University of Gdańsk

Subject card

Subject name and code	Principles of Ergonomics, PG_00204483		
Field of study	Geography		
Date of commencement of studies	October 2026	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	1	Language of instruction	Polish
Semester of study	1	ECTS credits	0.0
Learning profile	academic	Assessment form	credit
Conducting unit	Laboratory of Bionanotechnology -> Department of Molecular Biotechnology -> Faculty of Chemistry -> Rector		
Name and surname of lecturer (lecturers)	Subject supervisor	mgr Ewa Sulecka-Mielewczyk	
	Teachers		

Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	6.0	0.0	0.0	0.0	0.0	6
	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	6	0.0	0.0	6

Subject objectives

1. familiarizing students with all issues mentioned in the lecture program content,

2. getting acquainted with the history of ergonomics and its development,

3. applications of ergonomics in the work environment and at home,

4. transfer of interdisciplinary knowledge about humans in the work environment

Learning outcomes

Course outcome	Subject outcome	Method of verification
[GEOGRL3-K02] is prepared to bear full responsibility for the actions taken actions and adhere to the principles of professional ethics and principles of intellectual honesty, is aware of the importance of a professional approach in professional life professional life	Recognizes the connection between the principles of ergonomics and issues of professional ethics and intellectual property protection.	[SK1] oral statement/conversation/ discussion
[GEOGRL3-W08] principles of planning and developing individual entrepreneurship, using knowledge of geography	Knows the basic issues related to work organization and knows how to design a workstation in accordance with the principles of ergonomics	[SW5] implementation of a problem task
[GEOGRL3-K04] is prepared to independently undertake and initiate professional behavior, including maintaining the principles of professional ethics in oneself and others, and care for the achievements and traditions of the geography profession	Is able to discuss existing solutions from an ergonomic perspective and is able to apply them both in independent work and in a team.	[SK1] oral statement/conversation/ discussion

Subject contents

History and development of ergonomics. The essence of occupational health and safety. Tasks of ergonomics. The role of ergonomics in the process of work and learning, basic concepts. Issues of sustainable development and ecology. Conceptual ergonomics and corrective ergonomics. Physiological conditions of work efficiency. Optimal working time, rest breaks. Psychophysical properties of man. Material work environment: physical, chemical, biological factors, microclimate. Human system - work station. Assessment of occupational risk. Organization of work station. Ergonomic assessment of the material work environment. Ergonomic shaping of the work station, working position. Assessment of a computer workstation with a screen monitor. Principles of ergonomic work with a portable computer. First aid

Prerequisites and co-requisites

Assessment methods and criteria

Subject passing criteria	Passing threshold	Percentage of the final grade
attendance	100.0%	100.0%

Recommended reading

Basic literature	1. B. Rączkowski Occupational health and safety in practice, ODDK Gdańsk, 2. "Work science - safety, hygiene, ergonomics", Central Institute for Labor Protection, Warsaw. 3. J. Kania "Ergonomic methods", PWE, Warsaw, 4. Regulation of the Minister of Labor and Social Policy of December 1, 1998 on occupational health and safety at positions equipped with screen monitors.
Supplementary literature	1. M. Kamieńska-Żyła, "Ergonomics of a computer station", AGH University of Science and Technology Publishing House, Kraków 2000 2. Ergonomic working conditions, WSiP 3. E. Górska Ergonomics. Design-diagnosis-experiments
eResources addresses	

Example issues/ example questions/ tasks being completed	1. Problem task related to work environment factors and occupational risk assessment 2. Problem-solving task related to the ergonomics of the workstation 3. First aid
Work placement	Not applicable

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