**SYLABUS**

**applies** to the 2024-2027 **education cycle**

(extreme dates)

2024/2025 **academic year**

**1. BASIC INFORMATION ABOUT THE SUBJECT**

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| --- | --- |
| Name of the subject | Diagnosing the physical fitness of children and adolescents |
| Code of the subject\* |  |
| Name of the unit providing the course | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical Education |
| Study degree | first-cycle studies |
| Profile | general academic |
| Form of studies | daytime |
| Year and semester(s) of study | Year III, semester V i VI, |
| Type of subject | major |
| Language of lecture | Polish |
| Coordinator | dr Justyna Lenik |
| Name and surname of the instructor(s) | dr Gabriel Bobula |

**\* -**optional, as agreed with the Unit

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester  (no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | **ECTS points** |
| Summer |  | 15 |  |  |  |  |  |  | 3 |

1.2.Type of classes

**☒ traditional classes**

☐ online classes

1.3 Form of credit(of the course): marked credit,

**2.PREREQUISITES**

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| The student should be able to use the knowledge of the subject: anthropomotorics, theory and methodology of sport for children and adolescents |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1** **Objectives of the course**

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| C1 | Familiarizing students with tests assessing the physical fitness of children and adolescents |
| C2 | Familiarizing students with the methods of assessing individual motor skills in children and adolescents |

**3.2 Learning outcomes**

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| --- | --- | --- |
| **EK** (learning outcome) | The content of the learning outcome defined for the subject | Reference to field outcomes |
| EK­\_01 | The student will list and characterize the tests of physical fitness and the methods of assessing individual motor skills.  Methods of shaping physical fitness and endurance as well as body posture, respect for intellectual property rights;  The need to use tests of physical fitness, tests of motor skills and coordination of motor skills (CMM); | K\_W07    SKN/WFI/W9 SKN/WFI/W11 |
| EK\_02 | The student knows and understands terms related to human physical fitness and motor skills, uses the methods of diagnosing physical fitness (EUROFIT, MTSF, ISFKZ, TSMD, TSFDiMC, ZSOPZMM) and motor skills: Endurance (Harvard Step Test, VO2max from a One Mile Jog, VO2max from Non-exercise Data). Agility (Hexagonal Obstacle Test, Zig-Zag Test, 505 Agility Test, Illinois Agility Run Test, 'T' Drill Test). Strength (Curl Up Test, Sergeant Jump Test, Squats Test, Canadian Crunch Test). Flexibility and balance (Static Flexibility Test - Ankle, Static Flexibility Test - Shoulder and Wrist, Static Flexibility Test - Trunk and Neck, Standing Stork Test, Standing Stork Test - Blind). Speed ​​and Power (30 Meter Acceleration Test  300-yard Shuttle Test, Shuttle Run Test, 30 Meter Sprint Fatigue - Power Maintenance Test, Concept 2 Rowing Step Test) | K\_W09 |
| EK\_03 | Using an appropriate test, they will assess the selected component of physical fitness and the selected type of motor skills, will be able to use the selected test to assess physical fitness  The student will be able to plan and organize the research process;  carry out an initial diagnosis of the student in terms of physical and motor development, physical capacity and the level of mastery of individual or team motor skills. | K\_U06  SKN/WFI/U11 |
| EK\_04 | Participates in the research process, is a member of a research team or group, is actively involved in developing individual or group research | K\_K08 |
| EK\_05 | Adapts working methods to the diverse level of physical development and physical fitness of students at the primary school level; | SKN/WFI/K1 |
| EK\_06 | Encourages students to test (self-control and self-assessment) of their own physical fitness and regular physical activity; | SKN/WFI/K3 |

