

Course Title: Sexual Dimorphism - Health and Sport

Type of Classes: Exercises

Form of Assessment: Graded Pass

Semester: Summer

Proposed Number of Hours: 20

Syllabus:

- Determination of human sex – prenatal period
- Disorders of sex determination and their consequences for health
- Sexual dimorphism in the developmental period
- Sexual dimorphism in adulthood and involution
- Determining the similarity of one's own body structure to the typically male and female types
- The concept and role of sex in sport
- Sex and human health
- Sex and its role in human attractiveness
- Gender vs morphological sex
- Final exam

Learning Outcomes:

- Gaining knowledge and skills in assessing body type and composition.
- Acquiring skills to assess the level of sexual dimorphism.
- Gaining knowledge on the determination of psychological and morphological sex and their significance in sport and physical culture.
- Acquiring knowledge on the determination of psychological and morphological sex and their importance for human health.
- Gaining knowledge on the role of sex for human health.
- Acquiring knowledge about the role of sex in the context of human physical attractiveness.

Qualification Level:

- Bachelor's Degree Program

Competencies:

Knowledge:

- Knowledge of human body structure and the location of anthropometric points;
- Knowledge of methods for assessing physical development, body structure, and body composition;
- Knowledge of methods for assessing the level of sexual dimorphism;
- Knowledge of the issues of gender and morphological sex determination and their significance in sports;
- Knowledge of the role of sex for human health;
- Knowledge of the role of sex in the context of human physical attractiveness.

Skills:

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

Social Competencies:

- Ability to work in a team and perform various roles within it;

- Ability to communicate effectively with the subject of research, considering their age, cognitive abilities, and other individual traits;
- Ability to properly communicate the obtained research results, taking into account the characteristics of the recipient.

Organizational Unit Responsible for the Course: Department of Anthropology, Institute of Biomedical Sciences.

Course Instructors: dr. hab. Łukasz Kryst, prof. AKF, dr Magdalena Żegleń

Conditions for the Course Implementation: Classes with a group

Proposed Number of ECTS Points: 4

Due to the practical nature of the exercises, the maximum number of hours that can be conducted remotely is 5 hours.