

Poznań University of Physical Education from 1950-2019

Summary

With its hundred-year-long tradition in sports education, Poznań University of Physical Education (otherwise known as the Eugeniusz Piasecki University of Physical Education in Poznań, and also AWF) can be listed among Poland's top universities. After the Jagiellonian University in Cracow, where physical education teachers had been trained since 1895, AWF Poznań became the second higher education institution with this profile in the country. The Chair of School Hygiene and Theory of Physical Education established at Poznań University in 1919 was the first of its kind in Poland, and the third of this type in Europe (after the universities of Ghent and Copenhagen). This long tradition, whose roots date back to the beginnings of Poznań University, has always been recalled as a source of pride during the annual celebrations at Poznań University of Physical Education.

This commemorative publication presents the main fields of the University's activity. Chapter One looks back in time to recall the University's history from its founding until 1950. In other words, this part deals with the time of the Chair of School Hygiene and the Theory of Physical Education, as well as the Institute of Physical Education, both of which were headed by Prof. Eugeniusz Piasecki, a renowned figure in the field and later the patron of the Academy of Physical Education. Chapter Two provides an insight into the origins of the Academy of Physical Education and its organisational structure from 1950-2019. Chapter Three focuses on the Academy's research and teaching facilities. The following two chapters deal with the Academy's contributions to public space of the city of Poznań and Gorzów Wielkopolski. It also covers student life, which was obviously not limited solely to studying. Chapter Six comprises quite a significant part of this publication, as it provides a detailed presentation of the three faculties of the Academy, i.e. Faculty of Physical Education, Sports and Physiotherapy, Faculty of Tourism and Leisure, and finally the branch of the Faculty of Physical Education in Gorzów Wielkopolski. The last chapter in this publication can be considered new, as it presents the development of research and study at the Higher School of Physical Education and the Academy of Physical Education as determined by the achievements of the following fifteen luminaries:

Stefan Bączyk (1911-2001) – pioneer in sports biochemistry, Jerzy Bogucki (1935-1997) – creator of biometeorology in sports and tourism, Wiktor Dega (1896-1995) – pioneer in orthopaedics and rehabilitation, Zbigniew Drozdowski (1930-2004) – co-creator of the anthropology of physical culture, Jan Dziedzic (1924-1997) – creator of physical culture for the disabled, Jerzy Gaj (1929-2016) – co-creator of the history of sport and tourism,

Zdzisław Grot (1903-1984) – co-creator of the history of physical culture, Kazimierz Grottel (1930-2017) – forerunner of sports neurobiology, Aleksander Kabsch – co-creator of biomechanics, Wojciech Lipoński – philologist and English studies specialist, cultural and sports historian, Eugeniusz Piasecki (1872-1947) – creator of the science of physical culture, Wanda Rożynek-Łukanowska (1919-2008) – pioneer in sports physiology, Eugeniusz Wachowski (1932-2000) – pioneer in the theory of sport, Bernard Woltmann (1932-2013) – forerunner of physical culture of Poles abroad.

Throughout its hundred-year history (1919-2019), the University has undergone various transformations. From its establishment in 1919 until 1950 it was part of Poznań University, whereas since 1950 it has been operating as a separate institution of higher education. The favourable conditions for its establishment date back to Germany's defeat in the First World War and the signing of the Compiègne armistice, whose terms obliged Germany to withdraw its troops to behind the line that marked what had been Poland's borders in 1914. The fate of the regions belonging to the territory previously under the Prussian Partition, which included Wielkopolska, was supposed to be decided during the peace conference. However, not waiting for the decision, the Polish community of Wielkopolska established its own public authorities and para-military troops. As a result, a tripartite power system was put in place, i.e. the German administration, the workers' and military councils that emerged in Germany as a result of the November Revolution (3-10th of November 1918) and, finally, the Polish Workers' Councils. Soon afterwards, on 27th December 1918 the Wielkopolska Uprising broke out, ending on 16th February 1919 with the Polish victory over German rule.

The first plenary of the Council for the Establishment of Poznań University took place on 11th November 1918. It was then decided to initiate the efforts to establish the Faculty of Philosophy through the support from the Supreme People's Council (which was at the time the political authority governing over the then Polish territories of the former Prussian Partition) and the Inter-University Stabilisation Committee (represented by the Ministry of Education). The main figures behind the realisation of this plan were three professors, Heliodor Świącicki, Michał Sobeski and Józef Kostrzewski. At the Cracow plenary of the Committee on 5th February 1919, a decision was made regarding the structure and management of the future university, and Eugeniusz Piasecki (b. 3rd November 1872-d.17th July 1947) was selected as the head of the Physical Education Department. In spring 1919, a university under the name of Wszechnica Piastowska (The Piast University) was established with two faculties, i.e. the Faculty of Philosophy (including sections for the humanities and mathematics) and the Faculty of Law. Heliodor Świącicki was elected rector of the newly established university, Michał Sobeski became dean of the Faculty of Philosophy, and Eugeniusz Piasecki the head of the Chair of School Hygiene and Theory of Physical Education. At the same time, the latter was also ordained university professor of the Faculty of Philosophy (1st April 1919).

