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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: 15/15

Course coordinator/ Department and e-mail: prof. dr hab. Jarosław Jaszczur-Nowicki; j.jaszczur-nowicki@uwm.edu.pl

Type of classes: classes and lectures

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#### Substantive content

CLASSES: Classification and division of human motor abilities. Endurance and strength abilities - development in ontogeny. Sources of energy used for muscle work. Methodology of shaping endurance and strength abilities. Speed and flexibility abilities - formation and development in ontogeny. Coordinative motor abilities - their structure, determinants and possibilities of development. Assessment of the level of endurance, strength, speed abilities.

LECTURES: Movement sciences: kinesiology, kinanthropometry, biomechanics, physiology. Predispositions, abilities and motor skills. Health significance of motor skills. Stages of mastery of motor activities and motor abilities. Basic principles, methods and means of teaching motor activities. Methods and forms of control of the level of mastery of motor skills. Body posture and locomotion in developmental terms. Planning the process of teaching motor activities to people with disabilities. Control and evaluation in teaching motor activities.

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