

**Subject: Theory of Sport****I. General information:**

<b>Organization unit</b>	Faculty of Physical Education Chair: Water and Winter Sports Department: Theory of Sport Supervisor: Jakub Adamczyk Ph.D., D.Sc.
<b>Course name</b>	Theory of Sport
<b>Subject code</b>	34/3/I/PE
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	Obligatory
<b>Level of studies (eg. bachelor, master)</b>	Bachelor
<b>Year of studies</b>	III
<b>Semester</b>	V
<b>ECTS Points</b>	4
<b>Teacher/e-mail</b>	Dr hab. Prof. AWF Jakub Adamczyk jakub.adamczyk@awf.edu.pl
<b>Studies program in which the subject is realized</b>	Physical Education
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Required knowledge about physiology, biology and biochemistry, pedagogy

**II. Detailed Information****Course aims and objectives**

A1	Gaining knowledge about sport as an phenomenon and its place in the Physical Culture, types of sport, aims of sport, specific solutions.
A2	Basic knowledge and skills of theory of sport – mainly in the aspect of sport for youth and sport for all.
A3	Acquisition of basic skills for conducting classes and training in schools and clubs.

## Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W12 Familiarity with basic physical education terminology, comprehension of its sources and implementation within other associated disciplines (sport, tourism, movement recreation, health and aesthetic behaviour)	Basic knowledge of sport as an phenomenon.
K_W12 Familiarity with basic physical education terminology, comprehension of its sources and implementation within other associated disciplines (sport, tourism, movement recreation, health and aesthetic behaviour)	Knowledge about sport as a part of Physical Culture and connections with the other elements.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Understanding different types of modern sport.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Factors condition development of competitive sport and its risks.
K_W07 Familiarity with genetic, environmental and physical conditions of mobility, its basic concepts and measurement methods. Comprehension of the meaning of particular stages of movement development in ontogenesis in the learning and teaching process.	Characteristic of indicators condition motor abilities of man and concepts of measurements.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Rules, forms, methods and means of training.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Factual and time structure of training.
K_W19 Familiarity with the basic rules, forms, means and	Stages of training and specificity of

methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	training for youth.
K_W19 Familiarity with the basic rules, forms, means and methods of training and with factors that affect the development of qualified sport. Comprehension of the stages of sport training and specific nature of sport training dedicated to children and teenagers. Familiarity with ways of selecting competitors of extreme sports. Familiarity and comprehension of the importance of physical activity and the meaning of sport and training for all.	Ways, rules and criteria of qualification to sport.
<b>Skills</b>	
K_U18 Ability to select the appropriate basic training methods and means for children, teenagers and adults as well as health training, apply selected tests related to special fitness. Ability to recognize sport talents.	Choice of basic training methods for youth and sport for all.
K_U18 Ability to select the appropriate basic training methods and means for children, teenagers and adults as well as health training, apply selected tests related to special fitness. Ability to recognize sport talents.	Competence of choosing adequate tests for sport selection.
<b>Social Competences</b>	
K_K01 Development of own sport interests. Comprehension of the need for caring for physical fitness and health to promote health and correct practice of a teaching profession and a coach. Participating in sport life using its different forms with the aim of encouraging individuals and social groups to take up sports as a style of life.	Independently solves tasks concerning sports training.

### Syllabus content

No	Title
<b>Exercise / practical classes</b>	
SC 1	Basic informations about the subject. Competitive sport and sport for all. Sport training as a system.
SC 2	Physical fitness – definitions, types, changes iduring onthogenesis.
SC 3	Rules, methods, forms and means of training.
SC 4	Speed – biological conditioning, forms of executing, methodology of training and testing.
SC 5	Strength – biological conditioning, forms of executing, methodology of training and testing.
SC 6	Endurance – biological conditioning, forms of executing, methodology of training and testing.
SC 7	Cooridnation, flexibility, jumping ability – biological conditioning, forms of executing, methodology of training and testing..
SC 8	Technical preparation. Move habit. Mathodology of teaching technical skills.

	Testing.
SC 9	Tactical preparation. Strategy and tactic. Classification of sports according to tactical demands. Methods of conducting sport fight. Testing.
SC 10	Training for youth – aims, conditioning and solutions.
SC 11	Stages of training in long term development plan.
SC 12	Qualification to sport – kinds, stages, criteria.
SC 13	Testing of predispositions for sport selection.
SC 14	Basic of sport for people with disabilities.
SC 15	Test. Credit.

#### Assessment criterion

Local grade	Grade	Criteria
<b>5</b>	<b>A</b>	Class attendance at least 75%. Activity during class. Minimum 90% points from final test.
<b>4,5</b>	<b>B</b>	Class attendance at least 75%. Activity during class. Total 82-89% points from final test.
<b>4</b>	<b>C</b>	Class attendance at least 75%. Activity during class. Total 75-81% points from final test.
<b>3,5</b>	<b>D</b>	Class attendance at least 75%. Activity during class. Total 65-74% points from final test.
<b>3</b>	<b>E</b>	Class attendance at least 75%. Activity during class. Total 55-64% points from final test.
<b>2</b>	<b>F</b>	Class attendance at least 75%. Activity during class. Less than 55% from final test.

#### ECTS Points calculation

Type of the activity	Number of hours for the activity	ECTS Points
<b>With direct contact with tutor (total)</b>	<b>60</b>	<b>2</b>
a) Lectures / exercises	45	x
b) Other contact hours, consultations	15	x
<b>Other forms of classes / gaining effects of education</b>	<b>60</b>	<b>2</b>
a) Literature analysis	20	x
b) Collecting of materials to the project	-	x
c) Preparation of presentation	-	x
d) Studying of didactic materials	20	x
e) Developing of personal skills	-	x
f) Preparation to the exam	20	x
<b>Number of hours / Total ECTS Points</b>	<b>120</b>	<b>4</b>

#### Bibliography:

1. Bompa T.O. (2000). Total Training for Young Champions. Champaign: Human Kinetics.

2. Bompa T., Buzzichelli C. (2015). Periodization. Training for Sports. 3<sup>rd</sup> edition. Champaign: Human Kinetics.
3. Haff G., Triplett T. (2015). Essentials of Strength Training and Conditioning. Champaign: Human Kinetics.
4. Joyce D., Lewindon D. (2014). High-Performance Training for Sports. Champaign: Human Kinetics.
5. Verkhoshansky Y.V., Siff M.C. (2009). Supertraining. 6<sup>th</sup> edition expanded version. Denver: USA.