

**CLASS CARD****Methodology of gymnastics**

Basic classes	Code in the study plan	ECTS
Course name: Methodology of gymnastics	24/2/1/PE	3

Education profile	general academic
Faculty and field of study	Faculty of Physical Education
Studies program in which the subject is realized	Physical Education
Professor's name	dr Agata Pałka, dr Tatiana Poliszczuk, mgr Patrycja Adamkiewicz, mgr Michał Chmiel
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	1 <sup>st</sup> , term 2
Language	English
Method of realization (stationary/ distance learning)	Stationary
Lectures/classes hours	30 hrs of classes
Form of passing classes	pass with grade
Type of subject (obligatory/ facultative)	Obligatory
Prerequisites	-

**DETAILED INFORMATION****Course aims and objectives**

<b>A1</b>	Improving the gymnastic fitness of students
<b>A2</b>	Transfer of knowledge about teaching methodology, performance technique, assistance and protection of basic gymnastic exercises.
<b>A3</b>	Mastering the terminology of gymnastic exercises
<b>A4</b>	Preparation for conducting gymnastics classes at the basic level
<b>A5</b>	Preparation for conducting gymnastics classes at the basic level

**LEARNING OUTCOMES IN KNOWLEDGE, SKILLS AND SOCIAL COMPETENCES FOR CLASSES**

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
<b>K_W12</b>	<b>P_K01</b> Knows the technique of performing basic gymnastic exercises

<b>K_W12</b>	<b>P_K02</b> Knows the methodology of performing basic gymnastic exercises
<b>K_W10</b> <b>K_W12</b>	<b>P_K03</b> Knows ways to help, spot and protect during performance of gymnastic exercises
<b>K_W01</b>	<b>P_K04</b> Knows gymnastics terminology
<b>K_W13</b>	<b>P_K05</b> Knows the principles of conducting and recording gymnastic exercises
<b>K_W09</b>	<b>P_K06</b> Has knowledge about the development of gymnastics in Poland and around the world
<b>SKILLS</b>	
<b>K_U11</b>	<b>P_S01</b> Can perform basic gymnastic exercises
<b>K_U11</b>	<b>P_S02</b> Is able to apply in practice the methodology of teaching basic gymnastic exercises
<b>K_U09</b>	<b>P_S03</b> Is able to use practical assistance, spotting and protection in gymnastics
<b>K_U11</b>	<b>P_S04</b> Can conduct and record gymnastic exercises
<b>SOCIAL COMPETENCES</b>	
<b>K_K03</b>	<b>P_SC01</b> Is prepared to promote gymnastics in the school and extracurricular environment
<b>K_K01</b>	<b>P_SC02</b> Develops own preferences and educates himself theoretically and practically in various forms of gymnastics
<b>K_K03</b> <b>K_K04</b>	<b>P_SC03</b> Able to work in a team
<b>K_K04</b>	<b>P_SC04</b> Is responsible for the health and safety of himself and his class participants

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

<b>FORM OF CLASSES – CLASSES – subject</b>		<b>Reference to subject-specific learning outcomes</b>
<b>Term 1</b>	Organizational activities. Discussion of safety rules before, during and after gymnast classes, terms and conditions for passing classes, discussing the principles of preparing, organizing and running	<b>P_K01-06</b> <b>P_S01-04</b> <b>P_SC01-04</b>

	<p>formative, order disciplinary exercises in gymnastic.</p> <p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as forward roll, backward roll, cartwheel</li> <li>- Handstand</li> <li>- Vaults</li> <li>- Selected exercises on bar: Pullover the bar to front support</li> <li>- Selected exercises on parallel bars</li> </ul>	
<b>Term 2 – men’s classes</b>	<p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as fronthandspring, front Summersault, headstand, acrobatic group pyramids</li> <li>- Vaults</li> <li>- Selected exercises on bar: dismounts and hip circles</li> <li>- Selected exercises on parallel bars</li> </ul>	<b>P_K01-06</b> <b>P_S01-04</b> <b>P_SC01-04</b>
<b>Term 2 – women’s classes</b>	<p>Independent practice and performing selected gymnastic exercises with their advanced forms and variants:</p> <ul style="list-style-type: none"> <li>- agility and acrobatics exercises such as headstand and acrobatic group pyramids</li> <li>- floor routine (with music)</li> <li>- Vaults</li> <li>- Selected exercises on balance beam</li> <li>- Selected exercises on uneven bars</li> </ul>	<b>P_K01-06</b> <b>P_S01-04</b> <b>P_SC01-04</b>

## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Stationary classes, terms 1 and 2	Practical classes

<b>Teaching resources:</b> gymnast accessories and equipment
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## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes (terms 1 and 2)	Assessment methods (terms 1 and 2)
P_K01-06, P_S01-04, P_SC01-04	Independent performance of elements for assessment, practical test

## CONDITIONS FOR PASSING CLASSES:

1. Attendance and active participation at classes. There is an obligation to make up for all missed work and information resulting from absence from classes.
2. Performing the exercises for grades (practical test)
3. Running formative exercises in various forms, in accordance with the description own-prepared by student
4. All passing conditions are presented by the teacher at the first class

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	
<b>Additional</b>	

## SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
70	2,8	Activities requiring direct participation of academic teachers (total)
55	2,2	Other forms of activity (total)
125	5	<b>TOTAL</b>

**Number of ECTS points that a student obtains in classes developing practical skills: 4**

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