

**Subject: Track and field sports****I. General information**

<b>Organization unit</b>	Faculty of Physical Education Chair: Sport Supervisor: dr hab. Krzysztof Perkowski prof. AWF
<b>Course name</b>	Track and field sport
<b>Subject code</b>	12/2/II/PE
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies</b>	I
<b>Study year</b>	I
<b>Semester</b>	2
<b>ECTS points</b>	2
<b>Teacher/e-mail</b>	M.A. Zbigniew Mierzejewski zbigniew.mierzejewski@awf.edu.pl
<b>Studies program in which the subject is realized</b>	PHYSICAL EDUCATION
<b>Method of realization (stationary/ distance learning)</b>	stationary
<b>Prerequisites</b>	Knowledge about structure of motion tasks, movement teaching process, competition system

**II. Detailed Information****Course aims and objectives**

A1	Preparing the student to conduct the Physical Education lessons on Track and field sport
A2	Introduction to the history of Track and field sport in Poland and in the world
A3	Presentation of teaching methods of individual technical and tactical elements in Track and field sport
A4	Mastering the basic skills of refereeing

## Learning outcomes

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
K_W01 Familiarity and comprehension of the basics of functioning of human organism with the focus on the movement mechanics and the movement organs and the basic physiological and biochemical processes occurring in the organism of a sportsperson.	Student has a knowledge about the safety and organization of practical (physical) classes
K_W03 Familiarity and comprehension of basic functions of the body including those that may occur during physical effort as well as negative and positive effects of physical activity. Comprehension of problems connected with biological recuperation and the process of physical renewal.	Knows the goals and functions of sport sciences - subject and methods. Knows and understands basic principles of logic, principles of scientific research, schemes of research procedure and basic research methods, techniques and tools. He understands the methods of sampling. Know principles of writing a scientific work and ethical principles binding in scientific research
K_W09 Familiarity with the basic evaluation methods and rules for correcting basic postural defects and the corrective- compensation exercises. Comprehension of the necessity of preventive measures in creating the correct posture.	Knowledge about methodology and systematics of teaching basic technical and tactical elements (classification and systematics of teaching the events. Knowledge about drills for teaching technics. Basic rules of the events.
<b>Skills</b>	
K_U06 Ability to implement the rules of education in work of a teacher and to select the appropriate methods to achieve the assumed educational objectives.	Is able to assess the correct selection of exercise programs and intensity depending on physical fitness and age of exercisers
K_U09 Ability to assess positive health measures and the skill of applying basic methods, forms and means of health education for needs of work with groups of different ages. Ability to cooperate with NHS employees, make observations, evaluate and prepare documentation in terms of people's attitudes to health education.	Is able to develop an original program of physical education, physical recreation and health training
K_U10 Ability to use verbal and nonverbal expression means in the teaching work. Ability to clearly	Is able to organize and conduct basic, recreational and touristic events for children and adolescents and adults according to the safe

articulate what needs to be conveyed. Ability to use body language. Skill of using correct rules of teaching communication.	regulations
K_U13 Ability to design, implement and document educational and teaching work in the context of developing key competences of a student. Ability to tailor strategies, forms, means and methods of education and make use of the given resources to fulfil the physical education objectives. Ability to devise the required documentation and evaluate the student's progress. Ability to follow safety rules.	Has motor skills specific for particular sport disciplines
<b>Social Competences</b>	
K_K 04 Acting an inspiration and source of advice to others in terms of movement recreation and encourages to take up individual physical activity in different stages of life. The graduate is ready to act as animator and create free time activities (associated with recreation and health events).	He is prepared for independent actions, implementing them as planned and professionally. Is able to manage human teams in the implementation of complex professional tasks educational (recreation and health) character.
K_K 05 Developing and advancing knowledge and skills in an individual way.	Can convincingly express his own opinion, negotiate and use effectively basic communication techniques.
K_K 06 Creating appropriate social relations with individuals and groups using effective available communication channels. Ability to work effectively under pressure and resolve conflicts.	Establishes social relations in a correct manner using effectively available communication channels with individuals and social groups

### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
SC1	Organizational classes, curriculum, requirements. Rules and technique of athletics competition implemented during the semester
SC2	Play forms, running techniques exercises, power exercises with a medicine ball.
SC3	Technique and methodology of teaching sprint start and shot put.
SC4	Passing relay start, shot put - ejection position.
SC5	Shot put - improvement, technique and methodology of 4x100 relay.
SC6	Shot put practical test
SC7	Technique and methodology teaching action in zone and high jump.
SC8	Completion of 4x100 relay, High jump - improvement
SC9	Credit for 4x100 relay. High jump - improving.
SC10	Sprint start practical test

SC11	High jump practical test
SC12	
SC13	Examples of athletics lessons
SC14	
SC15	

Assesment Criterion		
Local Grade	Grade	Criteria
5	A	Adequate result upon a practical examination
4,5	B	Adequate result upon a practical examination
4,0	C	Adequate result upon a practical examination
3,5	D	Adequate result upon a practical examination
3,0	E	Adequate result upon a practical examination
2,0	F	Insufficient result upon a practical examnation

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	30
<b>Total = 60 hours = 2 ECTS</b>	