

**CLASS CARD**

## Methodology of swimming

Basic classes	Code in the study plan	ECTS
Methodology of swimming	WFI-27	3

Education profile	practical
Faculty and field of study	Physical Education - physical education
Studies program in which the subject is realized	Physical Education
Professor's name	Robert Białecki
Level of studies (eg. bachelor, master)	bachelor
Study year and semester	I/I and II
Language	English
Method of realization (stationary/ distance learning)	stationary
Lectures/classes hours	30
Form of passing classes	Pass with grade
Type of subject (obligatory/ facultative)	obligatory
Prerequisites	lack

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

Goal 1	Preparing students to independently conduct lessons and sports activities in the field of swimming with children and youth in primary and secondary schools and other physical culture institutions.
Goal 2	Equipping future graduates with theoretical and practical knowledge in the field of technique and methodology of basic swimming techniques.

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

Learning outcome	Subject's learning outcomes
<b>KNOWLEDGE</b>	
K_W01	P_W01 Knows and understands advanced sports aquatics terminology and concepts, theories and methods used in swimming.

K_W09	P_W02 Has advanced knowledge of selected historical facts in the development of swimming in various eras in Poland and Europe. Understands the reasons for the development of the modern Olympic movement.
K_W10	P_W03 Knows the principles of securing the scene of an accident, assessing the injured person and providing first aid in various cases. Understands the legal basis for providing first aid.
K_W12	P_W04 Has advanced knowledge of the technique of execution, belaying and teaching methodology in the field of swimming and the principles of safe organization of this sport in the form of educational classes, sports and recreational events.
<b>SKILLS</b>	
K_U09	P_U01 Is able to predict threats to life and health, behave appropriately at the scene of an accident and provide first aid to drowning victims.
K_U11	P_U02 Demonstrates the technique and correctly applies the teaching methodology in swimming in groups of different age and fitness levels and assesses their special fitness.
K_U 12	P_U03 Is able to safely organize and conduct various aquatics sports in the form of educational activities and sports and recreational events.
K_U 13	P_U04 Is able to independently select methods, forms and training means used in swimming for the needs of children's and youth sports, sports for all and health training and apply various tests of special fitness in water. Identifies sports talents.
<b>SOCIAL COMPETENCES</b>	
K_K01	P_K01 Develops and takes responsibility for one's own sports preferences. Understands the need to take care of one's own physical fitness and health to promote health and the proper performance of the profession of a physical education teacher and coach. Participates in sports life using its various forms, contributing to the introduction of individuals and environmental groups into the culture of sports.
K_K03	P_K02 He inspires and advises participants of physical recreation classes to undertake independent physical activity in different periods of life. He is prepared to act as a free time animator, as well as co-create educational programs of a free time (recreational and health) nature.
K_K04	P_K03 When carrying out tasks individually and in teams, considers the applicable legal acts and is responsible for the safety and health of the participants of the classes. Is responsible for his/her own safety and the safety of the participants.

## SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
<b>1.- 45</b>	<p>To familiarize students with the practical principles and methods of work ensuring occupational health and safety when performing activities within the framework of classes with the use of technical devices, equipment and/or without them.</p> <p>Organizational and safety matters.</p> <p>A test of practical skills over 50 m (25 crawl, backstroke) and 25 m breaststroke.</p> <p>Teaching Methodology: Initial teaching stage: familiarization exercises, breathing and buoyancy exercises, lying and sliding on the front and back.</p> <p>Improving the work of the legs on front and back, breathing exercises. Initial exercises - work of the arms to the back (adding).</p> <p>Methodology of teaching backstroke and crawl on the stomach: locomotion exercises legs on front and back. Breathing exercises.</p> <p>Improving the work of the legs on front and back, breathing exercises. Initial exercises - work of the arms backstroke.</p> <p>Teaching arm work for backstroke.</p> <p>Backstroke coordination exercises. Improve skills of legs work on front and back. Breathing exercises.</p> <p>Preliminary exercises - arms work front crawl.</p> <p>Teaching arms work front crawl. Coordination exercises.</p> <p>Improve skills in front crawl and backstroke. Coordination exercises. Methodology of teaching breaststroke – kicks.</p> <p>Improving breaststroke kicks. Introductory exercises, arms work breaststroke.</p> <p>Coordination exercises in breaststroke (breathing).</p> <p>Improve breaststroke skills.</p> <p>Improvement: breaststroke, backstroke and breaststroke - swimming 30 min.</p> <p>The methodology of teaching front crawl turns.</p> <p>The methodology of teaching backstroke turns.</p> <p>Teaching breaststroke turns.</p> <p>Improvement turns breaststroke, backstroke and breaststroke.</p> <p>The methodology of teaching backstroke starts.</p> <p>The methodology of teaching crawl starts.</p> <p>The methodology of teaching breaststroke starts.</p> <p>Improvement starts front crawl, backstroke and breaststroke.</p> <p>Rescue swimming elements.</p> <p>Methods of scuba diving: methodology of teaching diving in depth (3.5 m) and at a distance (15 m).</p> <p>Individual preparation for swimming exams.</p> <p>Exam – 50m front crawl.</p>	<p>P_W01</p> <p>P_W02</p> <p>P_W03</p> <p>P_W04</p> <p>P_U01</p> <p>P_U02</p> <p>P_U03</p> <p>P_U04</p> <p>P_K01</p> <p>P_K02</p> <p>P_K03</p>