Eugeniusz Piasecki (1872-1947) was a physician and a specialist in hygiene and education, highly engaged in voluntary work for society. He was also the pioneer of scouting in Poland and a renowned specialist in physical education theory in Europe. He was the first in Poland to be granted a professorship in school hygiene (1909). Prof. Piasecki was the key figure in establishing the foundations for the system of physical education that drew on his family tradition, and incorporated an insightful transposition of the conclusions of the contemporary science, as well as resulting from his own research and analysis. He introduced the Swedish model of gymnastics designed by Pehr Henrik Ling into the school curriculum,

as, in his opinion, the latter was a much more rational system than the German gymnastics of Friedrich Ludwig Jahn and Mirosław Tyrś. The theory of physical education as delineated by Piasecki was of an interdisciplinary nature, i.e. it combined anatomy, physiology, hygiene and science together with pedagogy, psychology and sociology. Piasecki lay the foundations of a new subdiscipline, i.e. the physiology of sport, and also identified paths for the development of a contemporary study of physical education. Throughout his career he remained devoted to the university department he had established, working on improving what was his life's work until the very end.

In summing up Prof. Piasecki's scientific output, it has to be highlighted that it comprises numerous publications of various types, i.e. monographs, scholarly articles and reviews, research reports, papers and research newsletter items. His publications all appeared in Polish scholarly journals on medicine, hygiene, pedagogy and physical education, newspapers and also in foreign academic journals. He published in seven foreign languages: French (23 papers), English, Italian, German, Czech, Russian, Scandinavian languages and Serbo-Croatian, in total c. 40 works. Piasecki's total publication output amounts to 271 works, out of which 5 are books, 7 chapters, various academic articles and studies, as well as one extensive posthumously published monograph. As many as 170 works are of an academic nature and most of them are devoted to the theory of physical education and sport, teaching and methodology, systematisation and organisation of physical exercise. In Poland, Prof. Piasecki is considered to be the founding father of physical education as an academic field.

The establishment of the Chair of School Hygiene and Physical Education in 1919 was an unprecedented event in independent Poland. From the organisational structure point of view, it was part of the Faculty of Philosophy between 1919-1922 and later in 1939 it became part of the newly established Faculty of Medicine. In the first years of its operation, this university major was designed as a two-year course, which in 1922 was extended to three years and in 1924 became a fully-fledged university major that, as a result of Prof. Piasecki's pioneering initiative, provided graduates with a master's degree. It was also possible to take it up as a simplified university major starting from 1925. Various types of courses were also organised around that time, e.g. a five-year course in school and sports medicine (designed for the students of the Faculty of Medicine, commencing in 1931), courses in physical education (available from 1919 for all university students based on the American example), National Courses in Physical Education (1921-1922, 1925-1927), courses in physical education and music (organised in cooperation with the Poznań Music Conservatory 1924-1939), summer camps (devoted to water sports and tourism, mainly mountain trekking, starting from 1928), winter camps (from 1927 focusing mainly on training and further training in skiing, and from 1933 devoted to skating), seminars (from 1922 devoted mainly to reports on the current state of the art and from 1928 focused mainly on independent academic research on physiology, anthropometry, theory of physical education and anthropology).

The physical education study programme was systematically modified and extended to include new courses. At its outset, the two-year study comprised 15-17 hours per week. Starting from 1921/1922 academic year, the number of hours was extended to include lectures on psychology and physiology. Practical classes included gymnastics, games and various sports disciplines that took place on the Pogoń Sports Club ground in Poznań, plus water sports on the River Warta with equipment from the Rowing Club. There were 16 full-time and approximately 64 part-time students.

The study programme designed by Eugeniusz Piasecki and Walerian Sikorski for the initial two-year cycle and also later for the three-year simplified study programme provided

graduates with the right to teach gymnastics in high school and teacher training colleges as an additional subject or as a secondary course that was attached to any major. In 1922 Eugeniusz Piasecki designed a new study programme. Every academic year comprised a total of 420 teaching hours, out of which in the first year of study 210 hours were devoted to practical classes and 210 hours to theoretical subjects. The second and third study year placed more emphasis on practical classes.

Theoretical subjects in the first year of study included mainly medical courses, such as anatomy (60 hours), physiology (60 hours) and general hygiene (40 hours). In the second year, there were specialised theoretical subjects, such as the history of physical education (20 hours), systematisation and methods of physical exercise (60 hours). In the third year of study, there was also a seminar (20 hours). Practical classes were divided into the following categories gymnastics (90 hours), games and sports (90 hours), water sports, swimming, rowing (30 hours). This study programme was realised until 1925, at which point a three-year MA study programme was established, whereas within the simplified study course certain modifications extended the number of subjects provided. As a consequence, the following subjects were provided: lectures on pediatrics, pedagogy, teaching methodology, and the theory of scouting, as well as a massage course. The extended practical classes included practical scouting, fencing, rhythm and art class and national folk dance. 1926 saw the introduction of athletics for women and in 1928 anthropology and medical gymnastics.

In 1931 the simplified study programme was reformed. This modification was determined by the burden of both theoretical and practical subjects through which what was intended as the simplified study course in fact did not differ from the full-time MA programme. The number of sports camps was reduced to two, i.e. one in summer and one in winter. Seminars and students' papers on physical education were abandoned. In this way, the only simplified study course on physical education in the country was viable again and was provided in Poznań until 1939. Students who took up this study programme were mainly those who already studied at the Faculty of Philosophy and starting from 1925 also from the Departments of Humanities and Maths-Science that had been established within its structure by then. The number of students of the simplified study was not very high and usually comprised 20-30 people. It was only in the academic years of 1927/1928 and 1934/1935 that the number of students exceeded 60. In the 1937/1938 academic year there were 93 students, the majority of whom were women.