**3.3 Program content**

Lecture

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| Substantive content |

Issues of auditorium, seminar, laboratory exercises, practical classes

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| Didactic content |
| **Semestr III** |
| Criteria and methods of assessing physical fitness with the European Test of Physical Fitness |
| Criteria and methods of physical fitness assessment with the International Physical Fitness Test |
| Criteria and methods of assessing physical fitness with the Physical Fitness Index by Krzysztof Zuchor |
| Criteria and methods of physical fitness assessment with the Denisiuk Motor Fitness Test |
| Criteria and methods of physical fitness assessment with the Chromiński Physical Fitness Test of Children and Youth |
| Criteria and methods of physical fitness assessment by means of a set of tests determining the level of motor skills by L. Makuch |
| **Semester VI** |
| Diagnosing Motor Abilities: Endurance (Harvard Step Test, VO2 max from a One Mile Jog, VO2max from Non-exercise Data). Methods of shaping fitness and physical endurance. |
| Diagnosing Motor Ability: Agility (Hexagonal Obstacle Test, Zig-Zag Test, 505 Agility Test, Illinois Agility Run Test, 'T' Drill Test) |
| Diagnosing Motor Skills: Strength (Curl Up Test, Sergeant Jump Test, Squats Test, Canadian Crunch Test). Self-control and self-esteem. |
| Diagnosing Motor Abilities: Static Flexibility Test - Ankle, Static Flexibility Test - Shoulder and Wrist, Static Flexibility Test - Trunk and Neck, Standing Stork Test, Standing Stork Test - Blind |
| Diagnosing Motor Abilities: Speed ​​and Power (30 Meter Acceleration Test  300-yard Shuttle Test, Shuttle Run Test, 30 Meter Sprint Fatigue - Power Maintenance Test, Concept 2 Rowing Step Test) |

**3.4 Didactic methods**

Classes: practical project, group work

**4. ASSESSMENT METHODS AND CRITERIA**

**4.1 Ways of verifying learning outcomes**

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| Outcome symbol | Assessment methods of learning outcomes  (e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic classes  (lecture, class, ...) |
| EK\_01 | Formative assessment: test | class |
| EK\_02 | Formative assessment: test | class |
| EK\_03 | Formative assessment: a written report | class |
| EK\_04 | Formative assessment: written report, observation in the classroom | class |
| EK\_05 | Observation during classes - teacher's assessment | class |
| EK\_06 | Observation during classes - teacher's assessment | class |

**4.2 Conditions for passing the course (assessment criteria)**

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| Semester V  Exercises - credit with a grade:  1. Preparation of a written report - 33% of the final grade  2. Colloquium - 33% of the final grade. Ratings by scale:  Satisfactory 51% - 60% of the maximum number of points  Satisfactory plus 61% - 70% of the maximum number of points  Good 71% - 80% of the maximum number of points  Good plus 81% - 90% of the maximum number of points  Very good 91% - 100% of the maximum number of points  3. Observation during classes - teacher's assessment - 33% of the final grade  Semester VI  Exercises - credit with a grade:  1. Preparation of a written report - 33% of the final grade  2. Colloquium - 33% of the final grade. Ratings by scale:  Satisfactory 51% - 60% of the maximum number of points  Positive plus grade 61% - 70% of the maximum number of points  Good grade 71% - 80% of the maximum number of points  Positive grade 81% - 90% of the maximum number of points  Very good 91% - 100% of the maximum number of points  3. Observation during classes - teacher's assessment - 33% of the final grade  Assessment of social competences:  • Passively participates in the research process- 3.0  • Is a member of a team or research group- 4.0  • Actively involved in the development of individual or group research - 5.0 |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

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| --- | --- |
| **Form of activity** | **Average number of hours to complete the activity** |
| Contact hours resulting from the study schedule | 30 |
| Others with the participation of an academic teacher  (participation in consultations, examination) | Consultations – 20 |
| Non-contact hours - student's own work  (preparation for classes, preparation for the colloquium) | Preparation for classes – 15  Preparation for the colloquium - 15 |
| HOURS TOTAL | 80 |
| TOTAL NUMBER OF ECTS CREDITS | 6 |

\* Please note that 1 ECTS point corresponds to 25-30 hours of total student’s workload.

**6. PROFESSIONAL TRAINING WITHIN THE COURSE**

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| hourly dimension | Not applicable |
| rules and forms of internships | Not applicable |

**7. LITERATURE**

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| Basic literature:   1. Osiński W.: Antropomotoryka. Poznań. 2000. 2. Jagiełło W.: Przygotowanie fizyczne młodego sportowca. Warszawa. 2000. 3. Mackenzie B.: 101 Performance Evaluation Tests. London. 2005. 4. Talaga J.: Sprawność fizyczna ogólna – testy. Poznań. 2004.   Supplementary literature:   1. Coulson M., Archer D.T.: Practical Fitness Testing: Analysis in Exercise and Sport. London. 2009. 2. Szczudło M., Bobula G., Czarny W. University students lifestyle and selected body composition features in evaluation at academic level of education. Scientific Review of Physical Culture. 2017. 3. Mostek I., Zadarko E., Zadarko-Domaradzka M., Barabasz Z., Lenik J., Przednowek K., Huzarski M., Nizioł-Babiarz Ed., Szybisty A., Przednowek K. Diagnostics of selected motor skills of oyama karate competitors preparing for the championships. International Martial Arts And Combat Sports Scientific Society. Rzeszow. 2018. |

Acceptance by the Head of the Unit or an authorized person