

Anthropomotorics - opis przedmiotu

Informacje ogólne	
Nazwa przedmiotu	Anthropomotorics
Kod przedmiotu	16.1-WB-P-Anth-S20
Wydział	Wydział Nauk Biologicznych
Kierunek	WNB - oferta ERASMUS
Profil	-
Rodzaj studiów	Program Erasmus
Semestr rozpoczęcia	semestr zimowy 2020/2021

Informacje o przedmiocie	
Semestr	2
Liczba punktów ECTS do zdobycia	3
Typ przedmiotu	obowiązkowy
Język nauczania	angielski
Sylabus opracował	dr Mateusz Rynkiewicz

Formy zajęć					
Forma zajęć	Liczba godzin w semestrze (stacjonarne)	Liczba godzin w tygodniu (stacjonarne)	Liczba godzin w semestrze (niestacjonarne)	Liczba godzin w tygodniu (niestacjonarne)	Forma zaliczenia
Laboratorium	15	1	-	-	Zaliczenie na ocenę
Wykład	15	1	-	-	Zaliczenie na ocenę

Cel przedmiotu

Students learn about internal conditions and external manifestations of human motor skills. They understand the psychological and physiological responses of human body to physical effort under normal conditions and various movement disorders. Students learn about different forms of the human body's adaptation to chronic or long-term physical activity. They analyse ontogenetic motor development and possibilities of its effective stimulation through physical activity. They understand the mechanics of movement and describe its characteristics. They study processes that control movement and factors that influence the acquisition of motor skills. They learn about the effects of physical activity on human behaviour. They systematise, integrate and generalise the knowledge of the nature and properties of human motor skills

Wymagania wstępne

Basic knowledge of anatomy, biomechanics, physiology, biochemistry

Zakres tematyczny

Definitions of human motor skills. Subject matter and concepts of anthropomotorics. The place of anthropomotorics in physical culture sciences. Review of national and international research in motor phenomena. Potential and efficient side of human motor skills. "Motor skills" or "motor characteristics"? The internal structure of motor talents and motor skills.

Manifestations of speed skills. Genetic determinants of the speed of human movements. Biological determinants of the level and changeability of ontogenetic speed skills. The principles of developing speed skills. Measurement of speed skills.. Tapping tests. Measurement of response time to visual, auditory and kinesthetic stimuli.

Definition and classification of strength abilities. The structure and properties of muscle fibres and the level of strength. Energy determinants of the level of strength. Muscle biochemistry during strength effort. Somatic determinants of strength. The importance of different types of strength training for proper physical development of man. Adaptation, effects and limitations in strength training. Measuring strength skills.

The concept of endurance capacity. Classifications of endurance efforts and their determinants. Homeostasis of the body during long-term efforts. Heritability of endurance predispositions. Ontogenesis of endurance capacity. Measurement of efficiency and endurance capacity. The importance of endurance training for health.

Ontogenetic variability and sexual dimorphism of flexibility. Testing flexibility. Static and dynamic flexibility training. Stretching.

The nature and classification of coordination abilities. Neurofunctional and psychological predispositions of coordination abilities. Hereditary factors of development of coordination abilities. Ontogenetic variability of coordination abilities. Forms of coordination ability tests and their practical application.

The importance of sexual dimorphism for the theory and practice of motor education. The level and ontogenetic changeability of sexual dimorphism of motor skills. Calculation of sexual dimorphism index.

Types of physical activity lateralization. Left-handedness and its implications for the development of individuals.

Physical activity in the optimization of weight and body composition.

The concept of overweight and obesity, the determination of genetic and environmental causes. Calculating BMI. Principles for programming physical activity and diet for weight reduction.

The principles of constructing motor tests. Types of measurement scales. Individual profile of motor skills. Examples of motor tests. Motor skill self-control.

International fitness test - Eurofit.

Metody kształcenia

Verbal methods; lecture using multimedia presentations, talk, discussion, explanation. Expository methods : film, show. Guiding text method, working with a book, working with the source document, panel discussion.

Efekty uczenia się i metody weryfikacji osiągnięcia efektów uczenia się

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
Is able to solve the most common problems related to the profession		• obserwacje i ocena umiejętności praktycznych studenta	• Laboratorium
He knows the value of physical exercise for the preservation of human well-being. Has basic knowledge about the organization of the work of a physical education teacher, instructor, as an animator and creator of physical activity in educational institutions and institutions. He knows the current status and directions of changes in the system of physical education and health education,		• bieżąca kontrola na zajęciach • dyskusja • test egzaminacyjny z progami punktowymi	• Wykład • Laboratorium
He carries out tasks in a way that ensures his own safety and the environment, including observing the principles of work safety		• obserwacje i ocena umiejętności praktycznych studenta	• Laboratorium
Is able to plan, design and implement activities in the field of testing the motor abilities of people of all ages, taking into account the applicable standards and available conditions		• dyskusja • obserwacje i ocena umiejętności praktycznych studenta	• Laboratorium
Can interact and work in a group, develop and instil attitudes of fair sports competition and fair play rules		• dyskusja • obserwacje i ocena umiejętności praktycznych studenta	• Laboratorium

Warunki zaliczenia

Lectures on the subject end with an exam in a written form (test and descriptive) in accordance with the given criteria based on the test with point thresholds. A positive grade is a minimum of 50% points. The condition for taking the exam is a positive grade from the seminar.

Seminar: the condition for passing is presence in classes, obtaining positive partial marks from the colloquium and additionally for the activity (presentations, posters, own projects), and obtaining a minimum of 50% of points from the final test.

The final mark in the subject is the arithmetic average of the final marks from the exam and the seminar.

Literatura podstawowa

1. Dobosz J. (2012) Tabele punktacyjne testów Eurofit, Międzynarodowego i Coopera dla uczniów i uczennic szkół podstawowych. AWF, Warszawa.
2. Dobosz J. (2012) Tabele punktacyjne testów Eurofit, Międzynarodowego i Coopera dla uczniów i uczennic gimnazjów oraz szkół ponadgimnazjalnych. AWF, Warszawa.
3. Dobosz J. (2012) Kondycja fizyczna dzieci i młodzieży w wieku szkolnym. Siatki centylowe. AWF, Warszawa.
4. Kinesiology: Movement in the Context of Activity, Tom 1. DP. Greene, SL. Roberts. Elsevier Health Sciences, 2005 – 230.
5. Ljach W. (2003) Kształtowanie zdolności motorycznych dzieci i młodzieży. COS, Warszawa.
6. Osiński W. (2003) Antropomotoryka, AWF Poznań.
7. Szopa J., Mleczko E., Żak S. (2000) Podstawy antropomotoryki, PWN Warszawa – Kraków.
8. Magazines and e-books available at the University Library, digital databases - medical sciences and health sciences <http://www.bu.uz.zgora.pl/>

Literatura uzupełniająca

Uwagi

Zmodyfikowane przez dr Ewa Skorupka (ostatnia modyfikacja: 25-06-2020 12:18)

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