The number of students ranged from 21 in the 1925/1926 academic year to 60 in 1927/1928 and 62 in 1938/1939. The average number of students taking up physical education study programme was 50-60 people. Initially, it was mainly men, and with time the balance changed in favour of women. The simplified study programme was slightly more popular with women. The first graduates received their master's degree on 2nd July 1931 and they were Zofia Walicka-Neymannowa, Tadeusz Baczyński and Władysław Czarnecki. From that point every academic year saw new graduates and by 1939 there were 87 students with such a degree, of whom 47 were men and 40 women.

Apart from the simplified study and the full-time MA programme, other courses were also provided, i.e. school medicine and sports. These mainly targeted the students of those Faculty of Medicine who wished to become school or sports doctors. Medical students were additionally obliged to attend practical classes and theoretical subjects related to physical education. In 1932 there were 21 students enrolled in the courses on school medicine and sports, 15 of whom were women and 6 men. With time the number of students increased to 60. These studies were quite popular due to the growing interest in sports.

The graduates of the full-time MA study programme, which ended with a final exam in physical education, had much wider knowledge than their counterparts on the simplified programme. The former course dates back to 1922 and this is how Piasecki envisaged it: "For the first two years of their study, students are to follow the same programme (with minor adjustments) as medical students, while at the same time attending practical classes in gymnastics and sports. In the third year they take up all the specialised courses that focus on modern physical education. There is a hope that graduates of a study programme designed this way will be able to take up posts as specialised school inspectors, clerks dealing with this particular subject in various branches of administration, and lecturers on physical education at higher education institutions".

The Department of Physical Education confirmed its good reputation during the International Congress of Physical Education in Stockholm in July 1939. This is where Piasecki gave a presentation on the centenary of Pehr Ling's death, entitled *Applications des principes de Ling aux jeux et aux sports éducatifs* (*The Application of Ling's Model in Educational Games and Sports*). This was the last event before the outbreak of the Second World War. As Prof. Zdzisław Grot put it: "The fame of the Poznań unit spread widely in academic circles of Poland and worldwide". The Department was at the time the best and the only such unit in inter-war Poland and represented the highest quality of research and education.

As a result of the Second World War, the Department suffered serious loss in terms of human and material capacity. Walerian Sikorski, one of the founding fathers of the unit, did not return from the War. He took part in the military operation of September 1939 and was murdered in Katyń. This was a great loss, as Sikorski had been one of the finest gymnasts and lecturers at the Department in the inter-war period. Another important figure that did not return from the war was Prof. Stanisław Kalandyk, who had enjoyed popular acclaim and had been a long-time specialist in physics, as well as being the Dean of the Faculty of Medicine (1939/1940).

The Second World War also claimed other victims. Eugeniusz Parczewski, PhD, was murdered in Żabikowo; Jan Skrzypczak, a promising young academic and Franciszek Witaszek, PhD. The latter worked at the Institute of Bacteriology of Poznań University and was also an officer in the Polish underground Home Army (*Armia Krajowa*). He was executed on 8th January 1943 at Fort VII in Poznań after it was discovered that he was taking part in sabotage plots. He was a member of the "Witaszaks", a group that he established in 1940 under the name of the Union of Retaliation of the Armed Resistance (*Odwet Związku Walki Zbrojnej*), which used pathogenic bacteria to kill a number of Gestapo and Abwehr officers, as well as other Germans who were seen as particularly hostile towards Poles. Prof. Leon Zbyszewski, a specialist in physiology and the tutor to several MA students at the Department, died of a heart attack on 17 April 1943 as a result of traumatic war experiences. Prof. Leon Julian Padlewski, a specialist in microbiology, the Dean (1931/32-1932/33) and anesthesiologist at the Faculty of Medicine between 1935-1939, died in Warsaw on 8th September 1943. He had previously lectured on General Hygiene at the Department. In September 1939 Padlewski was arrested twice by the Germans and held hostage. Later, on 13th November 1939, he was forced to leave Poznań and moved together with his family to Warsaw. This is where he would become a lecturer in bacteriology and microbiology at the Jan Zaorski Sanitary School from the moment that the Faculty of Medicine was established as part of the underground University of the Western Lands in the 1942/1943 academic year. He also worked at the Polish National Institute of Hygiene, where he specialised in

research on typhoid and paratyphoid fever. He wrote a monograph on these infectious diseases, which was burnt during the 1944 Warsaw Uprising.

Poznań University resumed its activity straight after the Second World War. The Department of Physical Education was reestablished within the university's organisational structure. Between 1945-1950 the Department managed to award the total of 27 MA diplomas. The biggest number of MA papers came in the 1948/1949 academic year. It is important to highlight that the study programme did not, in fact, oblige the graduates to obtain an MA degree and it was the free choice of the students. The increase in the number of MA papers submitted by the students of the Department was a reflection of the growing number of people choosing this study programme.

The key impact on the structure of the higher education in Poland after 1945 came from the Decree of the 26th of May 1950, which regulated this sphere of public life. As a result of this decree, all faculties of medicine and pharmacy were taken out of the university structure and turned into separate academies of medicine that would from then on be part of the government-controlled health sector. Art departments were raised to the rank of separate higher education schools specialising in fine arts and music respectively. Departments of economics were turned into separate higher education Schools of Economics, just like faculties of agriculture would become separate higher education Schools of Agriculture. All such schools were directly subordinate to their respective sectors within the Ministry of Higher Education. This reorganisation definitely weakened the position of universities in Poland, but at the same time, resulted in an increase in the number of higher education institutions, whose number almost doubled within the 1946-1951 period, from 46 to 83. The number of students in Poland tripled from 56,000 to 142,000.

