

Subject: Gymnastics

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Department of Individual Sports Chairman: dr hab. Prof. Dariusz Boguszewski
Course name	Gymnastics
Subject code	24/1/I/PE
Teaching language	English
Type of subject (obligatory/ facultative)	Obligatory
Level of studies (eg. bachelor, master)	Bachelor
Study year	1 st
Semester	2
ECTS points	2
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 basic gymnastic exercises using gymnast equipment.
A3	Transfer of knowledge about teaching methodology, performance technique, assistance and protection of advanced floor and track gymnastic exercises. Familiarization with various forms and varieties of gymnastic sports
A4	Mastering the terminology of basic gymnastic exercises on gymnast equipment.

Main topics

Term	Topic
Men's 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. Methodology, independent practice and performance of basic, selected gymnastic exercises using gymnastic equipment: <ul style="list-style-type: none"> - Pullover the bar, hip circles and other exercises on men's bar - Swings, dismounts and other exercises on parallel bars - Basic exercises on gymnast rings - Basic exercises on pommel horse 3. Methodology, independent practice and performance of advanced, selected agility and acrobatics exercises: <ul style="list-style-type: none"> - Front summersault - Front Handspring - Other selected exercises <p>All activities listed above will be explained and conducted with their more advanced forms and variants for individual practice and execution.</p>
Women's 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. Methodology, independent practice and performance of basic, selected gymnastic exercises using gymnastic equipment: <ul style="list-style-type: none"> - Pullover the bar - Basic Balance Beam exercises and routines - Basic Uneven bars exercises and routines 4. Methodology, independent practice and performance of basic, selected gymnastic exercises in with agility and acrobatics exercises: <ul style="list-style-type: none"> - Front summersault - Front Handspring - Back handspring - Front and backbend, front and back walkover - artistic and choreographic forms used in gymnastic routines



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. Using practical assistance, spotting and protection in gymnastics
4. All passing conditions are presented by the teacher at the first class

1 ECTS point = 25 hours students work (contact + self study)

TYPES OF CLASSES	HOURS
1. Contact classes	30
2. Students' preparations of the presentations	-
3. Self study and practice for the passes	20
4. Self study as reading text prepared by the teacher	-
Total = 50 hours- ECTS points 2	

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