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| Title: | SPORT PHYSIOLOGY |
| Lecture hours: | 30h practical 15h theoretical |
| Study period: (summer/winter) | summer/winter |
| Number of credits: | 4 ECTS |
| Assessment methods: | The course is terminated after passing theoretical and practical examination . |
| Language of instruction: | English |
| Prerequisites: | Knowledge about basic of human anatomy and physiology, knowledge about human performance in sport and exercise. |
| Course content: | <ol style="list-style-type: none"> 1) History of the psychology of sport and physical activity 2) Applied sport psychology 3) Clinical and counseling sport psychologists 4) Areas of studys :Personality, Youth sport, Coaching, Team dynamics 5) Evolutionary perspectives 6) Techniques used in sport physiology : Arousal regulation, Goal setting, Imagery, Preperformance routines, Self-talk 7) Exercise psychology 8) Psychology Skills Training |
| Learning outcomes: | <p>A student passing this module should:</p> <ul style="list-style-type: none"> ○ possess knowledge of the physiological consequences of different types of exercises, ○ possess knowledge about methods of physiological examination, ○ be able to program physiological evaluation in different training periods, ○ be able to perform aerobic and anaerobic evaluation, |
| Name of lecturer: | mgr Jan Mieszkowski dr Błażej Stankiewicz |
| Contact (email address): | e-mail: dorotawf@ukw.edu.pl , mieszkowskijan@ukw.edu.pl . |
| Literature: | <ol style="list-style-type: none"> 1. McArdle, W.D., Katch, F.I. and Katch, V.L. (2007). Exercise Physiology, Energy, Nutrition and Human Performance. Baltimore: Lippincott, Williams & Wilkins 2. Wilmore, J H and Costill, D L (2004) Physiology of Sport and Exercise. Champaign, Illinois: Human Kinetics 3. Astrand, P O, Rodahl, K, Dahl, H A and Stromme, S B (2003) Textbook of Work Physiology. Physiological Bases of Exercise. Champaign, Illinois: Human Kinetics 4. Hale, T. (2005). Exercise Physiology: A Thematic Approach. Chichester: Wiley & Sons 5. Sharkey, B.J. and Gaskill, S.E. (2006). Sport Physiology for Coaches. 6. Robergs, R A, Ketevian, S J, and Keteyian, S. (2000). Fundamentals of Exercise Physiology: For Fitness, Performance, and Health with Ready Notes and PowerWeb/OLC Bind-in Passcard. St Louis: Mosby Year Book Inc. 7. Tipton, C. (2006). ACSM's. Advanced Exercise Physiology. Baltimore: Lippincott, Williams & Wilkins. 8. Brown, S., Miller, W. and Eason, J.M. (2006) Exercise Physiology. Bases of Human Movement in Health and Disease. Baltimore: Lippincott, Williams & Watkins. 9. Foss, R and Keteyian S J (1998) Physiological Basis for Sport and Exercise. New York: McGraw-Hill. 10. Brooks, G., Fahey, T., and Baldwin, K. (2004). Exercise Physiology : Human Bioenergetics and its Applications. London: McGraw-Hill |

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| | <p>11. JOURNALS : Medicine and Science in Sports and Exercise, Journal of Sports Sciences, Sports Medicine, Canadian Journal of Applied Physiology</p> <p>12. Internet publications: http://www.issaonline.edu, http://emedicine.medscape.com/sports_medicine, http://www.sportsnutritionssociety.org, http://www.ncbi.nlm.nih.gov/</p> |
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