The rapid growth of the higher education sector in Poland in the early 1950s brought about important transformations in the organisational structure of higher education institutions. The specialised faculties that were turned into separate units served as the starting point for independent academies, one of them being the Academy of Physical Education. The transformation of the higher education structure in Poland was a political agenda. Its main objective, as rightly identified by W. Osiński, was: "the need to establish at least a small counter-balance for the overintellectualised university that cultivated even in the harshest of times its tradition of independent thought and openness to the world". The communist government's premise was that it would be easier to keep smaller higher education units under control and therefore it aimed at dividing academic circles. As a consequence, in addition to Poznań University, three more higher education institutions appeared in the city of Poznań, i.e. the Academy of Medicine, Higher School of Physical Education and Higher School of Agriculture.

In the 1949/1950 academic year, the Faculty of Medicine of the Poznań University was transformed into an independent Academy of Medicine and the Department of Physical Education that had hitherto been part of its structure, also started its preparation for a similar move. Soon a newly established ministerial unit labelled the Central Committee on Physical Education the Department took control over the Department and changed its name into the Higher School of Physical Education. This move resulted in a severe lack of qualified lecturers, especially those specialising in the humanities (e.g. psychology, pedagogy) and bio-medical subjects (biology, anatomy, physiology etc.), as well as an acute lack of facilities to run such courses. Therefore, the newly established School had to operate in close cooperation with Poznań University, the Academy of Medicine and the Higher School

of Agriculture. The situation was further complicated by the fact that the School of Physical Education had to change its chief educational officer twice.

On 5th July 1950 the Council of Ministers issued a decree by virtue of which all physical education study units were transformed into independent higher schools of physical education. This is when three new higher schools of physical education were established, i.e. in Cracow, Poznań and Wrocław, in addition to the one already existing academy in Warsaw. All of them were under the direct control of the Central Committee on Physical Education, which was affiliated to the Prime Minister's office. The Committee was given the task of educating specialists in physical education and improving their qualifications. For the period 1951-1955, all higher education schools of physical education were allocated limits on the number of graduates in order to keep them within the 1945 total. The particular institutions were given the following limits on their graduate numbers: Academy of Physical Education in Warsaw 760, the Higher School of Physical Education in Wrocław 500, the Higher School of Physical Education in Cracow 370, and for the Higher School of Physical Education in Poznań, 315. In order to increase the number of teachers of physical education and to fulfill the obligations stated in the plan on the number of graduates all the higher education institutions launched their efforts to train staff specialised in physical education, as well as instructors and professional sports coaches.

Three new higher education schools were carved out of Poznań University, i.e. the Academy of Medicine (initially called the Doctor's Academy), the Higher School of Agriculture and finally the Higher School of Physical Education. This newly established school developed on the basis of the Department of Physical Education, whose academic traditions dated back to 1919. The process of creating a new higher education institution had to be undertaken in particularly difficult circumstances. The 1949/1950 academic year saw the change of the representative of the Department of Physical Education on the Board of the Physician Faculty twice, which resulted in the lack of the representative of the Department at such a vital point in time. Another obstacle stemmed from very scarce facilities and insufficient academic staff to deal with the teaching and research. Specialists in social sciences, humanities and bio-medical subjects were particularly needed.

The newly established institution also lacked specialised sports facilities and equipment. In practice, the facilities available did not even provide appropriate conditions to run a lot of the courses, especially those related to biology and medicine. Finally, on the 5th of July 1950 a long-awaited moment arrived, when the committee specifically established by the Ministry of Health at the Doctor's Academy in Poznań officially handed down its jurisdiction over the Department of Physical Education. At this point, it commenced its operations as an independent school of higher education.

The main objective set out for the newly established Academy of Physical Education was to produce qualified staff specialising in physical education, especially due to the great demand for PE teachers in Poland's fast-growing school system in the 1950s. There were various study programmes, in both the full-time and extramural study system. There was a distance learning programme (1970s and 1980s), evening programme (1996-2000), an extramural MA course, postgraduate MA course (since 1990s onwards), and also a PhD course (from the 1996/1997 academic year onwards). Initially, the Academy only ran a full-time three-year study programme, which provided its graduates with the qualifications of a PE teacher. The four-year programme started in the 1954/1955 academic year. Moreover, in cooperation with the Extramural Study Department at the Warsaw Academy of Physical Education, the Poznań Academy also provided a five-year extramural programme. The

extramural programme started to operate as the sole Poznań Academy activity in 1964 at the newly established Extramural Vocational Study Department in Poznań, which further developed its regional branches in other cities, i.e. in Zielona Góra (1964), Bydgoszcz (1965), and Koszalin (1966), as well as at the branch of the Poznań Academy of Physical Education in Gorzów Wielkopolski. As a result of the Regulation no. 18 of the Chair of the Central Committee on Physical Education from 23rd March 1973, the full-time MA study programme was reactivated. The decision was determined on the one hand by the need to align the status of the graduates of the Academy of Physical Education with that of the graduates from other universities; on the other hand, the idea was also to create specialised profiles within the study programme that included the following majors: teaching, coaching and physical rehabilitation.

In the 1970s the education offer was extended with new majors, one of which was physical rehabilitation, whose name was designed in order to highlight its close link with physical education. Starting from 1976 new majors within the four-year MA study programme were introduced, such as coaching, physical rehabilitation, sports leisure and tourism. In the same year, the Department of Professional Training began offering the possibility to obtain additional qualifications in coaching and sports instruction courses.

