

## Subject: Physical Education- gymnastics, music and movement exercises

### I. General information

<b>Organization unit</b>	Faculty of Rehabilitation Chair of Teaching Movement
<b>Course name</b>	Physical Education- gymnastics, music and movement exercises
<b>Subject code</b>	FV-38
<b>Teaching language</b>	English
<b>Type of subject (obligatory/ facultative)</b>	obligatory
<b>Level of studies (eg. bachelor, master)</b>	5-year master degree studies
<b>Study year</b>	1
<b>Semester</b>	Winter/ summer
<b>ECTS points</b>	2
<b>Teacher</b>	mgr Marta Kinga Łabecka email: marta.labecka@awf.edu.pl
<b>Studies program in which the subject is realized</b>	PHYSIOTHERAPY
<b>Method of realization (stationary/ distance learning)</b>	Stationary
<b>Prerequisites</b>	Physical Education at secondary level. The student has no contraindications to exercise.

### II. Detailed Information

#### Course aims and objectives:

A1	Provide the student with basic knowledge of gymnastics and music and movement classes and understand the specificity of such classes
A2	Familiarize the student with the specificity of conducting gymnastic classes (in accordance with the principle of demonstration, explanations, using various belying methods and safety rules) and music (integration, social and folk dances)
A3	Familiarize the student with the possibilities of teaching and using gymnastics as well as integration, social and modern forms of gymnastics in work with people with various disabilities.

**Learning outcomes**

Learning outcome	Subject's learning outcomes
<b>Knowledge</b>	
<p>In terms of knowledge, the graduate knows and understands:</p> <p>C.W1. scientific discipline issues - biological sciences including development, structure and functions of the human body in normal and pathological conditions</p> <p>O.W11. issues related to conditioning, maintaining and restoring fitness and performance to people of different ages, including the elderly, who lost or reduced their performance due to various diseases or injuries; as well as the principles of health promotion - at an advanced level</p>	<ol style="list-style-type: none"> <li>1. Characterizes gymnastic and dance forms.</li> <li>2. Student has knowledge of medical and functional problems in various forms of gymnastic and music-movement classes in healthy people and with selected disabilities, eg. posture defects, intellectual disability.</li> <li>3. Student knows exercises shaping motor features, can perform them, and modify them depending on the needs and abilities of people with selected disabilities, taking into account corrective and preventive tasks.</li> <li>4. Student knows the methodology of teaching: agility and acrobatic exercises, music exercises, ballroom dances, folk and integration dances.</li> <li>5. Student knows the vocabulary used in gymnastic disciplines and in the field of music exercises, ballroom, folk, and integration dances.</li> </ol>
<b>Skills</b>	
<p>In terms of skills, the graduate can:</p> <p>O.U6. apply activities in the field of adapted physical activity and sport of people with disabilities for planning, selection, modification and creation of various forms of recreational and sport activities for people with special needs, including the elderly</p> <p>O.U7. apply procedures aimed at health education, health promotion, disability prevention, as well as primary and secondary disease prevention</p> <p>O.U8. demonstrate high physical fitness necessary for the proper demonstration and performance of kinesiotherapy, massage and manual therapy, as well as the use of special methods in people with various diseases, dysfunctions, and</p>	<ol style="list-style-type: none"> <li>1. Student has the ability to methodically teach various forms of movement.</li> <li>2. Student has the ability to create short gymnastic and music patterns.</li> <li>3. Student has the ability to conduct integration games with music.</li> <li>4. Student has motor skills in the field of agility and acrobatic exercises needed to conduct gymnastic classes.</li> <li>5. Student has a basic level of physical fitness needed to conduct basic gymnastics and dance classes.</li> <li>6. Student has the ability to prepare a given task, its presentation, and its execution.</li> <li>7. Student has the ability to correct the task performed by himself and those exercising.</li> <li>8. Student can belay the practitioner in performing basic agility and acrobatic exercises in accordance with the teaching methodology and safety rules.</li> <li>9. Student used gymnastic and dance vocabulary.</li> </ol>

with different types and degrees of disability; O.U.10. encourage others to learn and take part in physical activity B.U.9 demonstrate motor skills in the field of selected forms of physical activity (recreational and health)	10. Student understand the influence of certain exercises on the body for people with various functional problems.
<b>Social Competences</b>	
O.K3.demonstrate the attitude that promotes a healthy lifestyle, promote and actively create the healthy lifestyle and health promotion during activities related to the professional practice and to determine the level of fitness necessary to practice the profession of a physiotherapist; O.K5. perceive and recognize their own limitations, self-assessing deficits and educational needs	1. Student is aware of the need to learn about various forms of physical activity in order to expand their knowledge and professional competencies. 2. Student is aware of the beneficial influence of physical fitness on all spheres of life and its maintenance at the highest possible level.

### Syllabus contents

No	Title
<b>Classes/ Practical classes</b>	
<b>SC 1</b>	Introduction to gymnastics. Getting to know the basic rules of gymnastics classes. Introducing gymnastic exercises (demonstration, explanation, vocabulary about positions and movements).
<b>SC 2</b>	Learning and perfecting exercises, focusing on the upper and lower limbs. Developing muscle endurance.
<b>SC 3</b>	Introducing and improving exercises with a focus on the torso. Learning basic acrobatic exercises (forward roll). Developing flexibility.
<b>SC 4</b>	Getting to know the exercises in pairs, shaping the correct posture, muscle strength and motor coordination. Learning gymnastic pyramids in pairs. Learning (backward roll) and improving basic acrobatic exercises (forward roll).
<b>SC 5</b>	Learning (standing on hands) and perfecting basic acrobatic exercises (forward and backward roll).
<b>SC 6</b>	Learning (sideways flip) and improving acrobatic exercises (forward and backward roll and standing on hands).
<b>SC 7</b>	Perfecting gymnastic pyramids in pairs and acrobatic exercises.
<b>SC 8</b>	Learning about rhythmic exercises. Learning selected integration dances.

<b>SC 9</b>	Organizational issues. Basic rules of gymnastics classes. Games and activities with gymnastic elements. Introduction to corrective gymnastics.
<b>SC 10</b>	Developing the ability to conduct gymnastic and acrobatic exercises with music with a group. Developing the ability to use exercises in correcting posture defects. Review of corrective exercises.
<b>SC 11</b>	Getting to know selected exercises from the development movement of Sherborne. Improving gymnastic pyramids in pairs and techniques of acrobatic exercises.
<b>SC 12</b>	Getting to know selected exercises in gymnastics from Special Olympics. Learning to create your own gymnastic layout.
<b>SC 13</b>	Perfecting the Special Olympics layout and your own gymnastic layout with music.
<b>SC 14</b>	Perfecting gymnastic layout in pairs. Developing the ability to conduct gymnastic and acrobatic exercises with music with a group.
<b>SC 15</b>	Learning and creating gymnastic layout with music and accessories. Learning basic relaxation techniques
<b>SC 16</b>	Perfecting gymnastic layout with music and accessories.

#### Assessment criterion

Local grade	Grade	Criteria
5	A	meets 91-100% of the criteria required to pass classes
4,5	B	meets 81-90% of the criteria required to pass classes
4	C	meets 71-80% of the criteria required to pass classes
3,5	D	meets 61-70% of the criteria required to pass classes
3	E	meets 51-60% of the criteria required to pass classes
2	F	meets <50% of the criteria required to pass classes

**1ECTS point = 30 hours students work (contact + self-study)**

TYPES OF CLASSES	HOURS
Contact hours	30
Self-study	30
<b>Total = 60 hours = 2 ECTS</b>	