

# DIAGNOSTYKA SPORTOWA

## The Faculty of Physical Culture and Health Promotion - Sports Diagnostics – the educational offer for Erasmus+ students 2019/2020 - summer semester

Lp.	Nazwa przedmiotu	Subject name	Kod przedmiotu / Subject code	Punkty ECTS/ credits	Język wykładowy / Lecture language	Rok i semestr / Year and semester	Semestr / Semester	Opis treści omawianych w ramach przedmiotu / Description of the subject content
1.	Anatomia funkcjonalna z elementami antropometrii	Functional anatomy with elements of anthropometrics	US113AJ2979_14N	4	Polish / English	1 <sup>st</sup> year, sem. 2	summer	Length and width measurements showing body ratio and skeleton mass. Ratio of nutrition and obesity of an individual. Physiological measurements of blood pressure and heart rate as health indicator.
2.	Fizjologia człowieka	Human physiology	US113AJ2980_13N	6	Polish / English	1 <sup>st</sup> year, sem. 2	summer	Elements of cytophysiology. Physiological basics of functioning of the selected organ systems in human body including the influence of physical effort. Basics of the blood physiology. Physiological mechanisms of homeostasis regulation in the human body. Physiological testing in human body performance evaluation.
3.	Podstawy dietytyki	Basics of human nutrition	16.1WK113AJ2983_48S	3	Polish / English	3 <sup>rd</sup> year, sem. 6	summer	Mechanisms of the regulation of the demand for food. Evaluation demand for the energy and nutrients. Role of nutrients in the body. Characteristics of food products. Bases of dietetics. Principles of the evaluation of the state of feeding up of contaminating the food feeding in the course ontogeny. Bases of the evaluation of the quality of diets. Characteristics of withdrawn expenses.
4.	Metodologia badań naukowych z elementami bioetyki	Research methods and the basics of bioethics.	US113AJ2818_70N	2	Polish / English	1 <sup>st</sup> year, sem. 2	summer	With purpose of the object joke to do technical arrangements of the independent planning and the completion of the research. In the course of the completion of classes students will get needed abilities will give writing the scientific work, and preparing and presenting of research findings. Students should competently exploit different sources of information, to analyse and to select academic notifications according to needs and the aim of examinations, to apply standardized touchy to do research, to draw statistically and graphically research findings up.
5.	Podstawy fizjoterapii w sporcie	The basics of physiotherapy in sport	16.1WK113AJ2985_43S	3	Polish / English	3 <sup>rd</sup> year, sem. 6	summer	The problems of disability and basic ideas and definitions. Medical rehabilitation and its components. Functional losses- regeneration, compensation and adaptation. Rehabilitated person as an object- therapist approach to the disabled. General methodology of rehabilitation and tactics of physiotherapeutic proceedings. Organization of rehabilitation and rehabilitation team. Professional ethics functional tests used in physiotherapy. Tests specific for manual physiotherapy
6.	Pierwsza pomoc przedmedyczna	First aid	16.1WK113AJ2979_40S	1	Polish / English	3 <sup>rd</sup> year, sem. 6	summer	Diagnosis of life and health threatening situations. Estimation of basic life functions in dangerous situations. Recovery, support and stabilization of injured areas against external factors. Undertaking qualified emergency actions in extreme environmental conditions. Organization of qualified and safe transportation in emergency cases.
7.	Genetyka sportowa	Genetics in sport	16.1WK113AJ2991_33S	4	Polish / English	2 <sup>nd</sup> year, sem. 4	summer	Introduction to human genetics (DNA and RNA structure and functions, expression of genetic information), Genetic diversity. Genetic inheritance. History of genetic research in sport. The importance and the implementation of genetics in sport. Genetic doping. The ethical aspect of genetic testing in sport. Principles of the operation of a molecular laboratory. Methodology of genetic research in sport. Marker genes in sports genetics. Sex-related genetic research in athletes.
8.	Teoria i metodyka sportów indywidualnych	Theory and methodology of the individual sports	16.1WK113AJ2985_23S	4	Polish / English	2 <sup>nd</sup> year, sem. 3 and 4	winter / summer	Individual sports terminology. Basics of human motor skills in individual sports. Basics of gymnastics, athletics, swimming and rowing. Safety in individual sports.
9.	Teoria i metodyka sportów zespołowych	Theory and methodology of the team sports	16.1WK113AJ2986_22S	4	Polish / English	2 <sup>nd</sup> year, sem. 3 and 4	winter / summer	Team games as physical activity form for people in different age. Rules of team sports (basketball, handball, volleyball, soccer). Stages of sports training in team games. Determinants of sport achievements in the team games (morphological characteristics, motor skills and psychological factors). Special fitness diagnostics in team games. Quantitative and qualitative analysis of the game elements. Teaching Games for Understanding conception.
10.	Zdrowotne aspekty aktywności fizycznej	Medical aspects of physical activity	16.1WK113AJ2983_42S	3	Polish / English	3 <sup>rd</sup> year, sem. 6	summer	Healthy lifestyle and physical activity. Health determinants and healthcare. Physical activity as an element of the health prevention. The importance of the physical activity among children and adults. Preferable forms of the physical activities among children and adults.