

**Subject: Methodology of gymnastics****I. General information**

Organization unit	Faculty of Physical Education Chair: Gymnastic Combat Sports and Weight Lifting Supervisor: dr hab. Marek Kruszewski
Course name	Methodology of gymnastics
Subject code	24/2/1/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	1 st
Semester	1 and 2
ECTS points	6
Teacher	mgr Andrzej Zdzeszyński, mgr Jarosław Skowron dr Tatiana Poliszczuk, mgr Małgorzata Tomczak
Studies program in which the subject is realized	PHYSICAL EDUCATION
Method of realization (stationary/ distance learning)	Stationary
Prerequisites	

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

A1	Improvement of students gymnastic fitness
A2	Transfer of knowledge about the teaching methodology, technique of performance, help and protection of basic gymnastics exercises
A3	Terminology of gymnastic exercises
A4	Preparation for conducting basic gymnastics classes.
A6	Knowledge about the directions and modern forms of gymnastics development, as well as activities for popularizing gymnastics in various environments.

Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W18	<ul style="list-style-type: none"> • Technique of performing basic gymnastics exercises. • Methodology for performing basic gymnastics exercises. • Ways to help and protect in gymnastics exercises.
K_W12	<ul style="list-style-type: none"> • Terminology of sports gymnastics
K_W13	<ul style="list-style-type: none"> • Knowledge about the development of gymnastics in Poland and in the world.
K_W14	<ul style="list-style-type: none"> • Rules for leading and description of gymnastics exercises.
Skills	
K_U17	<ul style="list-style-type: none"> • The student can perform basic gymnastics exercises. • Can use the methodology and teaching of basic gymnastics in practice. • Can use ways to help and protection in gymnastics exercises in practice. • The student can lead and describe gymnastics exercises and class.
Social Competences	
K_K01 K_K05	<ul style="list-style-type: none"> • Student is prepared to promote gymnastics in the school and other environments. • Student develops his own tastes and develops theoretically and practically in various forms of gymnastics. • Student can interact in a team.
K_K07	<ul style="list-style-type: none"> • Student is responsible for health and safety of his and participants of classes.

Syllabus contents

No	Title
Classes/ Practical classes semester 1 men	
SC1	Organizational classes. Discussion of security rules and conditions for passing the subject. Exercise discipline in gymnastics lessons.
SC2	Technique and methodology of forward tucked roll teaching.
SC3	Technique and methodology of backward tucked roll teaching.
SC4	Technique and methodology of forward roll straddled teaching.
SC5	Technique and methodology of backward roll to the other ending position teaching.
SC6	Technique and methodology of handstand teaching.
SC7	Technique and methodology of handstand with roll forward teaching.
SC8	Technique and methodology of backward roll to the handstand teaching.
SC9	Technique and methodology of cartwheel teaching.
SC10	Improving of the exercises we have learned.
SC11	Evaluating of the forward roll and improving the exercises we have learned.
SC12	Evaluating of the backward roll and improving the exercises we have learned.
SC13	Evaluating of the handstand and improving the exercises we have learned.
SC14	Evaluating of the cartwheel.
SC15	Terminology of basic exercise movements. The rules for passing the test.
SC16	Discussion of rules for leading and recording basic exercise movements.
SC17	Evaluating of terminology. (test)
SC18	Evaluating of the leading basic exercise movements.

SC19	Technique and methodology of tucked vault teaching.
SC20	Technique and methodology of tucked vault teaching - continued.
SC21	Technique and methodology of swings on support on parallel bars (PB).
SC22	Technique and methodology of dismounts from PB.
SC23	Technique and methodics of standing on shoulders on PB.
SC24	Technique and methodology of swings forward on low bar.
SC25	Technique and methodology of hang pul lup back (felge) to front suport.
SC26	Evaluating of tucked vault.
SC27	Evaluating of dismounts and standing on shoulders on PB.
SC28	Evaluating of swings forward on low bar and hang pul lup back (felge) on low bar.
SC29	Evaluating of exercises - continued.
SC30	Evaluating of exercises - continued.
Classes/ Practical classes semester 2 men	
SC1	Technique and methodology of pair exercises.
SC2	Technique and methodology of pair exercises - continued.
SC3	Technique and methodology of pair exercises - continued.
SC4	Improving of pair exercises.
SC5	Technique and methodology of pair exercises – higher level.
SC6	Improving of pair exercises – higher level.
SC7	Rules of pair exercisec coaching. Improving of pair exercises
SC8	Rules of basic exercise movements with apparatus. Improving of pair exercises and own descript.
SC9	Evaluating of pair exercises.
SC10	Evaluating of pair exercises - continued.
SC11	Technique and methodology of front handspring on flor.
SC12	Technique and methodology of front handspring on flor from diferent starting position.
SC13	Improving of front handspring on flor from diferent starting positions.
SC14	Technique and methodology of front somersault (tucked)on flor.
SC15	Improving of front handspring and somersault.
SC16	Improving of front handspring and somersault.
SC17	Technique and methodology of headstand. Improving of front handspring and somersault.
SC18	Technique and methodology of strudled vault teaching.
SC19	Technique and methodology of strudled vault teaching - continued.
SC20	Technique and methodology of forward, back rolls teaching on parallel bars (PB).
SC21	Technique and methodology of front uprise teaching on PB.
SC22	Improving of exercises.
SC23	Technique and methodology of back, front circles on front support on low bar.
SC24	Technique and methodology of front dismounts from the bar.
SC25	Technique and methodology of front kip on the bar.
SC26	Evaluating of strudled vault.
SC27	Evaluating of front handspring and somersoult.
SC28	Evaluating of fronf, back circles and front uprise on parallel bars.
SC29	Evaluating of turns on the bar and dismounts.
SC30	Evaluating - continued
Classes/ Practical classes semester 1 women	