Up until 1990/1991, study programmes at the Faculty of Physical Education in Poznań and its Gorzów Wielkopolski branch overlapped. The project of unifying them took place between 1993-1995. In 1997 the name of the Physical Rehabilitation major was changed into Physiotherapy. Starting from 2000 it was possible to study Physiotherapy on two levels, i.e. the BA and MA programme. Ultimately, the PhD study programme was not activated. With the 1990 Act on Higher Education, all three faculties were obliged to follow the minimum limits on the programme content and staff, which since then has determined the staffing policy of the University. In 1998 the Poznań Academy of Physical Education provided the following study programmes: full-time four-year MA programme with two majors: Physical Education and Physical Rehabilitation, a full-time five-year MA programme in Physiotherapy, and an extramural five-year MA programme in Physical Education. The Faculty of Tourism and Leisure ran a three-year vocational study with the major in tourism and leisure.

As a result of consultations held in all faculties and on the basis of the decision of the Academy's Senate, in the 2001/2002 academic year the four-year study programme was extended to four and a half years at both the Faculty of Physical Education in Poznań and the Institute of Physical Education in Gorzów Wielkopolski. Two new majors were also introduced, i.e. sports for the disabled and sports management. At the same time, the five-year physiotherapy programme was shortened to four and a half years, which made it possible for all study programmes to be the same length. In 2008/2009 academic year the two-tier system of studies was introduced, together with ECTS points, elective subjects and monograph lectures. The number of teaching hours was also extended in the extramural study programme.

In 2010 the Physical Education major included the following specialisations at the BA level: sports instructor, fitness and school tourism. At the MA level they were: coach, sports for the disabled, sports management and organisations, health education, management and managerial studies. In the Faculty of Tourism and Leisure in Poznań and as part of the Tourism and Leisure major in Gorzów Wielkopolski, the following specialisations were provided: hospitality, hotel management and service, tourism policy and leisure. After the launch of two-tier study programmes in 2010, the following specialisations were avail-

able: at the BA level: tourism management, leisure, hospitality, cultural tourism, dietetics in tourism and leisure, and eco-tourism; at the MA level: leisure time animation, sustainable tourism, international tourism.

Starting from the 2012/2013 academic year, an important change in education policy took place. It was related to the fact that the existing educational standards were replaced with the new system of National Qualifications Framework for Higher Education. As a result, significant changes in all study programmes provided at the Poznań Academy of Physical Education had to be introduced. All three faculties specified their educational objectives for each of the study programmes, on each level and for each profile. New study plans were also prepared. All these changes followed the requirements specified in the Act of the 27th of July 2005, higher education law and decree of the Ministry of Science and Higher Education from 2007 on educational standards for particular majors and levels of education, as well as the requirements that higher education institutions have to meet in order to be authorised to run interdisciplinary studies and macro-studies.

Great emphasis was also placed on postgraduate studies, whose importance increased towards the end of the 1990s together with the growing number of the graduates of physical education. As there was growing demand for additional qualifications (i.a. those of an instructor and coach), the Academy responded to the needs of its graduates and other people with qualifications related to physical education. At the Academy in Poznań it was the Centre of Education and Further Training that dealt with this type of study, whereas in Gorzów Wielkopolski it was the Department of Postgraduate Education and Further Training. This form of education provided opportunities to obtain the following additional qualifications: Sports Manager, Sport Events Manager, Physiotherapy in Spa, Organisation and Management of Tourist and Hotel Industry, Gymnastics Dance and Fitness, Corrective and Compensating Gymnastics, Corrective Gymnastics, Physical Education for teachers, Secondgrade Coach.

The graduates of the Academy were also provided with support in searching for prospective jobs and choosing their professional career. Since 2003 there has been a Career Centre which cooperates with over 500 employers, mainly from Poznań and the Wielkopolska region. These mainly include sports associations, sports and leisure centres, hotels, travel agencies, foundations and various other businesses that would be interested in employing the Academy's graduates. The Centre has organised employment fairs, conferences, workshops, trainings, discussion panels, visits at the prospective employers' sites. On top of that, the Centre has also kept track of the graduates' later career paths in order to make the necessary adjustments to the study programmes to make sure that they respond to the most recent labour market developments.

The level of development of the Academy was reflected in the number of students taking up both the full-time and extramural study programme. In the 1950/1951 academic year the number of students was merely 183, whereas in the period up until 1969 increased up to 906. From that point on, there has been continual growth in numbers, i.e. in 1988 there were 2,200, in 2008 it was 4862, in 2014 it was 3,877 and 3,344 in 2018. In 1996 the PhD programme was launched. At this point a new Department of Doctoral Studies was also established to see to the new PhD students. In 1996 there were 12 PhD students (5 in the full-time programme and 7 in the extramural one). In the following years there were the following numbers of PhD students: 2008-82, 2010 – 92, 2012 – 100, 2014 – 87, 2016 – 73, 2018 – 56. By 2018 the total number of 199 students took up the PhD Programme at the Academy. There were two faculties authorised to issue PhD degrees. They were the Faculty

of Physical Education, Sports and Rehabilitation (starting from 1968) and the Faculty of Physical Culture at the branch of the Poznań Academy in Gorzów Wielkopolski (starting from 2005). In the period up to 2018 a total of 609 PhD students obtained their degree from the Academy, while 63 became associate professors. 22 professorship procedures were also launched.

