

Subject: Gymnastics: Methods and Competitions

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Department of Individual Sports Chairman: dr hab. Prof. Dariusz Boguszewski
Course name	Gymnastics: Methods and Competitions
Subject code	13/1/II/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Master
Study year	1st
Semester	1
ECTS points	4
Professor	dr Agata Pałka, mgr Michał Chmiel
Studies program in which the subject is realized	Physical Education
Method of realization (stationary/ distance learning)	stationary
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 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

Main topics

Term	Topic
	classes
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

CONDITIONS FOR PASSING CLASSES:

<ol style="list-style-type: none"> 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 gymnastic competition 4. All passing conditions are presented by the teacher at the first class
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1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	70
2. Students' preparations of the presentations	-
3. Self study and practice for the passes	30
4. Self study as reading text prepared by the teacher	-
Total = 100 hours- ECTS points 4	

Author of the class card:	Mgr Michał Chmiel, michal.chmiel@awf.edu.pl
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