

CLASS CARD**Gymnastics**

Basic classes	Code in the study plan	ECTS
Course name: Gymnastics	24/1/I/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, mgr Michał Chmiel
Level of studies (eg. bachelor, master)	Bachelor
Study year and semester	1 st , term 2
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 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.

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_W10 K_W12	P_K03 Knows ways to help, spot and protect during performance of gymnastic exercises
K_W01	P_K04 Knows terminology of basic gymnastic exercises on gymnastic equipment.
SKILLS	
K_U11	P_S01 Can perform more advanced gymnastic exercises
K_U11	P_S02 Is able to apply in practice the methodology of teaching basic gymnastic exercises on gymnastic equipment.
K_U09	P_S03 Is able to use practical assistance, spotting and protection in gymnastics
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	Topic	
Men's classes		
2	<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 parrarel 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>	P_K01-04 P_S01-03 P_SC01-04
Women's classes		
2	<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 	

	<ul style="list-style-type: none"> - Basic Balance Beam exercises and routines - Basic Uneven bars exercises and routines <p>4. Methodology, independent practice and performance of basic, selected gymnastic exercises in witch agility and acrobatics exercises:</p> <ul style="list-style-type: none"> - Front and back summersault - Front and back Handspring - Front and back walkovers, front and backbend - artistic and choreographic forms used in gymnastic routines 	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Stationary classes, term 2	Practical classes
Teaching resources: gym, gymnastic equipment and accessories	

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_K01-04, P_S01-03, 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. Using practical assistance, spotting and protection in gymnastics
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	
30	1,2	Activities requiring direct participation of academic teachers (total)
20	0,8	Other forms of activity (total)
50	2	TOTAL

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

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