It is impossible to describe a higher education institution without taking into consideration its academic staff. The period from 1950 and 2019 saw gradual change in terms of their number and qualifications, from difficult beginnings when there was only one professor and one PhD. As the Academy evolved, the academic staff also grew in number. This was to a certain degree thanks to the support that the Academy received from Adam Mickiewicz University and the Academy of Medicine, both of which allowed their professors and PhDs to lecture at Poznań Academy of Physical Education. Owing to this positive transfer of academic staff from other universities in Poznań and continuous improvement of the Academy's staff's qualifications, the number of lecturers and researchers grew systematically and in 1973 it had reached 14 professors and 30 PhDs. This upward trend continued and the Academy employed the following number of lecturers: 2004 – 44 professors and 98 PhDs, 2010 – 62 professors and 173 PhDs, 2014 – 59 professors and 133 PhDs, 2016 – 73 professors and 135 PhDs, 2018 – 69 professors and 135 PhDs. As of 1st July 2018 the lecturing staff numbers at Poznań University of Physical Education was as follows: professors – 17, associate professors – 52, PhDs – 135, MAs – 48. In the academic year 2018/2019 the total number of academic staff was 252.

Apart from its teaching and research activity, the Academy also had a particular organisational structure with administrative support. Important tasks were performed by those members of staff not directly involved in lecturing or research but who nevertheless provided professional support for both scientific endeavours and teaching. From the very beginning, a particular administrative and technical organisational structure emerged, which was first supervised by administrative directors and later chancellors. They had sweeping powers with regard to all the staff responsible for providing support for teaching and research at the Academy. They would work extremely closely with rectors, vice-chancellors and deans, they were members of the Academy's Senate, Faculty Boards and the Rector's Board. The following people held the post of the administrative directors: Waclaw Sopolinski (1950-1952), Stefan Błazejewski (1952-1969), Władysław Przyczynek MSc (1969-1974), Zdzisław Kudła MA (1974-1990), Włodzimierz Rataszewski MA (1990-2004), Stefan Kęszycki MA (2004-2005). XX

Since 2005, the management of administrative and non-academic staff has been the remit of the chancellors, a position that has been held by the following people: Stefan Kęszycki MA (2005-2007), Andrzej Nowakowski MA (2007-2009) and Stanisław Wiesław Kuhnert MA (2009-2019). Both the chancellors and department managers have contributed greatly to the organisational development of the Academy, especially in terms of investment and modernisation of the Academy's facilities. On behalf of the rector, the chancellor was responsible for administration, policy and the decisions related to the Academy's assets within the scope of ordinary management activities as specified in Polish law, the Academy's Statute and Organisational Rule. The chancellor also represented the Academy in public within the scope of ordinary management activities. He was also responsible for the organisation, coordination and supervision of administration, finance, technical support and economic policy of the Academy. Finally, the chancellor also held responsibility for staffing and remuneration policy.

This general description the Academy cannot omit its academic and research activity. Apart from various distinctions that the Academy awards to its exceptional academics and those from outside, there is also the most prestigious of honours, i.e. the title of *honoris causa*, which has been awarded since 1975 to the Academy's most prominent academics, as well as the most eminent figures from outside. The prestige of this honour is emphasised by the fact that only six people have been awarded the Academy's title of *honoris causa*. These are (in chronological order): Prof. Michał Ćwirko-Godycki (1975), Prof. Wiktor Dega (1979), Prof. Gerhard Lukas from Germany (1979), Jan Mulak (1995), Prof. Zbigniew Drozdowski (2003) and Prof. Krystyna Nazar (2009). It should be emphasised at this point that there were also several prominent Academy academics who received the title of *honoris causa*. Prof. Wiesław Osiński is the only one to have received it twice, i.e. from Warsaw Academy of Physical Education (2015) and Wrocław Academy of Physical Education (2017). Prof. Jerzy Smorawiński was awarded this title by Wrocław Academy of Physical Education (2015), and Prof. Lechosław Dworak from Warsaw Academy of Physical Education (2015).

The Academy of Physical Education could only come into existence thanks to the tradition dating back to the interwar period and the onset of the training for physical education teachers which started at the Chair of School Hygiene and Theory of Physical Education at Poznań University and continued in the new political system in the period 1945-1950. It was thanks to Prof. Eugeniusz Piasecki, his boundless energy and knowledge as the charismatic creator of the Chair, and later the Department of Physical Education that this academic environment emerged and provided the ground for the development of an independent institution of higher education. This new school also emerged from the post-war concepts of the communist People's Republic of Poland, whose ideals starting from 1947 were implemented by the minister of higher education, who nominated rectors, established and liquidated faculties and chairs. This process weakened the universities in Poland by separating and moving many majors into newly established higher education institutions. The culmination of this process came in 1950-1951, when Poznań saw the establishment of the Academy of Medicine, the Higher School of Agriculture and the Higher School of Physical Education. In this way, the interwar tradition interlocked with the communist vision of the transformation in education, This vision was legitimised by the Act on Higher Education from December 1951, which finalised the reorganisation of higher education institutions and ultimately deprived them of the remaining vestiges of independence. What contributed to the establishment of the Higher School of Physical Education was also the acute lack of academic staff and the Polish state's concept of developing professional sport as a propaganda weapon in the country and worldwide.

A brief summary of the events from 1950-2019 would lead to the conclude that during these seven decades, the Higher School/ Academy of Physical Education succeeded in its primary mission by educating 35,826 master's degree graduates and thousands of trainers and instructors in many sports disciplines. From a one-faculty school focused on sports it gradually changed into a university-level institution with three faculties, with the number of degree courses rising to eight. On particular courses students could choose their study profile from many specialisations on offer. Having the appropriate academic competences, it promoted 609 PhDs, 63 PhDs holding habilitation degrees and 22 professors. The Faculty of Physical Education, Sport and Rehabilitation (until 2011 known as the Faculty of Physical Education) played the most important role in the teaching and research process. For many years, it remained the only faculty to focus the greatest research potential and had two doctoral, habilitation degree and professorial rights. This faculty also had the highest number

of graduates. The remaining two faculties were founded much later: the Faculty of Tourism and Recreation in 1974, and the Gorzów Faculty of Physical Education in 1984. Even its combined research and teaching potential smaller than the main university, which stems from that Academy's longer educational tradition.

