<br>4. nature protection: national and landscape parks of southern Poland.<br>5. Settlement network and demographic transformations. Migration processes and their political, economic and social conditions. Agricultural and food economy in the area of southern Poland.<br>6. The main industrial centers of southern Poland with a detailed discussion of the economic specifics of the region.<br>7. Tourist development of the mountain and highland belt. Natural and anthropogenic determinants of tourism development. Degradation of the natural environment: conflicts between tourism and the need to protect nature (anthropocentrism and ecocentrism).<br>8. Cultural heritage of southern Poland. Cross-border cooperation. |                                                                                                                                                                                                                                                                                                |                                                                                                                                      |
| Prerequisites and co-requisites | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                |                                                                                                                                      |

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| Assessment methods and criteria | Subject passing criteria                                                                                                                                                              | Passing threshold                                                                                                                                                                                                                         | Percentage of the final grade |
|                                 | Colloquium                                                                                                                                                                            | 51.0%                                                                                                                                                                                                                                     | 20.0%                         |
|                                 | Active participation in field exercises                                                                                                                                               | 51.0%                                                                                                                                                                                                                                     | 30.0%                         |
|                                 | Preparation and presentation of the poster (factual correctness and completeness of the information provided, clarity and fluency of the speech, graphic quality of the presentation) | 51.0%                                                                                                                                                                                                                                     | 50.0%                         |
| Recommended reading             | Basic literature                                                                                                                                                                      | Kondracki J., 2002, Geografia Polski. Mezoregiony fizycznogeograficzne. PWN, Warszawa, 340 s.<br><br>Detailed bibliography indicated individually by the instructors (as appropriate to the subject matter being pursued).                |                               |
|                                 | Supplementary literature                                                                                                                                                              | Czarnecka B., Janiec B. (red.), 2003, Sudety. Przewodnik dydaktyczny dla przyrodników, Wydaw. UMCS, Lublin, 313 s.<br><br>Czochański J.T., Borowiak D. (red.), 2000, Z badań geograficznych w Tatrach Polskich, Wydaw. UG, Gdańsk, 362 s. |                               |
|                                 | eResources addresses                                                                                                                                                                  | Adresy na platformie eNauczanie:                                                                                                                                                                                                          |                               |
|                                 | Example issues/<br>example questions/<br>tasks being completed                                                                                                                        |                                                                                                                                                                                                                                           |                               |
| Work placement                  | Not applicable                                                                                                                                                                        |                                                                                                                                                                                                                                           |                               |

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