

Subject card

Subject name and code	Motor Preparation and Strength Training, PG_00194185						
Field of study	Sport Management						
Date of commencement of studies	October 2026	Academic year of realisation of subject				2028/2029	
Education level	Bachelor's studies	Subject group				Optional subject group	
Mode of study	full-time studies	Mode of delivery				at the university	
Year of study	3	Language of instruction				Polish	
Semester of study	5	ECTS credits				2.0	
Learning profile	academic	Assessment form				credit	
Conducting unit							
Name and surname of lecturer (lecturers)	Subject supervisor		dr Sabina Nowak				
	Teachers						
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		1.0		19.0	50
Subject objectives	The aim of the course is to familiarize students with issues related to the methodology of developing motor skills and to equip them with the knowledge, competences, and skills necessary for basic strength training exercises. Practical exercises are designed to familiarize students with the scope of training organization and master the skills of their application in training in various sports, as well as planning and conducting strength training using various training methods. This will increase students' self-awareness in the area of physical culture and care for balanced psychophysical development.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Can demonstrate the technique for performing a motor task in strength training; when working in a team, has a sense of responsibility for their own health and safety, as well as that of others.		[SU6] demonstration of practical skills [SU8] observation of student's independent or team work		
	[ZSSML3_K02] Is ready to perform professional roles responsibly, adhere to professional ethics and require the same of others, and care for the achievements and traditions of professions related to management and the sports market.		Using their knowledge of various forms of strength training and its importance in motor preparation, they are aware of how to promote the social and cultural significance of sport and physical activity.		[SK2] presentation/project/paper/report		
Subject contents	<ol style="list-style-type: none"> 1. Introduction to the methodology of developing motor skills. Structure of sports training. 2. Forms of training. Exercises adapted to the sport discipline. 3. Technique of performing individual exercises in developing motor skills. 4. General and specific fitness tests depending on the sport discipline. 5. Monitoring and control of the training process. Supplementation. 6. Initial motor adaptation. Basics of strength training. 7. Strengthening postural muscles. General development training. 8. General upper body and lower body training. 9. Strength exercises using conventional and unconventional training methods. 10. Preparation for conducting strength training with people of different ages and with different health problems. 						

Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	presentation/assignment	51.0%	100.0%
Recommended reading	Basic literature	1. Bompa T.O. (1999) Periodization training for sport. Human Kinetics, Champaign, IL. 2. Naglak Z. (1999) Metodyka trenowania sportowca. AWF, Wrocław. 3. Sozański H. (red.) (1999) Podstawy teorii treningu. AWF, Warszawa. 4. Starrett K., Cordoza G. (2015) Bądź sprawny jak lampart, Wyd. Galaktyka 5. Mc Gill S. (2019). Postaw na plecy, Wyd. Galaktyka	
	Supplementary literature	1. Ljach W. (2003), Kształtowanie zdolności motorycznych dzieci i młodzieży. COS Warszawa. 2. Błaszczak J. (2010). Dietetyczne i suplementacyjne wspomaganie procesu treningowego. AWF Katowice.	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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