

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish	: LEKKOATLETYKA (SEKCJA)
Name in English	: TRACK AND FIELDS (VARSITY DIVISION)
Level and form of studies	: 1st and 2nd level, full-time
Profile	: academic, practical
Kind of subject	: optional, university-wide
Subject code	: WFW034034
Group of courses	: NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contraindications to take active part in athletics training.
2. Technical proficiency, earned during professional trainings in the past.
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

SUBJECT OBJECTIVES

- C1: Preparation of varsity division to take part in Lower Silesia University League (DLM) and Polish University Championships (AMP).
- C2: Giving former sportsmen possibilities to continue their career.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: a student knows the specific character of his event.

PEK_W02: a student knows the basic body reactions to physical effort.

Relating to skills:

PEK_U01: a student can control intensity of training according to the pulse rate and adjust it to scheduled training's targets.

PEK_U02: a student is able to choose his/her personal tactics during competition..

Relating to social competences:

PEK_K01: a student knows the importance of physical activity for both mental and physical health.

PEK_K02: a student promotes social and cultural importance of sport and physical activity and cares about his/her own preferences in the field of physical culture; he/she also cooperates with the team, takes part in athletics competitions and follows fair play rules.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Organization of classes: Presenting the requirements for passing a course, safety rules, introducing varsity division rules, choosing the captain and the manager of the varsity division. Technical skills test.	4
Cl. 2-24	Mastering athletics techniques: running, jumping, throws, track and fields. Mental preparation to start in competition.	44
Cl. 25-30	Preparation and start in DLM and AMP. Crediting.	10
	Total hours	60

TEACHING TOOLS USED
N1. Practical training.
N2. Coach's demonstration (or student's)
N3. Sport competition.
N4. Practical exercises in physiology, assessment of the level of physical capacity, pulse measurement.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Oral answer,
F2	PEK_U01, U02	Tests and competitions results
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

PRIMARY AND SECONDARY LITERATURE
<u>PRIMARY LITERATURE:</u>
[1] Gabryś T. Borek Z. : <i>Lekkoatletyka. Podręcznik dla studentów, nauczycieli i trenerów</i> . Cz. I i II. Katowice: AWF, 2005
[2] Lasocki A.: <i>Atlas ćwiczeń lekkoatletycznych</i> .. Warszawa: Sport press, 2000.
[3] Maciantowicz j.: <i>Trening wytrzymałościowy w biegach średnich i długich</i> . Wydawnictwo AWF, Wrocław 2000.
<u>SECONDARY LITERATURE:</u>
[1] Żukowski R. : <i>Lekka Atletyka</i> . Warszawa: AWF. 2001.

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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