

ANTHROPOLOGY IN SPORT AND PHYSICAL CULTURE

1. Subject name: **Anthropology in sport and physical culture**
2. Type of class: **practical classess**
3. Form of assessment: **pass with grade**
4. Semester in which classes will be conducted: **summer**
5. Proposed number of hours: **20**
6. Syllabus:
 - The scope of physical anthropology and its importance for sports selection;
 - Anthropometric points and measurement methodology in anthropometry;
 - Indicators in anthropometry and their application;
 - Methods of somatotype assessment;
 - Sexual dimorphism of body build;
 - Symmetry and asymmetry of the body;
 - Methods of assessing body composition;
 - Physical attractiveness;
 - Self-assessment of body build.
7. Educational outcomes:
 - Acquiring knowledge and skills regarding the methods for assessing body type and composition to determine morpho-functional predispositions in sports selection.
 - Acquiring the ability to measure the body, predict physical development as well as body structure and composition, with particular emphasis on applications in physical education, sports, recreation and rehabilitation.
 - Acquiring the ability to assess the level of sexual dimorphism in the tissue composition and structure of the human body and their importance in sports and physical culture.
 - Acquiring knowledge in the field of symmetry and morphological and functional asymmetry of the human body and their importance in sports.
 - Acquiring knowledge on issues related to physical attractiveness and self-assessment of the human body structure and their importance in sports and physical culture.
8. **Determination of first and second-degree qualifications:**
First-degree studies. Competencies:
Knowledge:

- Knowledge of the human body structure and the location of anthropometric points;
- Knowledge of methods for assessing physical development, body structure and composition;
- Knowledge of methods predicting adult body height.
- Knowledge of the issues of morphological and functional symmetry and asymmetry of the human body and their importance in sports.
- Knowledge of issues related to physical attractiveness, self-assessment of the human body structure, and their importance in sports and physical culture.

Skills:

- Ability to conduct anthropometric research using appropriate techniques and instruments;
- Ability to perform calculations necessary to determine body proportions;
- Ability to assess the structure and tissue composition of the body;
- Ability to predict adult body height in children;
- Ability to apply the learned methods in the sports selection of children and youth
- Ability to assess the level of sexual dimorphism in the tissue composition and structure of the human body.

Social competence:

- Ability to work in a team and perform various functions in it.
- The ability to properly facilitate and maintain positive contact with the examined person, taking into account their age, cognitive abilities and other individual characteristics.
- Ability to properly convey the obtained research results, taking into account the individual characteristics of the recipient.

9. Organizational unit implementing the subject: **Department of Anthropology, Institute of Biomedical Sciences.**
10. Person teaching the course: **dr hab. Łukasz Kryst, prof. AWF, dr. Magdalena Żegleń**
11. Conditions for conducting classes: **classes with the year-group**
12. Proposed number of ECTS points: **4**

13. Due to the fact that the classes are of a practical nature, the maximum number of hours that can be completed remotely is 5.