

## CLASS CARD: PHYSICAL EDUCATION- GYMNASTICS, MUSIC AND MOVEMENT EXERCISES

Basic classes	Code in the study plan	ECTS
PE- gymnastics, music and movement exercises	FV-38	2

Education profile	Practical
Faculty and field of study	Rehabilitation
Studies program in which the subject is realized	Phyciotherapy
Professor's name	Marta Kinga Labecka, PhD
Level of studies (eg. bachelor, master)	5 year linear master study
Study year and semester	1/I
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	practical
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	Physical Education at the secondary level. The student has no contraindications to exercise.

### DETAILED INFORMATION

#### Course aims and objectives

1	Provide the student with basic knowledge of gymnastics, music, and movement classes and understand the specificity of such classes
2	Familiarize the student with the specificity of conducting gymnastic classes (in accordance with the principle of demonstration, explanations, using various belaying methods and safety rules) and music (integration, social and folk dances)
3	Familiarize the student with the possibilities of teaching and using gymnastics as well as integration, social, and modern forms of gymnastics in working with people with various disabilities.

### LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES

Learning outcome	Subject's learning outcomes
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<b>KNOWLEDGE</b>	
O.W1. O.W11. F.W7.	1. Characterizes gymnastic and dance forms. 2. Student has knowledge of medical and functional problems in various forms of gymnastic and music-movement classes in healthy people and with selected disabilities, eg. posture defects, intellectual disability. 3. Student knows exercises shaping motor features, can perform them, and modify them depending on the needs and abilities of people with selected disabilities, taking into account corrective and preventive tasks. 4. Student knows the methodology of teaching: agility and acrobatic exercises, music exercises, ballroom dances, folk and integration dances. 5. Student knows the vocabulary used in gymnastic disciplines and in the field of music exercises, ballroom, folk, and integration dances.
<b>SKILLS</b>	
O.U6. O.U7. O.U8. O.U.10. B.U.9 F.U4. F.U10.	1. Student has the ability to methodically teach various forms of movement. 2. Student has the ability to create short gymnastic and music patterns. 3. Student has the ability to conduct integration games with music. 4. Student has motor skills in the field of agility and acrobatic exercises needed to conduct gymnastic classes. 5. Student has a basic level of physical fitness needed to conduct basic gymnastics and dance classes. 6. Student has the ability to prepare a given task, its presentation, and its execution. 7. Student has the ability to correct the task performed by himself and those exercising. 8. Student can bely the practitioner in performing basic agility and acrobatic exercises in accordance with the teaching methodology and safety rules. 9. Student used gymnastic and dance vocabulary. 10. Student understand the influence of certain exercises on the body for people with various functional problems.
<b>SOCIAL COMPETENCES</b>	
O.K3.	1. Student is aware of the need to learn about various forms of physical activity in order to expand their knowledge and professional competencies. 2. Student is aware of the beneficial influence of physical fitness on all spheres of life and its maintenance at the highest possible level.
O.K5.	

## **SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION**

<b>FORM OF CLASSES – LECTURE - subject</b>		<b>Reference to subject-specific learning outcomes</b>

<b>FORM OF CLASSES – CLASSES – subject</b>		<b>Reference to subject-specific learning outcomes</b>
<b>SC 1</b>	Introduction to gymnastics. Getting to know the basic rules of gymnastics classes and introducing gymnastic exercises (demonstration, explanation, vocabulary about positions and movements).	O.U8.
<b>SC 2</b>	Learning and perfecting exercises, focusing on the upper and lower limbs. Developing muscle endurance.	O.W11. F.W7. O.U8. F.U4.
<b>SC 3</b>	Introducing and improving exercises with a focus on the torso. Learning basic acrobatic exercises (forward roll). Developing flexibility.	O.W11. F.W7. O.U8. F.U4.
<b>SC 4</b>	Getting to know the exercises in pairs, shaping the correct posture, muscle strength, and motor coordination. Learning gymnastic pyramids in pairs. Learning (backward roll) and improving basic acrobatic exercises (forward roll).	O.W11. F.W7. O.U8. B.U9. F.U4.
<b>SC 5</b>	Learning (standing on hands) and perfecting basic acrobatic exercises (forward and backward roll).	O.W1. O.W11. O.U6. O.U7. O.U8. B.U9. F.U4.
<b>SC 6</b>	Learning (sideways flip) and improving acrobatic exercises (forward and backward roll and standing on hands).	O.W1. O.W11. O.U6. O.U7. O.U8. O.U10. B.U9. O.K5. F.U4.
<b>SC 7</b>	Perfecting gymnastic pyramids in pairs and acrobatic exercises.	O.U6. O.U8. O.U10. F.U4.

