

**Subject card**

<b>Subject name and code</b>	Principles of Ergonomics, PG_00204483						
<b>Field of study</b>	Geography						
<b>Date of commencement of studies</b>	October 2026	<b>Academic year of realisation of subject</b>			2026/2027		
<b>Education level</b>	Bachelor's studies	<b>Subject group</b>			Obligatory subject group in the field of study		
<b>Mode of study</b>	full-time studies	<b>Mode of delivery</b>			at the university		
<b>Year of study</b>	1	<b>Language of instruction</b>			Polish		
<b>Semester of study</b>	1	<b>ECTS credits</b>			0.0		
<b>Learning profile</b>	academic	<b>Assessment form</b>			credit		
<b>Conducting unit</b>	Laboratory of Bionanotechnology -> Department of Molecular Biotechnology -> Faculty of Chemistry -> Rector						
<b>Name and surname of lecturer (lecturers)</b>	<b>Subject supervisor</b>		mgr Ewa Sulecka-Mielewczyk				
	<b>Teachers</b>						
<b>Lesson types</b>	<b>Lesson type</b>	Lecture	Tutorial	Laboratory	Project	Seminar	SUM
	<b>Number of study hours</b>	6.0	0.0	0.0	0.0	0.0	6
	E-learning hours included: 0.0						
<b>Learning activity and number of study hours</b>	<b>Learning activity</b>	<b>Participation in didactic classes included in study plan</b>		<b>Participation in consultation hours</b>		<b>Self-study</b>	<b>SUM</b>
	<b>Number of study hours</b>	6		0.0		0.0	6
<b>Subject objectives</b>	<ol style="list-style-type: none"> <li>1. familiarizing students with all issues mentioned in the lecture program content,</li> <li>2. getting acquainted with the history of ergonomics and its development,</li> <li>3. applications of ergonomics in the work environment and at home,</li> <li>4. transfer of interdisciplinary knowledge about humans in the work environment</li> </ol>						

Learning outcomes	Course outcome	Subject outcome	Method of verification
	[GEOGRL3-K04] is prepared to independently undertake and initiate professional behavior, including maintaining the principles of professional ethics in oneself and others, and care for the achievements and traditions of the geography profession	Is able to discuss existing solutions from an ergonomic perspective and is able to apply them both in independent work and in a team.	[SK1] oral statement/conversation/discussion
	[GEOGRL3-W08] principles of planning and developing individual entrepreneurship, using knowledge of geography	Knows the basic issues related to work organization and knows how to design a workstation in accordance with the principles of ergonomics	[SW5] implementation of a problem task
	[GEOGRL3-K02] is prepared to bear full responsibility for the actions taken and adhere to the principles of professional ethics and principles of intellectual honesty, is aware of the importance of a professional approach in professional life	Recognizes the connection between the principles of ergonomics and issues of professional ethics and intellectual property protection.	[SK1] oral statement/conversation/discussion
Subject contents	<p>History and development of ergonomics. The essence of occupational health and safety. Tasks of ergonomics. The role of ergonomics in the process of work and learning, basic concepts. Issues of sustainable development and ecology. Conceptual ergonomics and corrective ergonomics. Physiological conditions of work efficiency. Optimal working time, rest breaks. Psychophysical properties of man. Material work environment: physical, chemical, biological factors, microclimate. Human system - work station. Assessment of occupational risk. Organization of work station. Ergonomic assessment of the material work environment. Ergonomic shaping of the work station, working position. Assessment of a computer workstation with a screen monitor. Principles of ergonomic work with a portable computer. First aid</p>		
Prerequisites and co-requisites			
Assessment methods and criteria	Subject passing criteria	Passing threshold	Percentage of the final grade
	attendance	100.0%	100.0%
Recommended reading	Basic literature	<ol style="list-style-type: none"> <li>1. B. Rączkowski Occupational health and safety in practice, ODDK Gdańsk,</li> <li>2. "Work science - safety, hygiene, ergonomics", Central Institute for Labor Protection, Warsaw.</li> <li>3. J. Kania "Ergonomic methods", PWE, Warsaw,</li> <li>4. Regulation of the Minister of Labor and Social Policy of December 1, 1998 on occupational health and safety at positions equipped with screen monitors.</li> </ol>	
	Supplementary literature	<ol style="list-style-type: none"> <li>1. M. Kamińska-Żyła, "Ergonomics of a computer station", AGH University of Science and Technology Publishing House, Kraków 2000</li> <li>2. Ergonomic working conditions, WSIP</li> <li>3. E. Górńska Ergonomics. Design-diagnosis-experiments</li> </ol>	
	eResources addresses		

Example issues/ example questions/ tasks being completed	<ol style="list-style-type: none"><li>1. Problem task related to work environment factors and occupational risk assessment</li><li>2. Problem-solving task related to the ergonomics of the workstation</li><li>3. First aid</li></ol>
Work placement	Not applicable

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