



Subject: Theory of Sport

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair of Theory of Sport Chairman: Prof. dr hab. Jakub Adamczyk
Course name	Theory of Sport
Subject code	WFI-13
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	2
Semester	4
ECTS points	4
Professor	Jakub Adamczyk Ph.D., D.Sc.
Studies program in which the subject is realized	Physical education
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	Required knowledge about physiology, biology and biochemistry, pedagogy

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.

Main topics

No	Topic
Lectures/classes	

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 – kinde, stages, criteria.
SC 13	Testing of predispositions for sport selection.
SC 14	Basic of sport for people with disabilities.
SC 15	Test. Credit.

CONDITIONS FOR PASSING CLASSES:

Local grade	Grade	Criteria
5	A	Class attendance at least 75%. Activity during class. Minimum 93% points from final test.
4,5	B	Class attendance at least 75%. Activity during class. Total 85-92% points from final test.
4	C	Class attendance at least 75%. Activity during class. Total 77-84% points from final test.
3,5	D	Class attendance at least 75%. Activity during class. Total 69-76% points from final test.



3	E	Class attendance at least 75%. Activity during class. Total 56-68% points from final test.
2	F	Class attendance at least 75%. Activity during class. Less than 56% from final test.

1 ECTS point = 25. hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	45
2. Students' preparations of the presentations	15
3. Self study as preparation to the written exam	20
4. Self study as reading text prepared by the teacher	20
Total = 100 hours- ECTS points 4	

Author of the class card:	Name, surname and email
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