Subject: Methodology of swimming

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I. General information

Organization unit	Faculty of Physical Education
	Department Agua and Snow Sports
	Supervisor: dr hab. Jakub Adamczyk
Course name	Methodology of Swimming
Subject code	25/1/I/PE
Teaching language	English
Type of subject	obligatory
(obligatory/ facultative)	
Level of studies (eg. bachelor,	bachelor
master)	
Study year	1
Semester	1, 2
ECTS points	3, 3
Teacher/e-mail	dr Robert Białecki
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Studies program in which the	PHYSICAL EDUCATION
subject is realized	
Method of realization	stationary
(stationary/ distance	
learning)	
Prerequisites	-

II. Detailed Information

Course aims and objectives

A1	Preparing students to independently conduct lessons and sports activities in the field
	of swimming with children and teenagers in primary and junior high schools as well
	as in other educational facilities.
A2	Equipping future graduates with theoretical knowledge and experience in the field
	of technique and methodology of basic swimming. Including preparation of classes
	in various conditions (swimming pool, open water) and swimming competitions.

Learning outcome	Subject's learning outcomes		
Knowledge			
K W 01	Knows the basics of the	P6U W	Physical
Familiarity and comprehension of the basics of	structure and functioning of		culture
functioning of human organism with the focus on	the human body with		sciences
the movement mechanics and the movement	particular emphasis on the		
organs and the basic physiological and	mechanics of movement.		
biochemical processes occurring in the organism			
of a sportsperson			
K W 03	Knows the basic body	P6U W	Physical
Familiarity and comprehension of basic functions	functions, including those		culture
of the body including those that may occur	occurring during physical		sciences
during physical effort as well as negative and	exercise. Including positive		
positive effects of physical activity.	and negative effects of		
Comprehension of problems connected with	physical activity while		
biological recuperation and the process of	swimming.		
physical renewal.	C		
K W 12	Knows the elementary	P6U W	Physical
Familiarity with basic physical education	terminology used in	—	culture
terminology, comprehension of its sources and	swimming and understands		sciences
implementation within other associated	its sources and applications		
disciplines (sport, tourism, movement recreation,	within related disciplines.		
health and aesthetic behaviour)	Ĩ		
K W 18	Knows the technique of	P6U W	Physical
Familiarity with the methodology of performing,	performance, belaying and		culture
securing and methodology in selected team and	teaching methodology of		sciences
individual sport disciplines, as well as the rules of	swimming techniques.		
safe organization of these sports during PE			
classes and sport and recreational events.			
Skills			
K_U 01	Can point, name the most	P6U_U	Physical
Ability to name and indicate the most important	important functional		culture
elements of human body functioning and to	elements of the human		sciences
explain correlations and relations that exist	body. Can explain how the		
between them.	aquatic environment affects		
	the human body.		
K_U 10	Can apply the means of	P6U_U	Physical
Ability to use verbal and nonverbal expression	verbal and physical		culture
means in the teaching work. Ability to clearly	expression in didactic and		sciences
articulate what needs to be conveyed. Ability to	educational work. Properly		
use body language. Skill of using correct rules of	articulates and emphasizes		
teaching communication	statements. Can "explain"		
	the desired movement by		
	non-verbal means.		
K_U 17	Able to show the technique	P6U_U	Physical
Ability to present the technique, secure and	of swimming styles, belay		culture
correctly implement the teaching methodology	and correctly apply teaching		sciences
for selected team and individual sports in	methodology in the field of		

different age groups and groups at diverse advance levels. Ability to safely organize and hold selected individual and team sport activities in the form of educational and sports and	swimming instruction.		
K_U 19 Ability to correctly implement the methodology of games and play teaching as well as to select appropriate games and movement play depending on conditions, aim, age and abilities of a participant. Ability to organize games and play events.	Able to correctly apply the methodology of teaching games and movement games in swimming. Including properly selecting games and movement games depending on the conditions, purpose, age and capabilities of the participant	P6U_U	Physical culture sciences
Social Competences			
K_K 01 Development of own sport interests. Comprehension of the need for caring for physical fitness and health to promote health and correct practice of a teaching profession and a coach. Participating in sport life using its different forms with the aim of encouraging individuals and social groups to take up sports as a style of life.	Develops own sporting preferences in the field of swimming, participates in sport swimming events and organized activities.	P6U_K	Physical culture sciences
K_K 05	Independently undertakes	P6U_K	Physical
Developing and advancing knowledge and skills	activities related to self-		culture
Svllabus contents	concation and training.		scicilies

