

**Subject: METHODOLOGY OF TRACK AND FIELD SPORTS****I. General information**

Organization unit	Faculty of Physical Education Department of Athletics and games Chair: Dr hab. Krzysztof Perkowski
Course name	METHODOLOGY OF TRACK AND FIELD SPORTS
Subject code	26/1/I/PE
Teaching language	Polish//English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	1,2
Semester	II
ECTS points	3
Teacher	Zbigniew Mierzejewski, Janusz Mastalerz, Dorota Kamień Elżbieta Pstrokońska
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	Introduction into universal quality of athletic exercises. Possibilities of use the, for different group (age, gender, advancement) in different conditions (hall, stadium, forest).
A2	Mastered techniques and methodology of athletic events.
A3	Mastered course of athletic lesson. Safety leads the teaching.

### Learning outcomes

Learning outcome	Subject's learning outcomes
Knowledge	
K_W 01 K_W 02	Student knows a value athletic, a universal possibilities to use in physical education other sports and daily life.
K_W 12 K_W 18	Student understands techniques and methodology of teaching, understands how to correct mistakes and conduct lesson in a safety way.
Skills	
K_U 10	Student can show the techniques of athletics events and exercises.
K_U 13	Student can prepare the course of athletic lesson and conduct if safety in different conditions.
K_U 17	Student knows the techniques of athletic events and exercises, introduce it in groups of different age and agility level.
Social Competences	
K_K01	Student develops his interest in athletic and athletic fit.
K_K02	Student promote athletic between people of different age in different conditions (stadium, hall, forest).
K_K07	Student respects safety rules in his lessons and exercises.

### Syllabus contents

No	Title
Lectures	
	Sprint: start, acceleration and max speed run, relay (pass the baton), high jump and shot put; knowledge test
	Long jump, hurdles (indoor), cross country; knowledge test
	Combined events (100m, shot put 800/1500m), preparation and start; knowledge test

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

TYPES OF CLASSES	HOURS
Contact hours	30
Self study	60
Total = 90 hours = 3 ECTS	