

Subject card

Subject name and code	Introduction to Team Sports: Athletics, PG_00194539						
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	6	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 athletics and the division into running, jumping, and throwing competitions. The theoretical foundations of the discipline will be discussed, along with its history and social conditions, which can be used in various areas of sports clubs, sports academies, and other types of sports-related business activities. Practical exercises are designed to familiarize students with the technical elements of the most popular competitions and the use of their variations in popular sports, thereby increasing students' self-awareness in the area of physical culture and caring for balanced psychophysical development.						
Learning outcomes	Course outcome		Subject outcome		Method of verification		
	[ZSSML3_U11] Can engage and collaborate in teams, assuming different roles.		Builds a culture of trust and cooperation within the team, respects diversity of skills, promotes inclusiveness and sportsmanship.		[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.		Can use knowledge of athletic competitions to consciously promote the social and cultural significance of sport and physical activity, and to plan and organise sporting events.		[SK2] presentation/project/paper/report [SK5] implementation of a problem task		
Subject contents	<ol style="list-style-type: none"> 1. Track and field history of the discipline divided into competition blocks. 2. Track and field rules. 3. Running competition block. 4. Jumping competition block. 5. Throwing events. 6. Introduction to endurance training. 7. Developing specific strength. 8. Circuit training with coordination elements. 9. Field athletics. 10. Applying the rules in practice refereeing. 11. Organizing sports competitions. 						

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. Stanisław Socha (red.): Rzuty i wieloboje lekkoatletyczne: podstawy treningu. Wydawnictwo Akademii Wychowania Fizycznego, 1994 2. Katarzyna Paczkowska (red.) Lekkoatletyka Technika Metodyka Trening. Wydawnictwo Sport i Turystyka, 1982 3. Michał Duwała: Sport. Lekkoatletyka - historia, zasady, trening. Wydawnictwo DRAGON, 2011	
	Supplementary literature	1. Jacek Bigus, Adam Szymczak, Krzysztof Warchoń (red.): Kształcenie animatorów sportu szkolnego. MEiN Warszawa 2022	
	eResources addresses		
Example issues/ example questions/ tasks being completed			
Work placement	Not applicable		

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