

## Subject: Methodology of gymnastics

### GENERAL INFORMATION

<b>Organization unit</b>	Faculty of: Physical Education Chair of: Department of Individual Sports Chairman: dr hab. Prof. Dariusz Boguszewski
<b>Course name</b>	Methodology of gymnastics
<b>Subject code</b>	24/2/1/PE
<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>	1st
<b>Semester</b>	1
<b>ECTS points</b>	2
<b>Professor</b>	dr Agata Pałka, dr Tatiana Poliszczuk, mgr Patrycja Adamkiewicz, mgr Michał Chmiel
<b>Studies program in which the subject is realized</b>	Physical Education
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	-

### DETAILED INFORMATION

#### Course aims and objectives

A1	Improving the gymnastic fitness of students
A2	Transfer of knowledge about teaching methodology, performance technique, assistance and protection of basic gymnastic exercises.
A3	Mastering the terminology of gymnastic exercises
A4	Preparation for conducting gymnastics classes at the basic level
A5	Preparation for conducting gymnastics classes at the basic level

## Main topics

Term	Topic
	<b>classes</b>
1.	<p>Organizational activities. Discussion of safety rules before, during and after gymnast classes, terms and conditions for passing classes, discussing the principles of preparing, organizing and running formative, order disciplinary exercises in gymnastic.</p> <p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as forward roll, backward roll, cartwheel</li> <li>- Handstand</li> <li>- Vaults</li> <li>- Selected exercises on bar: Pullover the bar to front support</li> <li>- Selected exercises on parallel bars</li> </ul>
2.	<p><b>Men</b></p> <p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as fronthandspring, front Summersault, headstand, acrobatic group pyramids</li> <li>- Vaults</li> <li>- Selected exercises on bar: dismounts and hip circles</li> <li>- Selected exercises on parallel bars</li> </ul>
2.	<p><b>Women</b></p> <p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as headstand and acrobatic group pyramids</li> <li>- floor routine (with music)</li> <li>- Vaults</li> <li>- Selected exercises on balance beam</li> <li>- Selected exercises on uneven bars</li> </ul>



#### CONDITIONS FOR PASSING CLASSES:

1. Attendance and active participation at classes. There is an obligation to make up for all missed work and information resulting from absence from classes.
2. Performing the exercises for grades (practical test)
3. Running formative exercises in various forms, in accordance with the description own-prepared by student
4. All passing conditions are presented by the teacher at the first class

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

TYPES OF CLASSES	HOURS
1. Contact classes	60
2. Students' preparations of the presentations	-
3. Self study and practice for the passes	55
4. Self study as reading text prepared by the teacher	10
<b>Total = 125 hours- ECTS points 5</b>	

<b>Author of the class card:</b>	<b>Mgr Michał Chmiel</b>
<b>Date:</b>	March 2025