

Title:	THEORY OF SPORT
Lecture hours:	15h theoretical
Study period:	summer/winter
Number of credits:	2 ECTS
Assessment methods:	The course is terminated after passing a written examination
Language of instruction:	English
Prerequisites:	Knowledge about methodological contents and aspects of sport and physical activity.
Course content:	<p>Theory of sport:</p> <ul style="list-style-type: none"> • Structure of sport. • Sport at various levels. • Specifics of lessons for children and adults, • Fear and motivation in sport • Determinants of performance • Methodology of teaching agility, strenght, • Methodology of teaching elementary exercises • Physical Education Theory and Didactics, • Physiology of Sports Movements, • Test Theory and Statistics, • Professional Competence Development Practice, • Sport Educology, • Control of Organism Systems, • Sport Psychology Research Methods, • Physical Education Systems and Technologies, • Sport Economics, • Systems for Teenager Selection for Sport, Research Practice, Profession Competence Pedagogical Research Practice.
Learning outcomes:	<p>After the course the student should possess knowledge about:</p> <ol style="list-style-type: none"> 1. Understand the structure and layout of sports 2. Structure of lesson 3. Types of lesson 4. Teacher's objectives and role during a lesson and training 5. Organizational forms of running a lesson 6. Organizational forms of running a training 7. Presentation of statistical analysis results in sport
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Literature:	<ol style="list-style-type: none"> 1. Van Leeuwen, L., Quick, S. & Daniel, K. (2002). The sport spectator satisfaction model: A conceptual framework for understanding the satisfaction of spectators. <i>Sport management review</i>, 5(2), 99-128 2. Staszkiwicz R, Ozimek M. Związek wyników sportowych i parametrów biomechanicznych charakteryzujących sprinterów wysokiej klasy. [Relation between sports results and biomechanical parameters]. In: Sozański H, Perkowski K, Śledziwski D, editor. <i>Trening sportowy na przełomie wieków [Sports training at the turn of centuries]</i>. Warszawa: AWF; 2002: 138-142 3. Szot Z, Koperski A, Dargiewicz R, Blanik L. Parameters of horse vault technique at the champion's level In: <i>World Congress of Performance Analysis of Sport VIII</i>. Magdeburg: the Otto von Guericke University; 2008: 223 4. Levit A, Dargiewicz R, Dancewicz T, Kruczkowski D, Mikołajek P. Judges' assessment and the kinematic assessment of selected athletes qualified for the vault finals in the European Championship in artistic gymnastics. <i>Trening</i> 2000;2-3:271-273