<b>SC 8</b>	Learning about rhythmic exercises. Learning selected integration dances	O.W11. O.U7. O.U8. O.U10. O.K3. F.U4.
<b>SC 9</b>	Organizational issues. Basic rules of gymnastics classes. Games and activities with gymnastic elements. Introduction to corrective gymnastics.	O.W1. O.U8. B.U9. F.U4.
<b>SC 10</b>	Developing the ability to conduct gymnastic and acrobatic exercises with music with a group. Developing the ability to use exercises in correcting posture defects. Review of corrective exercises.	O.W1. O.W11. F.W7. O.U6. O.U7. O.U8. F.U4. F.U10.
<b>SC 11</b>	Getting to know selected exercises from the development movement of Sherborne. Improving gymnastic pyramids in pairs and techniques of acrobatic exercises.	O.W1. O.W11. F.W7. O.U6. O.U7. O.U10. B.U9. O.U8. F.U4. F.U10. O.K3. O.K5.
<b>SC 12</b>	Getting to know selected exercises in gymnastics from Special Olympics. Learning to create your gymnastic layout.	O.W1. F.W7. O.U6. O.U8. F.U4. F.U10.
<b>SC 13</b>	Perfecting the Special Olympics layout and your gymnastic layout with music.	F.W7. O.U6. O.U8. F.U4. F.U10.
<b>SC 14</b>	Perfecting gymnastic layout in pairs. Developing the ability to conduct gymnastic and acrobatic exercises with music with a group.	F.W7. O.U7. O.U8. B.U9. F.U4.
<b>SC 15</b>	Learning and creating gymnastic layout with music	O.W1. O.U7. O.U8.

	and accessories. Learning basic relaxation techniques	B.U9. B.U9. F.U4.
<b>SC 16</b>	Perfecting gymnastic layout with music and accessories.	O.U6. O.U7. O.U8. O.U10. B.U9. F.U4.

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
<b>1-16</b>	<b>Discussion, Practical activities, Conducting part of the classes by the students</b>
<b>Teaching resources: sports equipment</b>	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
<b>1-16</b>	<b>Attendance at classes</b>
<b>3,7,14</b>	<b>Written theoretical exam</b>
<b>5,6,7,10,11,12,13,14</b>	<b>Practical test</b>

## CONDITIONS FOR PASSING CLASSES:

1. Active presence at 14 from 16 classes
2. Conducting a part of the classes
3. Practical Test according to the norms
4. Presentation of gymnastic routines

## SAMPLE ASSESSMENT/EXAMINATION TOPICS

Acrobatic exercises, special Olympics, posture defects, corrective gymnastics- exercises, plays and games

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	<b>Peter Marino. Gymnastic Skills Handbook: Levels 1-5. Lulu.com; First Edition (January, 2015) Jane Johnson Johnson. Postural Correction. Human Kinetics Publishers (November, 2015)</b>
<b>Additional</b>	

## SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
30	1	Active presence at the classes (contact hours)
30	1	Preparing for a practical test, familiarize with the bibliography concerning exact topic, writing a scenario of the classes (self-study)

**Number of ECTS points that a student obtains in classes developing practical skills: 2**

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