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Course title: ANTHROPOMOTORICS

ECTS credit allocation (and other scores): 2.0 ECTS

Semester: spring

Level of study: ISCED-6 - first-cycle programmes (EQF-6)

Branch of science: Medical and health sciences

Language: English

Number of hours per semester: 30

Course coordinator/ Department and e-mail: dr hab. Jarosław Jaszczur-Nowicki, prof. UWM

Type of classes: classes and lectures

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#### Substantive content

**CLASSES:** Fundamentals of human motor skills and factor and qualitative classification of movement. Classification and distribution of human motor abilities. Physical fitness, physical activity. Muscle strength. Sources of energy used for muscle work. Methodology of shaping force. Endurance as an energetic motor ability. Endurance human capabilities - basic concepts, state of knowledge. Coordination motor. Body balance and its special importance in human life. Rapid motor skills of man. Flexible human predispositions - basic concepts, state of knowledge. The role and importance of physical education in the process of motor improvement.

**LECTURES:** Human motor activity as the subject of theoretical studies. Motor skills and human motor activity: the basic concepts. Human motor development in ontogeny. Genetic conditions for motor predispositions and skills. Physical activity in optimization of body mass and composition. Physical activity and aging in individuals and the general population. Assessment of physical activity level. Prophylactic significance of increased physical activity.

**Learning purpose:** The aim of the course is to familiarize students with the overall motor skills, properties and motor abilities of the human body

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On completion of the study programme the graduate will gain:

**Knowledge:** Has knowledge on about active and healthy lifestyles and the effects of hypokinesia.

**Skills:** Is characterized by skills within various forms of physical activity, including the use of equipment and utensils

**Social Competencies:** Is able to diagnose the needs of disabled people and enable disabled people to participate in various forms of tourism and recreation

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**Basic literature:** 1) Czabański B., Kształcenie psychomotoryczne, wyd. AWF, Wrocław., 2000; 2) Drabik J., Testowanie sprawności fizycznej u dzieci, młodzieży i dorosłych, wyd. AWF Gdańsk, 1997; 3) Drozdowski Z., Filogenetyczny rozwój motoryczności człowieka., wyd. Kraków, 1994; 4) Osiński W., Antropomotoryka., wyd. AWF Poznań, 2003; 5) Raczek J., Mynarski W., Ljach W., Kształtowanie i diagnozowanie koordynacyjnych zdolności motorycznych., wyd. AWF Katowice., 2003

**Supplementary literature:** 1) Starosta W., Motoryczne zdolności koordynacyjne (znaczenie, struktura, uwarunkowania, kształtowanie)., wyd. Instytut Sportu, Warszawa, 2003; 2) Szopa J., Mleczko E., Żak S., Podstawy antropomotoryki, wyd. PWN, Warszawa, 2000

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The allocated number of ECTS points consists of:

Contact hours with an academic teacher: 1.36

Student's independent work: 0.64