

Characteristics of the field of study Sports Diagnostics

A unique course of study in Poland.

The sport diagnostics second degree course was awarded the Extraordinary Certificate “Laurel of Innovation” as part of the “Studies with a Future” competition.

The first degree course in sports diagnostics lasts three years (six semesters). The foundation for the establishment of this course of study is the scientific potential of the Centre of Human Structural and Functional Research. Throughout the course of study, students have the opportunity to participate in scientific research conducted at this specialised and modern research facility, in which many of the leading athletes of Western Pomerania assess their motor and performance preparation.

During the course of study, students acquire qualifications in broadly defined sports diagnostics and develop skills in laboratory work using modern testing methods and techniques. Key issues related to the entire training process include:

- acquiring the ability to operate specialised measuring equipment,
- acquiring the skills to analyse and interpret diagnostics results necessary for effective sports training,

Learning about modern laboratory work used in the sports training process, including research based on molecular biology, biochemistry, physiology, kinesiology techniques,

- under the supervision of highly qualified and experienced academic teachers who are at the same time practising coaches of league clubs and national teams, both in team and individual sports, the student becomes acquainted with contemporary forms and methods of shaping functional fitness, motor preparation and methods to support the training process both at the level of professional and amateur sport,

- acquire knowledge of the methodology of physiological testing and associated biochemical tests relevant to the assessment of the physical performance of athletes and acquire the skills to implement the conclusions of the tests to optimise the training process,

- acquiring language skills in the field of physical culture sciences as required for level B2 of the Council of Europe’s Common European Framework of Reference for Languages.

The education offered to students on this course is adapted to the challenges of today’s labour market, in line with the requirements and European and global standards currently in force in the field of physical culture sciences.

Example of subjects:

- Theory and methodology of team sports
- Theory and methodology of individual sports
- Basics of dietetics
- Human physiology
- Fundamentals of physiotherapy in sport
- Psychological aspects of sport
- Elements of biological regeneration and modern rehabilitation in sport
- Team building in sport.

The second degree course in sports diagnostics lasts 2 years (4 semesters).

The study programme allows primarily for the continuation and complementation of the training of first degree graduates in sports diagnostics. The offer also enriches the competences and qualifications of graduates in other fields of study, e.g. physical education.

Among the desired competences of those involved in the training process is the ability to make a basic diagnosis of the athlete in relation to his/her needs for adequate motor and mental preparation. An indispensable aspect in the preparation of the modern athlete is also his/her proper diet with supplementation, wellness, injury prevention as well as the ability to cooperate with a sports psychologist.

Sports Diagnostics is a unique course of study in the country, which allows all competences to be obtained at basic level, and in the next stage, after the selection of specialisation, will provide the graduate with specialised scientific knowledge and skills in the field of motor coach (NEW) or sports nutrition diagnosis and planning.

Under the supervision of qualified and experienced academic teachers of eminent scientists, who are often practising coaches of league clubs and national teams, the student is introduced to contemporary forms and methods of shaping functional fitness, motor preparation and methods of supporting the training process at both professional and amateur sport levels.

Example subjects:

- Supplementation in selected sports,
- Psychodietetics,
- psychological support in sport,
- Fundamentals of wellness in sport,
- injury prevention in sport,

- modern motor training methods and measures,
- coaching in motor training
- mental resilience and relaxation techniques in sport,
- computerisation of the sports training process,

Employment opportunities

Graduates of sport diagnostics can work in sports clubs as consultant/specialist or as a member of the training staff supporting the sports training process in team and individual disciplines. Graduates of the course are prepared to work in sports, recreation and rehabilitation centres as specialists in diagnostics and control of physical fitness of people of different ages. The acquired competences allow them to provide services in the selection of appropriate physical activity programmes (pro-health, sports, recreational), diet and possible supplementation. Educational institutions such as e.g. sports mastery schools, sports training centres, sports academies are also potential workplaces for sports diagnostics specialists. The graduate's competences allow them to work in scientific laboratories involved in research in the discipline of physical culture sciences.

The education offered to students in this field of study is adapted to the challenges of today, in accordance with the requirements and European and world standards currently in force in the physical culture sciences.