

Subject card

Subject name and code	Regional field practice (coasts and lake districts), PG_00120137						
Field of study	Geography						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Bachelor's studies		Subject group		Obligatory subject group in the field of study Optional subject group 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	1		Language of instruction		Polish		
Semester of study	2		ECTS credits		2.0		
Learning profile	academic		Assessment form		credit		
Conducting unit	Laboratory of Limnology -> Department of Hydrology -> Faculty of Oceanography and Geography -> Rector						
Name and surname of lecturer (lecturers)	Subject supervisor		dr Kamil Nowiński				
	Teachers		dr Kamil Nowiński dr hab. Mariusz Kistowski dr Patryk Sitkiewicz				
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		10.0		20.0	60
Subject objectives	Learning about the characteristic features of the natural environment of the mountain and upland areas of southern Poland: regularities, uniqueness of mountain and upland landscapes.Learning about the geological past and the evolution of the relief of old or young mountains.Learning about the socio-economic processes shaping the regions of southern Poland.To understand the role of historical events in shaping social and economic relations in cross-border areas.To explain the interdependence of natural, historical, social and economic factors for regional development.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[GEOGRL3-W07] on advanced level methods of acquiring data on the natural and anthropogenic environment, including operation of specialized equipment	Knows the methods of querying source materials (literature) to gather environmental information	[SW1] oral statement/ conversation/discussion [SW2] presentation/project/paper/ report
	[GEOGRL3-U05] find and select the necessary information from professional literature and other sources, including electronic sources	Can gather and critically select information on a given topic	[SU1] oral statement/conversation/ discussion [SU2] presentation/project/paper/ report
	[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	Has knowledge of the natural environment of mountain and upland areas and understands the interdependencies between components of the natural environment	[SW1] oral statement/ conversation/discussion [SW2] presentation/project/paper/ report
	[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	Knows and understands the socio-economic changes in the cross-border areas of southern Poland	[SW1] oral statement/ conversation/discussion [SW2] presentation/project/paper/ report
	[GEOGRL3-U08] use scientific language and express themselves and discuss topics concerning geographic issues in Polish and in a foreign language	Able to speak and discuss on geographical topics using appropriate scientific terminology	[SU1] oral statement/conversation/ discussion [SU2] presentation/project/paper/ 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	Understands the cause and effect relationships between the anthropogenic environment and the natural environment	[SW1] oral statement/ conversation/discussion [SW2] presentation/project/paper/ report
Subject contents	History of the development of the Sudetes (Carpathians) as a geological unit. Glacial and periglacial sculpture. Slope processes. Mineral and rock raw materials and their use. Karst phenomena and forms in the mountain and upland belt. Characteristics of soil cover in southern Poland. Climate and vegetation floors in the area of Polish mountains. Guiding features of the climate of mountain and upland areas. Influence of relief and exposure on climatic conditions. Local air flow systems. Bioclimatic differentiation. Precipitation and surface runoff in the Carpathians and Sudetes. Groundwater outflows. Characteristic features of the hydrographic network of southern Poland. River gorges and their genesis. Longitudinal profile and gradient of mountain rivers (rapids, waterfalls, evaporative basins). Natural and anthropogenic conditions of flooding in the mountain and upland belt. Hydro-technical structures (dam reservoirs and their functions, debris dams). Mineral and medicinal waters. Nature protection: national and landscape parks of southern Poland. Settlement network and demographic transition. Migration processes and their political, economic and social conditions. Agri-food economy in the area of southern Poland. Main industrial centres of southern Poland with a detailed discussion of the economic specificity of the region. Tourist development of the mountain and upland belt. Natural and anthropogenic conditions of tourism development. Degradation of the natural environment: conflicts between tourism and the need to protect nature (anthropocentrism and ecocentrism).		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Participate in discussions during field activities	0.0%	25.0%
	Poster presentation	0.0%	25.0%
	Preparation of a poster and its presentation during field exercises	51.0%	25.0%
	test	0.0%	25.0%

Recommended reading	Basic literature	Kondracki J., 2002, Geography of Poland. Physical-geographical mesoregions.. PWN, Warszawa, 340 s. Own notes made during the field exercises..
	Supplementary literature	Czarnecka B., Janiec B. (ed.), 2003, Sudetes. A didactic guide for naturalists, Wydaw. UMCS, Lublin, 313 p. Czocharński J.T., Borowiak D. (ed.), 2000, Z badań geograficznych w Tatrach Polskich, Wydaw. UG, Gdańsk, 362 p.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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