JÓZEF PIŁSUDSKI
UNIVERSITY OF PHYSICAL EDUCATION
IN WARSAW

Subject: **Information Technology in Sport**

GENERAL INFORMATION

Organization unit	Faculty of Physical Education Chair: Human Biology Supervisor: Prof. Monika Łopuszańska-Dawid
Course name	Information Technology in Sport
Subject code	2/3/I/S
Teaching language	English
Type of subject **(obligatory/ facultative)**	Facultative
Level of studies (eg. bachelor, master)	bachelor
Study year	1
Semester	1
ECTS points	3
Professor	Szymon Kulis PhD; szymon.kulis@awf.edu.pl
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization **(stationary/ distance learning)**	stationary
Prerequisites	Basic knowledge on computer architecture and operating systems

DETAILED INFOMATION

Course aims and objectives

The aim of the *Information Technology* course is to equip students with essential theoretical knowledge and practical skills necessary for effective use of modern computer technologies in academic and professional contexts. The course introduces students to the structure and functions of a computer, along with fundamental principles of occupational health and safety in the IT environment. Students will become proficient in navigating operating systems and managing computer functionalities such as file organization, data recovery, and data compression. A significant focus is placed on mastering Microsoft Office tools, including advanced text editing and formatting in Word, table creation, automated content elements like bibliographies and tables of contents, and designing structured templates for official documents. The course further develops students' abilities to use Microsoft Excel for data entry, formatting, performing calculations using relative and absolute references, applying conditional functions, and creating visual data presentations through charts. Students will also learn to sort and filter data efficiently and design reusable spreadsheet templates. Additionally, the course covers the principles of creating impactful presentations in Microsoft PowerPoint and emphasizes the importance of computer and data security. Finally, students will gain

awareness of the dynamic development of information technology and its relevance across various disciplines, particularly in the field of physiotherapy and rehabilitation.

Obligatory literature:

1. Blanc, I. (1995). Learning Microsoft Office, Professional Version: Word, Excel, PowerPoint, Access. DDC Pub.

2. Clark D.H. (1999) Research Problem in Physical Education 2nd edition, Eaglewood Cliffs, Prentice Hall, Inc.

3. House, D. (2015). Microsoft Word, Excel, and PowerPoint: Just for Beginners. Outskirts Press.

4. Schiessl, P. (2018). Microsoft Excel 2019 - Training book with many Exercises: From the Beginning to Advanced Applications. Independently published.

5. Solosky, S. C. (2002). Microsoft Word: Practice and Exercises. Kendall/Hunt Publishing Company.

6. Verma, J. P. (2011). Statistical Methods for Sports and Physical Education. Tata McGraw Hill Education Private Limited.

Main topics

No	Topic
Lectures/classes	
1	Personal adjustments of settings and toolbars, creating MS Word documents.
2	Text formatting, editing commands, symbols, tabulators, bullets and numbering, page numbers.
3	Inserting and formatting tables.
4	Inserting and formatting images, creating equations.
5	Page and section breaks, formatting header and footer
6	Creating table of contents.
7	Mid-term exam (Word or other text editor)

8	Personal adjustments of settings and toolbars, creating MS Excel workbooks and sheets.
9	Entering the data, data formats. Cell formatting. Sorting and filtering the data.
10	Formulas and selected functions. Fixed address.
11	Chart creating and formatting.
12	PivotTables, Pivot Charts
13	erial correspondence – preparation of personalized letters using Word and Excel documents
14	Application of built-in functions for simple statistical calculations – descriptive statistics
15	Final exam (MS Excel or other spreadsheet)

CONDITIONS FOR PASSING CLASSES:

To successfully complete the course, students are required to prepare and deliver a presentation using Microsoft PowerPoint on a topic selected in agreement with the instructor. In addition, students must pass a practical test evaluating their ability to apply the skills acquired during the course. The practical test will be assessed and graded.

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	
3. Self study as preparation to the written exam	60
4. Self study as reading text prepared by the teacher	
Total = 90 hours- ECTS points 3	

Author of the class card:	Name, surname and email
Date: 10.04.2025	Szymon Kuliś, szymon.kulis@awf.edu.pl