

Course title:	Human physical efficiency				Code:
Field of study:	Tourism and recreation				Year/Semester: II cycle
Specialization:	all				Modes: F/E
Number of hours / semester 60/32					ECTS credits: 4
Lectures: 60/32	Classes: 15	Laboratories:	Projects:	Seminars:	

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Course position in the study programme:

- monographic course

Objectives:

- to acquaint students with a term of physical efficiency and factors that define it.
- to discuss methods of physical efficiency measurement and the evaluation of the effort tolerance
- to show the role of physical efficiency in geriatrics

Course contents:

- differences in human skeleton muscle structure and their genetic conditions
- practical meaning of power in the assessment of human physical efficiency in conditions of short intensive efforts
- short efforts of maximal power – their meaning in sport, everyday life, rehabilitation and pro-healthy lifestyle of every age group
- a definition of long efforts
- criteria of human body efficiency in conditions of long efforts
- the influence of various environment conditions on physical efficiency
- the meaning of long efforts of medium intensiveness in everyday life, rehabilitation and pro-healthy lifestyle of every age group

- idleness and physical activity – consequences of the first one and the meaning of the other in the aspect of civilization diseases
- basic principles of “health training”

Teaching methods: lectures

Assessment methods: papers, written/oral final quiz

Recommended reading:

Compulsory:

1. Jaskólski A. (red). Podstawy fizjologii wysiłku fizycznego z zarysem fizjologii człowieka. Wydawnictwo AWF we Wrocławiu. Wrocław 2002.
2. Czarkowska-Pączek B. Przybylski J. (red). Zarys fizjologii wysiłku fizycznego. Wydawnictwo Medyczne Urban & Partner. Wrocław 2006.
3. Górski J. (red). Fizjologiczne podstawy wysiłku fizycznego. PZWL. Warszawa 2006.

Supplementary:

1. Mc Ardle W.D. Katch F.J. Kath V.L. Exercise Physiology, Energy, Nutrition and Human Performance. Lippincott Williams & Wilkins 2001.
2. Astrand P-O. Rodahl K. Dahl H.A. Stromme S.B. Textbook of Work Physiology. Human Kinetics 2003