#### CLASS CARD

## **THEORY OF SPORT**

Basic classes	Code in the study plan	ECTS
Theory of Sport	WFI-13	4

Education profile	Practical
Faculty and field of study	Physical Education
Studies program in which the	Physical Education
subject is realized	
Professor's name	Jakub Adamczyk Ph.D, D.Sc.
Level of studies (eg. bachelor,	Bachelor
master)	
Study year and semester	2,4
Language	English
Method of realization	Stationary
(stationary/ distance learning)	
Lectures/classes hours	15 lectures, 30 classes
Form of passing classes	E4
Type of subject	Obligatory
(obligatory/ facultative)	
Prerequisites	Required knowledge about physiology, biology and
	biochemistry, pedagogy

#### **DETAILED INFORMATION**

# **Course aims and objectives**

A1	Familiarizing students with the fundamentals of the system of knowledge,
	theories, hypotheses, and generalizations of practical experiences that
	scientifically describe sport as a phenomenon, its place within the system of
	physical culture, and its interactions with other components of the system.
A2	Equipping students with a system of knowledge and basic skills in the field of
	sports theory — mainly in the context of children's and youth sports, as well as
	sport for all
A2	Equipping students with basic skills enabling them to undertake coaching work
	and manage training at a basic level, including in educational institutions.

# LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

	Reference to	Reference to			
	the universal	the universal			Deference
Directional	characteristics	characteristics		Defense to	Reference
learning	of the first	of the second	Learning outcomes	Reference to	to
outcomes	degree of	degree of	for the subject	subject	education
(symbols)	PRK level 6	PRK level 6	5	objectives	standards
	(symbols)	(symbols)			
		ŀ	KNOWLEDGE		
		-			
	1				1
K_W01	P6U_W	P6S_WG	<b>P_W01</b> Knows the		
			fundamentals of the system of		
			knowledge, theories,		
			hypotheses, and	Δ1	
			generalizations of practical	AI	
			experiences that scientifically		
			describe sport as a		
			phenomenon.		
K_W01	P6U_W	P6S_WG	<b>P_W02</b> Is able to explain the		
			place of sport within the		
			system of physical culture and	A1	
			its interactions with other		
			components of the system.		
K_W01	P6U_W	P6S_WG	<b>P_W03</b> Understands the		
			significance of various forms		
			of modern sport.	A1	
K_W01	P6U_W	P6S_WG	<b>P_W04</b> Knows the factors		
			conditioning the development		
			of competitive sport and its	A1	
			risks.		
K_W06	P6U_W	P6S_WG	<b>P_W05</b> Is able to characterize		
		D6S WK	factors determining motor		
		105_WK	skills and the basic concepts	A2	
			and methods of their		
			measurement.		
K_W13	P6U_W	P6S_WG	<b>P_W06</b> Has knowledge of the		
		DEC WIL	basic principles, forms, means,		
		LO2 MK	and methods of teaching and	A1	
			training.		
17 11/10					
K_W13	P6U_W	P6S_WG	<b>P_W07</b> Knows the essence of		
		P6S WK	the material structure of		
			training and its components:	A1	
			ritness, technical, tactical,		
			psychological, theoretical, and		
			intellectual preparation.		

