



JÓZEF PIŁSUDSKI

**UNIVERSITY OF PHYSICAL EDUCATION**  
IN WARSAW

**Subject: ENVIRONMENTAL CONDITIONS INFLUENCING SPORTS TRAINING  
AND COMPETITION**

**GENERAL INFORMATION**

<b>Organization unit</b>	Faculty of: Physical Education Chair of: Theory of Sport Chairman: Prof. dr hab. Jakub Adamczyk
<b>Course name</b>	Sports Diagnostics
<b>Subject code</b>	<b>SDII- 26</b>
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	master
<b>Study year</b>	I
<b>Semester</b>	1st
<b>ECTS points</b>	2
<b>Professor</b>	Łukasz Trzaskoma PhD
<b>Studies program in which the subject is realized</b>	Physical Education/Sport
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	

**DETAILED INFORMATION**

**Course aims and objectives**

Familiarization with the diversity of physical and environmental conditions and their impact on the functioning of the athlete's body; Presentation of the changing environmental conditions occurring in different parts of the world, which an athlete may experience during international camps and competitions; Familiarization with measurement methods that make it possible to assess the impact of environmental factors on the functioning of an athlete's body; Preparing students for individual planning, ongoing assessment of changes in physiological parameters and implementation of the training process in the context of changing environmental conditions

## Main topics

No	Topic
Lectures/classes	
1.	Familiarizing students with the basic principles of planning and implementing sports training. Presenting students with the issues of sports competition in biomechanical and physiological terms
2.	Types of environmental conditions that may have a significant impact on the quality parameters of training and sports competition
3.	Circadian rhythm definition and factors influencing its changes. The impact of the "Jet Lag" effect on physiological responses during movement across time zones
4.	Sports diagnostics and its role in the context of physiological changes caused by the influence of environmental factors on the athlete's body
5.	Planning trips to sports camps and competitions, periodization and training control taking into account variable environmental conditions.

## CONDITIONS FOR PASSING CLASSES:

<b>attendance at classes and written exam (project)</b>
---

**1 ECTS point = 50 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	10
3. Self study as preparation to the written exam	10
4. Self study as reading text prepared by the teacher	50
<b>Total = 100 hours- ECTS points 2</b>	

<b>Author of the class card:</b>	<b>Name, surname and email</b>
<b>Date:</b>	Łukasz Trzaskoma, lukasz.trzaskoma@awf.edu.pl