In 2019 the Academy celebrated its 100th anniversary of education in the field of physical education, having been part of Poznań University in 1919 and from 1950-2019 following its own, independent path. The most difficult period for this institution was the early 1950s, when it was founded and gradually established itself, and also the 1980s, when it was affected by martial law in Poland and its consequences. Over the course of 69 years, this institution as had 12 rectors, including two acting rectors: Jan Krotoski (1950-1951), Józef Burbelka (1951), Feliks Kamiński (1951-1956), Michał Ćwirko-Godycki (1956-1965), Stefan Bączyk (1965-1975), Zbigniew Drozdowski (1975-1981), Aleksander Kabsch (1981-1985), Jerzy Matynia (1985-1987), Zdobysław Stawczyk (1987-1990), Wiesław Osiński (1990-1996), Jerzy Smorawiński (1996-2002, 2008-2016), Tadeusz Rychlewski (2002-2008), Dariusz Wieliński (2016-2019). Most served two to three terms in office, with the longest being Prof. Jerzy Smorawiński's four from 1996-2002 and 2008-2016. Each of these fine leaders deserves recognition and an esteemed place in the annals of the Higher School of Physical Education and the Academy that followed it for their dignified and effective performance of their duties.

In evaluating the achievements of Poznań Academy of Physical Education, we cannot overlook the key role played by its research and teaching staff, for whom working at the Academy was often a mission requiring great devotion. In a modest publication such as this one it is difficult to show all esteemed academic teachers who worked at the Higher School/ Academy from 1950-2019. Of the total of 3,500 staff members employed on various forms of contracts, many were renowned academics who combined research with teaching. For many the Academy became their primary employer, with whom they cooperated until retirement. As mentioned previously, the staff was initially dominated by academics from Poznań University and the Medical Academy, and in the 1960s their work began to bear fruit, with a new trend of raising the qualifications of the next generation of young workers. As time passed, more graduates were employed as staff members. It is also important to remember the administrative staff, technical-research and technical service staff, who remained in the background, ensuring a harmonious process of teaching and research.

The development of the teaching and research staff was possible thanks to a great extent to the advances in research, which constituted the Academy's second pillar alongside its teaching work. Research was mainly conducted in the field of physical culture and health science. The fields that were most explored include the theory and methodology of physical education and sport, biochemistry and physiology of physical exertion, sports hygiene, the anthropology of physical culture, sports biomechanics, neurobiology and biology, tourism and recreation, physical culture of disabled persons, human anatomy, sports medicine, rehabilitation, and the historical, psychological and pedagogical aspects of physical education and sport. Research related to other fields was carried out to a lesser extent, which stemmed from staff and material constraints. Academic life continued in a diverse form of central research, network, ministerial, statutory, own-financed, and more recently in the form of more widely available grant-based and commissioned projects.

Several principal stages emerge in the history of this institution. The first refers to the period from 1950-1973, when it developed as the Higher School of Physical Education. The staff from Poznań University and the city's Medical Academy were of immense importance

in this difficult initial period, and without them it is simply impossible to imagine how the Higher School would have developed in the 1905s. The institution wrestled with local difficulties, which meant that classes were held at numerous locations around the city. The vocational centre without faculties gradually transformed into a university that educated students to the master's degree level and which in 1968 earned the right to confer doctoral degrees. Education was developed through consultation points, and in 1971 at the Gorzów branch. Poznań Higher School of Physical Education expanded to include new buildings on Grunwaldzka Street and a sports/ teaching centre in Chycina. By the end of this period over a thousand students were studying. In the late 1950s, when the university had established itself as an organisation, scientific research was initiated on a wider scale, which in turn led to the development of the teaching and research staff.

The second stage was from 1973-1989, the middle (1970s) and final (1980s) periods of the time of communist Polish People's Republic. The institution was transformed into the Academy of Physical Education and was augmented by two new units: the Faculty of Tourism and Recreation and the Faculty of Physical Education in Gorzów Wielkopolski. A new building was erected as the first part of the future campus on Królowej Jadwigi Street, along with a modern student dormitory. Student numbers rose systematically, reaching 2,200 by the end of this period. However, attempts to gain the right to award habilitation degrees proved unsuccessful, and investments were subject to restriction. This stage marked the difficult times of the 1980s, when the democratically elected rector Prof. Aleksander Kabsch lost his post as a result of revenge on the part of the state authorities, and Prof. Eugeniusz Wachowski was forced to resign as dean in dramatic circumstances. The atmosphere deteriorated and the democratic changes in the early 1980s were also hampered and halted.

The third stage covers the years from 1990-2019. As a result of the political transformation, the institution began operating in new democratic socio-political and economic conditions. It needed to meet the new challenges of competition in higher education head on, followed by the demographic slump. Initially, its student numbers grew to over 4,000, registering a slight drop in the second decade of the 21st century, which had a positive impact on the quality of its education provision. It was awarded full university rights, introducing habilitation and professorship procedures since 1993, as well as the right to award doctoral degrees in physical culture and health science. The teaching facilities also underwent transformation, as the worn-out buildings strewn around the whole of Poznań were replaced by a new university campus on Królowej Jadwigi Street. This brought significant improvements in the comfort of studying and working conditions for teaching staff. As a result of these investments (teaching facilities in Poznań and Gorzów Wielkopolski, the main library, rector's office, indoor swimming pool, stadium, two sports halls, student dormitories in Poznań and Gorzów Wielkopolski, the centre in Chycina), the university has at its disposal the most modern buildings among all Poland's institutions of higher education for physical education and sport.

