

CLASS CARD**Gymnastics: Methods and Competitions**

| Basic classes | Code in the study plan | ECTS |
|---|-------------------------------|-------------|
| Course name: Gymnastics: Methods and Competitions | 13/1/II/PE | 4 |

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|--|-----------------------------------|
| 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, mgr Michał Chmiel |
| Level of studies (eg. bachelor, master) | Master |
| 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**

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| A1 | Improving the gymnastic fitness of students |
| A2 | Transfer of knowledge about teaching methodology, performance technique, assistance and protection of more advanced gymnastic exercises. |
| A3 | Practice and preparing for participation in gymnastics competition |
| A4 | Providing knowledge about the organization and conduct of gymnastics competitions. |
| A5 | Expanding knowledge about methods, means and principles of developing leading motor skills in gymnastic sports. |
| A6 | Expanding knowledge about the directions and modern forms of gymnastics development, and working to popularize gymnastics in various environments |

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 more advanced gymnastic exercises |
| K_W12 | P_K02 Knows the methodology of performing more advanced gymnastic exercises |
| K_W01 | P_K03 Has expanded knowledge of gymnastic sports and concepts, theories and methods used in shaping individual motor skills. Knows and understands the processes, relationships and causes of changes occurring in the human body under the influence of physical activity |
| SKILLS | |
| K_U12 | P_S01 Possesses specialist gymnastic movement skills in selected forms of physical activity (recreational, sports) and is able to popularize them. |
| K_U11 | P_S02 Is able to assess the appropriateness of the selection of content, methods, forms and resources in group gymnastics classes. |
| K_U09 K_U10 | P_S03 Is able to organise basic gymnastic events (sports and recreational) for children, adolescents and adults in accordance with the regulations, while maintaining safety rules. |
| SOCIAL COMPETENCES | |
| K_K01 | P_SC01 Promotes gymnastics and other forms of physical activity in the school environment. Participates in social life and physical culture. |
| K_K02 | P_SC02 Develops own preferences and educates himself theoretically and practically in various forms of gymnastics |
| K_K04 | P_SC03 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 | <ol style="list-style-type: none"> 1. Organizational activities. Discussion of safety rules before, during and after gymnast classes, terms and conditions for passing classes. 2. Familiarization with various forms and varieties of gymnastic sports. 3. Independent practice and performing selected gymnastic forms and exercises with their advanced variants, including gymnastic equipment. 4. Participation and organization of basic gymnastics competitions, scoring rules, gymnast obligations and appearance for competitions | P_K01-03 P_S01-03 P_SC01-03 |

PLANNED METHODS/FORMS/TEACHING MEANS

| Program content | Teaching methods/forms |
|--|------------------------|
| Stationary classes, term 1 | 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_K01-03, P_S01-03, P_SC01-03 | 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.Participate in gymnastics competition

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) |
| 30 | 1,2 | Other forms of activity (total) |
| 100 | 4 | TOTAL |

Number of ECTS points that a student obtains in classes that include preparation for conducting scientific activities or participation in such activities: 1

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