K_W13	P6U_W	P6S_WG	P_W08 Understands the		
			stages of sports training and		
		POS_WK	the specificity of training for	A2	
			children and youth.		
K_W13	P6U_W	P6S_WG	P_W09 Knows the basic		
			methods, principles, and		
		P65_WK	criteria for qualification into competitive sports.	A2	
			SKILLS		
K U13	P6U U	P6S UK	<b>P</b> U01 Possesses the ability to		
		P6S_UW	select basic means and methods of teaching and	٨З	
		P6S_UO	training for the needs of children's and youth sports as	AJ	
		~~~~	well as sport for all.		
		SOCL	AL COMPETENCES		
-	-	-	-	-	

# SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

		Reference to subject-
FORM OF C	LASSES – LECTURE - subject	specific learning outcomes
Semester 4	<b>Sport in the Contemporary World.</b> The place of sport within the system and structure of physical culture. Forms of practicing sport. Professionalism and amateurism. Sport for people with disabilities and sport for individuals with intellectual disabilities, etc. Their place within the sport system.	P_W01; P_W02; P_W03; P_W04
	<ul> <li>Within the sport system. Integration trends.</li> <li>Theory of Sport as a Science and a Subject of Study.</li> <li>Origins, cognitive and application tasks.</li> <li>Integrative functions in relation to training practice and specific sciences. Development directions. Its place within the scientific system.</li> </ul>	P_W01;
	The Human Being in Relation to Sport – The Unity of Sport. The universality of the functions of sport (and training) in the comprehensive development of the individual at different	P_W01; P_W05

	stages of ontogeny (and with varying health conditions). Sports Training as a Process. The stages of training and their significance for the continuity of a sports career. Prerequisites for the qualification of candidates for high-performance training. Criteria for selection and recruitment, factors determining the continuity and dynamics of this process.	P_W08; P_W09
FORM OF CI	LASSES – CLASSES – subject	Reference to subject- specific learning outcomes
Semester 4	Motor Preparation in the Training Process.Technical and Tactical Preparation in Sport.Qualification for Sport – types of selection, stages, criteria, and effectiveness of qualification.	P_W06; P_W07 P_W08; P_W09
	Selection of Basic Means and Methods of Teaching and Training for the Needs of Children's and Youth Sports as well as Sport for All – Project.	P_U01

# PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms	
Lectures	Auditorium-based	
Classes	Auditorium-based, practical classes (project	
	method)	
Teaching resources: computer, multimedia projector, thematic presentations.		

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Semester	Learning outcomes for classes	Assessment methods
4	P_W01; P_W02; P_W03;	final written assessment – test
	P_W04; P_W05; P_W08; P_W09	
4	P_W06; P_W07; P_W08;	final written assessment –
	P_W09; P_U01	descriptive
		project
4	P_W01; P_W02; P_W03;	written test exam (first date) /
	P_W04; P_W05; P_W06; P_W07; P_W08;	oral exam (second date)

Р	W09:	Р	U01
	,		

#### **CONDITIONS FOR PASSING CLASSES:**

Passing the exercises with a grade includes a practical test (project preparation) and a theoretical test (written – descriptive). The project will be assessed based on the following criteria: applied methods and training tools, training structure, rhetoric of presentation, accuracy of presentation, and content compliance with the training objective. A maximum of 22 points can be earned. Grading scale:

- 50–59% satisfactory (dst.),
- 60–69% satisfactory plus (dst. plus),
- 70–79% good (db.),
- 80–89% good plus (db. plus),
- 90–100% very good (bdb.).

To obtain a positive final grade, students must achieve at least a satisfactory grade in both forms of assessment.

**Passing the lectures**: The test consists of 20 single-choice closed questions. The passing threshold is set at 60%.

The final course completion takes the form of an **exam**. A prerequisite for taking the exam is passing both the exercises and the lectures. The **first attempt** is an **written test exam**. The exam consist 25 single-choice questions, using the Testportal platform, taken **on-site**. Students must ensure they have the appropriate tools to complete the test. Duration is approximately 25 minutes.

Local grade	Grade	Criteria
5	Α	Class attendance at least 75%. Activity during class. Minimum 93% points from final test.
4.5	В	Class attendance at least 75%. Activity during class. Total 85- 92% points from final test.
4	С	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.

**Second attempt** is in oral exam form. Each answer is graded on a scale from 2 to 5, and to pass, the student must answer each question with at least a satisfactory grade.

Grading criteria for the oral exam:

- 9 points satisfactory (3),
- 10.5 points satisfactory plus (3.5),
- 12 points good (4),
- 13.5 points good plus (4.5),
- 14.5 points or more very good (5).

#### SAMPLE ASSESSMENT/EXAMINATION TOPICS

- Characterize endurance development methods and provide examples of their use in physical education lessons and children and youth trainings.
- List the types of motor habits and describe the stages of their formation. Discuss potential difficulties encountered while conducting PE classes.
- Using the example of a School Sports Club, present a model of the sports training system.

## ENGLISH BIBLIOGRAPHY

Basic	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. Verkhhoshansky Y.V., Siff M.C. (2009). Supertraining. 6 <sup>th</sup> edition
	expanded version Denver: USA
	expanded version: Deriver: 05/A.
Additional	Selected scientific papers on topics related to sports training.

#### **SELF STUDY**

Full-time studies		
Number of hours to complete the activity	ECTS	Type of activity

45	1,8	Activities requiring the direct participation of academic teachers (total)
15/30		a) lectures / exercises
		b) other contact hours with the teacher
55	2,2	Other forms of activity (total)
15		a) familiarizing oneself with the indicated literature
10		b) gathering materials for the project
5		c) preparing the presentation and description
5		d) studying teaching materials
		e) developing personal fitness / improving technical skills
20		f) preparation for assessment/exam
		g) other (specify):
100	4	Total hours / number of ECTS points

# Number of ECTS points that a student obtains in classes developing practical skills: 2

Author of the class card:	Name, surname and email
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