

CLASS CARD**Methodology of gymnastics**

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

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 st , term 1
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**

A1	Improving the gymnastic fitness of students
A2	Transfer of knowledge about teaching methodology, performance technique, assistance and protection of basic gymnastic exercises.
A3	Mastering the terminology of gymnastic exercises
A4	Preparation for conducting gymnastics classes at the basic level
A5	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
KNOWLEDGE	
K_W12	P_K01 Knows the technique of performing basic gymnastic exercises

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

SUBJECT PROGRAM CONTENT DIVISION BY FORMS OF IMPLEMENTATION

FORM OF CLASSES – CLASSES – subject		Reference to subject-specific learning outcomes
Term 1	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	P_K01-06 P_S01-04 P_SC01-04

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

PLANNED METHODS/FORMS/TEACHING MEANS

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

Teaching resources: gymnast accessories and equipment

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

Basic	
Additional	

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	TOTAL

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

Author of the class card:	Michał Chmiel michal.chmiel@awf.edu.pl
Date:	March 2025