

SYLLABUS

SUBJECT PSYCHOPHYSICAL DEVELOPMENT AND FITNESS OF CHILDREN AND YOUTH.

TEACHER MGR JUSTYNA GLIŃSKA

COURSE DESCRIPTION

Gaining knowledge of auxology on selected issues in order to ascertain the correctness of development and the ability to overcome the burden of physical exercise.

ECTS

2

LEARNING OUTCOMES

The aim is to provide knowledge about the development of primarily the musculoskeletal system with particular emphasis on the components of body posture and to understand the physiological variation associated with ontogenetic development.

GRADING POLICY

1. Faultless attendance
2. Activity
3. Prepare and correct conduct the routine of warm-up exercise.
4. Written test – Polish and English
5. Exam Passing.

TIMETABLE

To be prescribed

TEXTBOOK AND REQUIRED MATERIALS

Janczeswki A., Biologiczne i medyczne podstawy rozwoju i wychowania, Wyd. Akademickie Żak, Warszawa 2005

Jopkiewicz A., Suliga E., iologiczne i medyczne podstawy rozwoju i wychowania, I.T.E. Radomo 2005

Kempf H.D. Szkoła pleców. Sic Warszawa 1994

Mięsowicz I., (red.) Rozwój biologiczno człowieka i metody jego oceny od narodzin do dorosłości. Wyd. Akademickie Pedagogiki Specjalnej 2001

Marchweka A., Wychowanie fizyczne specjalne. AWF Kraków 1999

Malinowski A., Auksologia. Uniwersytet Zeilonogórski, Zielona Góra 2004

PREREQUISITES:

No special prerequisites despite Basic knowledge form anatomy.