An integral part of the Academy was its branch 130 km to the west of Poznań in Gorzów Wielkopolski, a city of 126,000 inhabitants. Between 1971-2019 it operated as a Branch, Faculty and Institute. Summing up the 48-year history of the Gorzów Wielkopolski Branch of the Faculty of Physical Culture, it can be stated that the institution transformed from a modest branch of the Poznań Academy into a Faculty with the right to award master's and then doctoral degrees. The Gorzów branch proved a success in a city with little academic tradition. Initially, it was the only institution of higher education in the Gorzów Wielkopolski poviát of the time.

The stages in the Faculty's development were marked by periods of structural change. The first covers the period from 1971-1984, when organisational, staffing, teaching and research facility foundations were laid at the Gorzów branch. The institution received an expansive building for teaching purposes, a dormitory, jetty and sports hall. Poznań's Academy of Physical Education provided invaluable assistance, with lectures and seminars being given by a group of academics clearly lacking in Gorzów Wielkopolski: professors, readers and PhDs¹. The second stage of development covers the 1984-1992 period, when the first Faculty existed in Gorzów Wielkopolski, which took on a running track with stand and a new hall. Over 1,000 students were studying there at the time. An ambitious reform of the education programme was implemented, part-time studies were reintroduced and vocational studies were introduced for trainers. The third stage covers the years from 1992-2003, when the Institute of Physical Education (Institute of Physical Culture), which returned to Faculty of Physical Education in Poznań. However, this era saw Gorzów's ambitions subordinated to the aspirations of its home university in terms of obtaining the right to confer habilitation degrees and to initiate the conferment procedure for professorship. The most recent period in the development of the Gorzów branch is from 2003-2018, marked by this centre being elevated once again to the rank of faculty. The Faculty's academic staff is now more numerous than ever before (18 professors), and in 2005 it was awarded the right to confer doctoral degrees (60 individuals have obtained this degree) and four courses of study. Students facilities have expanded, including a teaching building, a jetty on the River Warta, a dormitory. In total, between 1971-2019 almost 15,000 students studied at the Gorzów Faculty, of whom 8,377 graduated.

Alongside its teaching work, the Gorzów centre also conducts research related to the kind of studies conducted there. This has resulted in better qualified academic staff, mainly PhDs, associate professors and professors, as well as raising the profile of the centre itself. Academics from the social sciences and humanities have played a key role in this scientific research. Due to the profound effects of research into physical education, sport and tourism, for many years the Gorzów institute has been regarded as one of the country's strongest. Interesting sociological studies on the potential of medium-sized cities, creative environments and physical culture in Antiquity has been conducted here. In addition to research in the social sciences and humanities, research in the fields of medicine and biology has also developed. At the end of the 1980s, experimental hodological research began on the nervous system. This dealt with biorhythms in the human organism, particularly in women. This research by physiologists focused on human capacity, in particular regarding physical exertion in those who were actively engaged in sport and those who were not. Qualitative research on fauna and flora in the western and southern areas of Poland was conducted by a team of biologists, who contributed to the setting up of two national parks and several nature reserves. Cooperation with the Gorzów medical environment bore fruit in biochemical research on physical exertion. Research also continued in the field of sports theory and methodology and anthropomotor skills.

The Faculty of Physical Education maintained partnership contacts for research and educational projects. As part of international cooperation on teaching, the Faculty cooper-

¹ Many of those starting out in their academic teaching career at the time (mainly assistants) were given accommodation by the city. This was possible thanks to an agreement between the authorities of the Poznań Academy of Physical Education, the city authorities of Gorzów Wielkopolski and Gorzów Housing Association. As reported by J. Znoj.

ated with numerous institutions including the following: the University of Freiburg (Germany), the Charles University in Prague (Czech Republic), and the University of Strasbourg (France). Through its research cooperation, the Faculty maintained contacts with the Polish Institute and Sikorski Museum and the Polish University Abroad in London, the Charles de Gaulle University – Lille III, the universities of Freiburg, Greifswald, Magdeburg, Potsdam, Copenhagen, the Institute for Research on Polish Culture in Munich, the Polish Research Institute in New York, the Central Archives of Polonia in Orchard Lake, and the Polonia Biography Institute in Vaudricourt.

In summing up almost five decades of the Faculty, it is worth listing other notable achievements. The teaching staff expanded from PhDs and 21 Master's degree holders to do 17 professors and associate professors and 50 PhDs. In total, the teaching staff at the Gorzów have authored 4,5000 publications, including over 300 books. They have participated in more than 400 conferences in Poland and 110 abroad. Student-sportsmen and women and members from the University's AZS AWF club have won 11 Olympic medals, of which 7 were gold and 11 Paralympic medals, including 7 gold, all of which ranks the University's Gorzów branch among the country's best. Tomasz Kucharski, the two-time Olympic rowing champion, two-time world rowing champion and three-time runner-up is the most decorated sportsman in the history of Poznań University of Physical Education.

By way of conclusion, one might state that Poznań University of Physical Education used the opportunity to develop, become a modern university and one of Poland's premier sports education institutions. This is the result of its long tradition, renowned lecturing staff, who are often leaders in their field, and state-of-the-art teaching and sports facilities, which are among the country's best, and live up to the University pedigree.

Translated by Rob Pagett