Synabus conte	ents	
No	Title	
Classes/ Practical classes		
SC1	Discussing the content of the program. Organization and safety during	
	classes. Warm up.	
SC2	Practical skills test at a distance of 50 m with a front crawl and backstroke.	
SC3	Teaching methodology: introductory stage of teaching, taming, breathing and	
	displacement drills, lying and sliding on the front and back.	
SC4	Teaching method of the front crawl and backstroke: locomotion drills of the	
	legs on the front and back positions. Breathing drills.	
SC5	Improving kick on the front and back positions. Breathing drills. Initial	
	workouts of the arms to the backstroke (hand to hand drills).	
SC6	Methodology of teaching arms work to the backstroke style. Coordination	
	drills kick, arms and breathing.	
SC7	Improving kick to the kind positions. Breathing drills. Initial work exercises	
	for arms to front crawl (hand to hand drills).	
SC8	Methodology of teaching arms work to front crawl. Coordination drills kick,	
	arms and breathing.	
SC9	Coordination drills and improving the front crawl.	
SC10	Coordination drills and improving the backstroke.	
SC11	Perfecting styles: front crawl and backstroke in the form of an individual	
	drills.	

SC12	Perfecting styles: front crawl and backstroke in the form of team sports
	competition (relay races).
SC13	Methodology of teaching breastroke - teaching kick work. Perfecting front
	crawl and backstroke.
SC14	Improving the breastroke kick, teaching arms work (preliminary drills).
SC15	Coordination drills in the breastroke.
SC16	Perfecting breastroke.
SC17	Perfecting styles: front crawl, backstroke and breastroke with a continuous
	method - swimming 30 min.
SC18	Methodology of teaching a turn in a front crawl.
SC19	Methodology of teaching a turn in a backstroke.
SC20	Methodology of teaching a turn in a breastroke.
SC21	Improving turns while swimming in the front crawl, backstroke and
	breastroke.
SC22	Methodology of teaching the front crawl and breastroke starts.
SC23	Methodology of teaching the backstroke start.
SC24	Improving starts: front crawl, breastroke and backstroke.
SC25	Methodology of teaching depth (3.5 m) and distance (15 m) scuba diving.
	Improving turns.
SC26	Elements of lifesaving swimming on the front and back side.
SC27	Credit: 50 m front crawl - (time + technique).
SC28	Credit: 50 m backstroke - (time + technique).
SC29	Credit: 50 m breastroke - (technique).
SC30	Evaluation.
SC31	Discussion of the program. Organization of classes. Worm up.
SC32	Methodology of teaching butterfly: kick.
SC33	Improving butterfly kick. Preliminary workouts of arms work – hand to hand
	drills.
SC34	Teaching arms work in the butterfly. Coordination drills.
SC35	Improving butterfly.
SC36	Training method - variable in improving four swimming styles.
SC37	Training method - interval in improving four swimming styles
SC38	Training method - continuous improvement of four swimming styles.
SC39	Springboard diving 1 and 3 m. Credit: dive from 3 m. board.
SC40	Credit: scubadiving to 3.6 m depth and 15 m distance.
SC41	Credit: distance 200 m (50 m backstroke + 150 m front crawl or breastroke).
SC42	Credit: 100 m breastroke (technique).
SC43	Credit: 100 m backstroke or front crawl (time + technique).
SC44	Credit: 25 m. butterfly (technique).
SC45	Evaluation.

Planned methods / forms / didactic activities

Program contents	Teaching method	Reference to area codes /Subject education effects
SC. 1 - 45	Practical classes	K_U01,10,15,17,19 K_K01,05,07

Assessment cri		
Local grade	Grade	Criteria
5	Α	adequate result in the swimming test (according to the norms)
4,5	B	adequate result in the swimming test (according to the norms)
4	С	adequate result in the swimming test (according to the norms)
3,5	D	adequate result in the swimming test (according to the norms)
3	Ε	adequate result in the swimming test (according to the norms)
2	F	adequate result in the swimming test (according to the norms)

Assessment criterion

Literature	
basic	1. Bartkowiak E., (2008), Pływanie sportowe, COS, Warszawa
	2. Dybińska E., (2011), Uczenie się i nauczanie pływania, AWF
	Kraków
	3. Costill D.L., Maglischo E.W., Richardson A.B., (1992),
	Handbook of sports medicine and science swimming., FINA -
	Oxford, Blackwell Scientific Publications, London
	4. HannulaD., Thorton N. i in., (2001), The swim coaching bible.,
	Human Kinetics, Champaign, Illinois
	5. Sweetenham B., Atkinson J., (2003), Champinship swim training,
	Human Kinetics, Champaign, Illinois
further	1. Maglischo E.W., (1993), Swimming faster a comprehensive
	guide to the science of swimming., Mayfield Publishing
	Company, Mountain View, California
	2. Maglischo E.W., (1993), Swimming even faster., Mayfield
	Publishing Company, Mountain View, California

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

TYPES OF CLASSES	HOURS
Contact hours	45
Consultations	35
Self study	70
Total = 160 hours = 6 ECTS	