	Exam – 50m backstroke. Exam – 50m breaststroke. Exam – improvement or correction. Teaching butterfly kicks. Improving butterfly kicks. Teaching butterfly arms work. Coordination butterfly skills (kicks, arms, breathing). Improving butterfly technique. Individual preparation for swimming exams - springboard dives. Individual preparation for swimming exams – consultation and advice. Exam – springboard dive (feet first). Exam – scuba diving in depth (3.6 m) and at the distance (15 m). Exam – 200m. (50m. backstroke and 150 front crawl or breaststroke). Exam – 100m. front crawl or backstroke. Exam – 100m. breaststroke. Exam – 25m. butterfly. Exam – improvement or correction.	
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## PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
semester 1 and 2	Practical classes – exercises, description, showing skills.
Teaching resources: computer, educational platform, swimming equipment (boards, pull-boy, noodles, fins), stopwatch, whistle.	

## METHODS OF VERIFYING THE EXPECTED LEARNING OUTCOMES ACHIEVED BY THE STUDENT

Learning outcomes for classes	Assessment methods
P_W01/02/03/04 P_U01/02/03 P_K01/02/03	<b>Student activity, practical test:</b> <b>achieving the minimum time in the following distances: 50 m backstroke and 50 m crawl (minimum time + swimming technique in accordance with the Aquatics regulations), 50 m breaststroke (swimming technique).</b>
P_W01/02/03/04 P_U01/02/03 P_K01/02/03	<b>Student activity, practical test:</b> <b>achieving a minimum time in the following distances: 100m backstroke or 100m front crawl (minimum time + technique), 100m breaststroke (technique), 25m butterfly (technique), scuba diving: into the depths (while fishing two objects) and length</b>

	(swimming underwater for 15m) without the use of swimming goggles, springboard dive (feet first) from a 3m, 200m (50m backstroke and 150m in a chosen style on the front), assessment of the technique for covering the distance.
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## CONDITIONS FOR PASSING CLASSES:

The condition for admission to pass is attendance at least 70% of classes.

Absences must be excused. Obligation to make up all arrears resulting from absence from classes. The assessment includes a practical test that verifies the student's swimming skills. All credits must be passed with a positive grade:

**Semester I** - 50 m backstroke, 50 m front crawl, 50 m breaststroke. **Semester II** - 100 m backstroke or crawl, 100 m breaststroke, 200 m - 150 m with a selected swimming technique on the breast and 50 m backstroke, 25 m butterfly, 15 m underwater, diving into the depth and fishing for an object from a depth of 3.6 m (without goggles), jumping on the feet from a springboard from a height of 3 m. The condition for receiving a positive final grade is to obtain the minimum time, which was established according to the time standards for first-year students of full-time first-cycle studies and to cover the individual distances with the correct swimming technique in accordance with Aquatics regulations. In the case of an excused absence, it is possible to take the practical test at another time.

### Time standards semester I:

women	bdb (5,0)	db+ (4,5)	db (4,0)	dst+ (3,5)	dst (3,0)
50m front crawl	0:35,0	0:35,1-0:39,0	0:39,1-0:43,0	0:43,1-0:47,0	0:47,1-0:55,0
50m backstroke	0:40,0	0:40,1-0:45,0	0:45,1-0:50,0	0:50,1-0:55,0	0:55,1-1:00,0
men	bdb (5,0)	db+ (4,5)	db (4,0)	dst+ (3,5)	dst (3,0)
50m front crawl	0:30,0	0:30,1-0:34,0	0:34,1-0:38,0	0:38,1-0:42,0	0:42,1-0:48,0
50m backstroke	0:35,0	0:35,1-0:40,0	0:40,1-0:45,0	0:45,1-0:50,0	0:50,1-0:55,0

### Time standards semester II:

women	bdb (5,0)	db+ (4,5)	db (4,0)	dst+ (3,5)	dst (3,0)
100m front crawl	1:25,0	1:25,1-1:33,0	1:33,1-1:43,0	1:43,1-1:55,0	1:55,1-2:10,0
100m backstroke	1:35,0	1:35,1-1:40,0	1:40,1-1:55,0	1:55,1-2:10,0	2:10,1-2:20,0
men	bdb (5,0)	db+ (4,5)	db (4,0)	dst+ (3,5)	dst (3,0)

100m front crawl	1:15,0	1:15,1-1:20,0	1:20,1-1:25,0	1:25,1-1:35,0	1:35,1-1:50,0
100m backstroke	1:25,0	1:25,1-1:30,0	1:30,1-1:35,0	1:35,1-1:45,0	1:45,1-2:00,0

## ENGLISH BIBLIOGRAPHY

<b>Basic</b>	<b>1.</b> Maglischo E.W., (1993), Swimming faster a comprehensive guide to the science of swimming., Mayfield Publishing Company, Mountain View, California.
<b>Additional</b>	<b>1.</b> Hannula D. Thornton N. (2012). <i>The swim coaching bible</i> . Human Kinetics <b>2.</b> 100 Best Swimming Drills, Blyth Lucerno.

## SELF STUDY

Full-time studies		Type of activity
Number of hours to complete the activity	ECTS	
<b>45</b>	<b>2,5</b>	<b>Activities requiring direct participation of academic teachers – classes.</b>
<b>30</b>	<b>0,5</b>	<b>Other activities (total): developing own skills/improving technical skills, studying teaching materials, preparation for passing.</b>

**Number of ECTS points that a student obtains in classes developing practical skills: 3**

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<b>Date: 16 04 2025</b>	