

**Subject:** Methodology of swimming

## GENERAL INFORMATION

<b>Organization unit</b>	Faculty of: Physical Education Chair of: Water and winter sports facility Chairman: dr Michał Staniszewski
<b>Course name</b>	Methodology of swimming
<b>Subject code</b>	WFI-27
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	bachelor
<b>Study year</b>	I
<b>Semester</b>	I and II
<b>ECTS points</b>	3
<b>Professor</b>	Robert Białecki
<b>Studies program in which the subject is realized</b>	physical education
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	lack

## DETAILED INFORMATION

### Course aims and objectives

Preparing students to independently conduct lessons and sports activities in the field of swimming with children and youth in primary and secondary schools and other physical culture institutions.  
Equipping future graduates with theoretical and practical knowledge in the field of technique and methodology of basic swimming techniques.

### Main topics

No	Topic
<b>Classes</b>	
1.	Teaching Methodology: Initial teaching stage: familiarization exercises, breathing and buoyancy exercises, lying and sliding on the front and back.
2.	Teaching simple dives.



3.	Methodology of teaching backstroke.
4.	Methodology of teaching front crawl.
5.	Methodology of teaching breaststroke.
6.	Methodology of teaching butterfly.
7.	Methodology of teaching starts.
8.	Methodology of teaching turns.
9.	Methodology of teaching scuba diving
10.	Teaching rescue swimming elements.

**CONDITIONS FOR PASSING CLASSES:**

All credits must be passed with a positive grade: Semester I - 50 m backstroke, 50 m front crawl, 50 m breaststroke. Semester II - 100 m backstroke or crawl, 100 m breaststroke, 200 m - 150 m with a selected swimming technique on the breast and 50 m backstroke, 25 m butterfly, 15 m underwater, diving into the depth and fishing for an object from a depth of 3.6 m (without goggles), jumping on the feet from a springboard from a height of 3 m.

**1 ECTS point = 25 hours students work (contact + self study)**

TYPES OF CLASSES	HOURS
1. Contact classes	45
2. Students' preparations of the presentations	
3. Self study as preparation to the written exam	
4. Self study as reading text prepared by the teacher	30
<b>Total = 75 hours- ECTS points 3.....</b>	

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