

Subject: PHYSICAL EDUCATION- GYMNASTICS, MUSIC AND MOVEMENT EXERCISES

GENERAL INFORMATION

Organization unit	Faculty of Rehabilitation Chair of Movement Teaching Chairman: dr hab. Izabela Rutkowska
Course name	PE- gymnastics, music and movement exercises
Subject code	FV-38
Teaching language	English
Type of subject (obligatory/ facultative)	obligatory
Level of studies (eg. bachelor, master)	5 years linear master study
Study year	1
Semester	I
ECTS points	2
Professor	PhD Marta Kinga Labecka
Studies program in which the subject is realized	physiotherapy
Method of realization (stationary/ distance learning)	stationary
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.

Main topics



No	Topic
Lectures/classes	
1.	Introduction to gymnastics. Getting to know the basic rules of gymnastics classes and introducing gymnastic exercises (demonstration, explanation, vocabulary about positions and movements).
2.	Learning and perfecting exercises, focusing on the upper and lower limbs. Developing muscle endurance.
3.	Introducing and improving exercises with a focus on the torso. Learning basic acrobatic exercises (forward roll). Developing flexibility.
4.	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).
5.	Learning (standing on hands) and perfecting basic acrobatic exercises (forward and backward roll).
6.	Learning (sideways flip) and improving acrobatic exercises (forward and backward roll and standing on hands).
7.	Perfecting gymnastic pyramids in pairs and acrobatic exercises.
8.	Learning about rhythmic exercises. Learning selected integration dances
9.	Organizational issues. Basic rules of gymnastics classes. Games and activities with gymnastic elements. Introduction to corrective gymnastics.
10.	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.
11.	Getting to know selected exercises from the development movement of Sherborne. Improving gymnastic pyramids in pairs and techniques of acrobatic exercises.
12.	Getting to know selected exercises in gymnastics from Special Olympics. Learning to create your gymnastic layout.
13.	Perfecting the Special Olympics layout and your gymnastic layout with music.
14.	Perfecting gymnastic layout in pairs. Developing the ability to conduct gymnastic and acrobatic exercises with music with a group.
15.	Learning and creating gymnastic layout with music and accessories. Learning basic relaxation techniques
16.	Perfecting gymnastic layout with music and accessories.

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

1 ECTS point = 30 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	10
3. Self study as preparation to the written exam	10
4. Self study as reading text prepared by the teacher	10
Total = 60 hours- ECTS points 2	

Author of the class card:	Name, surname and email
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