

Subject card

Subject name and code	Exercise physiology, PG_00154720						
Field of study	Biology						
Date of commencement of studies	October 2025		Academic year of realisation of subject		2025/2026		
Education level	Master'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							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Mateusz Karnia				
	Teachers		dr Mateusz Karnia				
Lesson types	Lesson type	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	Number of study hours	0.0	0.0	30.0	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		6.0		14.0	50
Subject objectives	1. Familiarizing students with the biological mechanisms accompanying physical exercise and with different types of exercise loads, including adaptive changes in individual body systems resulting from physical efforts of varying intensity (e.g. adaptations induced by sprint, strength, and endurance training). 2. Familiarizing students with the practical implementation of exercise testing using indirect and direct methods for physical efforts of different intensity and characteristics.						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[BIOLMU2_U04] the graduate is able to plan and carry out independently or in a team research tasks or expertises in the field of the studied biological speciality	The student is able to plan and perform, individually or as part of a team, basic research tasks in the field of exercise physiology, including method selection, data collection, and preliminary data analysis.	[SU6] demonstration of practical skills
	[BIOLMU2_K02] the graduate is ready to work effectively as a member of a team and to comply with the rules of teamwork and take responsibility for the tasks performed	The student is prepared to work effectively as a member of a team during physiological measurements and testing, to follow team-based work principles, and to take responsibility for assigned tasks.	[SK8] observation of student's independent or team work
	[BIOLMU2_U01] the graduate is able to select and apply research techniques and tools appropriate to the problems of the biological sciences specialisation studied	The student is able to select and apply basic research techniques and tools in exercise physiology that are appropriate for assessing physical performance, exercise-induced adaptations, and fatigue.	[SU6] demonstration of practical skills
	[BIOLMU2_W01] the graduate has an in-depth knowledge and understanding of natural phenomena and processes at different levels of complexity	The student has an in-depth understanding of physiological phenomena and processes occurring in the human and animal organism in response to physical exercise, at both the systemic and cellular levels.	[SW4] test/exam - oral or written
Subject contents	The concept of physical fitness, aerobic and anaerobic capacity, and selected factors determining their level. The concept of exercise tolerance and its physiological determinants. The concept of physical exercise, classification of exercise types, and energy sources. <i>Practical component:</i> measurement, calculation, and analysis of basic body composition components; orthostatic test. Changes in oxygen uptake and circulatory parameters in response to exercise of varying intensity. <i>Practical component:</i> determination of maximal oxygen uptake using the ÅstrandRyhming nomogram; direct measurement of maximal oxygen uptake (exercise-to-exhaustion test / ramp test). Adaptive changes in the respiratory system in response to exercise of different intensity and duration. <i>Practical component:</i> determination of PWC 170, 150, and 130 values. Anaerobic exercise and the concept of power. <i>Practical component:</i> direct measurement of anaerobic capacity (WAnT), indirect power measurements. Physiological basis of warm-up. <i>Practical component:</i> interval exercise, static exercise. Fatigue and recovery: basic concepts, types, symptoms, and causes of fatigue. <i>Practical component:</i> Harvard step test, calculation of the recovery efficiency index; prolonged exercise at constant intensity. Training as a process of adaptation to progressively increasing loads. Adaptive changes in children and adults induced by endurance, strength, and speed training. <i>Practical component:</i> anaerobic threshold measurement methods and performance of a field test. Issues related to physical exercise in model organisms. <i>Practical component:</i> measurement of strength, coordination, and endurance using laboratory rats and mice as examples.		
Prerequisites and co-requisites	Completed a course in animal and human physiology / general physiology.		
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	Midterm tests.	51.0%	100.0%

Recommended reading	Basic literature	Górski J. <i>Physiological Foundations of Physical Exercise</i> , PZWL, Warsaw, 2008. <i>Physiological Tests in the Assessment of Physical Fitness</i> , PWN, Warsaw, 2010.
	Supplementary literature	Materials (review articles in English and Polish) provided by the course instructor or proposed by students.
	eResources addresses	
Example issues/ example questions/ tasks being completed		
Work placement	Not applicable	

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