SC1	Organizational classes. Discussion of security rules and conditions for passing the subject. Exercise discipline in gymnastics lessons.
SC2	Technique and methodology of forward tucked roll teaching.
SC3	Technique and methodology of backward tucked roll teaching.
SC4	Technique and methodology of forward roll strudled teaching.
SC5	Technique and methodology of backward roll strudled teaching.
SC6	Technique and methodology of forward roll with straightened joined legs teaching.
SC7	Technique and methodology of backward roll with straightened joined legs teaching.
SC8	Technique and methodology of handstand teaching.
SC9	Technique and methodology of handstand with roll forward teaching.
SC10	Technique and methodology of cartwheel teaching.
SC11	Technique and methodology of combined cartwheel teaching.
SC12	Improving of the exercises we have learned.
SC13	Evaluating of the forward roll and improving the exercises we have learned.
Sc14	Evaluating of the backward roll and improving the exercises we have learned.
SC15	Evaluating of the handstand and improving the exercises we have learned.
SC16	Evaluating of the cartwheel.
SC17	Terminology of basic exercise movements. The rules for passing the test.
SC18	Discussion of rules for leading and recording basic exercise movements.
SC19	Evaluating of terminology. (test)
SC20	Evaluating of the leading basic exercise movements.
SC21	Evaluating of the leading basic exercise movements.
SC22	Technique and methodology of tucked vault teaching.
SC23	Technique and methodology of tucked vault teaching.
SC24	Technique and methodology of hang pul lup back (felge) to front suport.
SC25	Technique and methodology of hang pul lup back (felge) to front suport - continued.
SC26	Technique and methodology of hang pul lup back (felge) to front suport - higher level.
SC27	Evaluating of tucked vault.
SC28	Evaluating hang pul lup back (felge) on low bar.
SC29	Evaluating - continued
SC30	Evaluating - continued
Classes/ Practical classes semester 2 women	
SC1	Technique and methodology of basic pair exercises.
SC2	Technique and methodology of basic pair exercises.
SC3	Technique and methodology of pair exercises - continued.
SC4	Technique and methodology of pair exercises – higher level.
SC5	Improving of pair exercises.
SC6	Improving of pair exercises.
SC7	Rules of pair exercisec coaching. Improving of pair exercises
SC8	Rules of basic exercise movements with apparatus. Improving of pair exercises and own descript.
SC9	Rules and principles of composing pair routines with music.
SC10	Composing of pair routines with music in practice.
SC11	Composing of pair routines with music in practice.
SC12	Composing of pair routines with music in practice.
SC13	Evaluating of pair routines with music.

SC14	Evaluating of pair routines with music.
SC15	Technique and methodology of strudled vault teaching.
SC16	Improving of strudled vault teaching.
SC17	Technique and methodology of routines on asymetric bars. Exercises: hang pul lup back (felge) to front suport on high bar, swing from high to low bar, dismounts.
SC18	Technique and methodology of routines on asymetric bars. Exercises: hang pul lup back (felge) to front suport on high bar, swing from high to low bar, dismounts.
SC19	Technique and methodology of routines on asymetric bars. Exercises: hang pul lup back (felge) to front suport on high bar, swing from high to low bar, dismounts.
SC20	Technique and methodology of routines on balance beam. Exercises and dismounts.
SC21	Technique and methodology of routines on balance beam. Exercises and dismounts.
SC22	Technique and methodology of routines on balance beam. Exercises and dismounts.
SC23	Improving of routines on asymetric bars, balance beam and strudled vault.
SC24	Improving of routines on asymetric bars, balance beam and strudled vault.
SC25	Evaluating of strudled vault.
SC26	Evaluating of routines on asymetric bars.
SC27	Evaluating of routines on asymetric bars.
SC28	Evaluating routines on balance beam.
SC29	Evaluating routines on balance beam.
SC30	Evaluating continued.
Lectures	
L1	<ul style="list-style-type: none"> Fields of gymnastics. Modern forms of gymnastics.
L2	<ul style="list-style-type: none"> Terminology of sports gymnastics.
L3	<ul style="list-style-type: none"> Sports gymnastics. (artistic, rhytmic, acrobatic, aerobic)
L4	<ul style="list-style-type: none"> Methodology of gymnastics excercises (roll forward and backward, handstand, cartwheel)
L5	<ul style="list-style-type: none"> Methodology of gymnastics excercises (vaults: tucked and strudled, hang pul lup back „felge” to front suport)

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

TYPES OF CLASSES	HOURS
Contact hours	
Practical - classes	60
Lectures	10
Other (consultations)	45
Self study	
Literature	10
Preparing student own presentations	15
Preparation for the exam	10
Total = 150 hours = 6 ECTS	