

Faculty of Physical Education and Tourism

Course Unit					Anthropology		
Bachelor in Physical Education					Code: I/P/7		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
3	5	semestral	75	Lectures	10	3	1. Polish 2. Polish with additional English support for foreign students
				Problem solving	20		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites: Before the course unit the learner is expected to: demonstrate a good understanding of human anatomy. The student should have basic mathematical knowledge							
Learning outcomes and competences At the end of the course unit the learner is expected to: 1. Know and understand the basics of the human body structure and functioning with particular emphasis on the musculoskeletal system, including the mechanics of movement, the basic physiological and biochemical processes occurring in the human body in ontogenesis. 2. Know the genetic, environmental and somatic determinants of motor skills, their basic concepts and measurement methods. 3. Know the basic principles, forms, means and methods of training and factors determining the development of qualified sport. 4. Be able to use properly the basic measurement methods and techniques to assess the structure and physical development as well as tests to assess the basic elements of physical fitness. 5. Be able to use the basic equipment and apparatus used in physical education and sport. 6. Be able to evaluate the positive measures of health and have the ability to use basic methods, forms and means of health education in working with groups of different ages.							
Course contents (lectures): 1. The importance of anthropology (human biology) for physical education and sport. A holistic view of man. 2. Development factors: genetic, paragenetic, environmental and lifestyle. 3. Differences in body structure (constitutional types) and sexual dimorphism. 4. Evolution and its mechanisms. 5. Culture as a form of existence of a rational brain; the role of physical culture in the past age of sedentary lifestyle.							

Course contents (problem solving):	
<ol style="list-style-type: none"> 1. Anthropometry - the ability to perform selected anthropological measurements: body height, proportions, weight, perimeters, adipose tissue. 2. Body structure typology and assessment of body proportions (body assessment using Perkal's natural indicators, Heath-Carter method, Wanke's method) in terms of sports 3. Body tissue components - research methods, interpretation of research results; anthropometric estimation of body tissue components, practical applications. 4. The influence of genetic and environmental factors on the development of children and adolescents, the eco-sensitivity of girls and boys, change tendencies (secular trends) and development acceleration. 5. Predicting adult height and body type in children and adolescents. 	
Teaching and learning methods:	
<p>Knowledge assimilation method, lecturing method. discussion</p> <p>Methods based on students' practical activities of direct and indirect nature.</p>	
Assessment methods:	
<ol style="list-style-type: none"> 1. Continuous evaluation <ul style="list-style-type: none"> - Practical Work - measurement - Intermediate Written Test 2. Evaluation by an exam: <ul style="list-style-type: none"> - Final Written Exam 	
Recommended reading	
1.	Besnier N. , Brownell S., Thomas F. Carter T.F. <i>The Anthropology of Sport Bodies, Borders, Biopolitics</i> , University of California Press, 2018
2.	Charzewski J.: <i>Antropologia</i> , AWF Warszawa 1999
3.	Łaska-Mierzejewska T.: <i>Antropologia w sporcie i wychowaniu fizycznym</i> , COS Warszawa 1999
4.	Wolański N., <i>Ekologia człowieka</i> , Wydawnictwo Naukowe PWN, Warszawa 2012
5.	Wolański N., <i>Znaczenie i rola antropologii w kulturze fizycznej</i> , <i>Kultura Fizyczna</i> , 9-12:48-62, 2010

Authorisation – course coordinator and course teachers (signatures):