

Subject: Methodology of gymnastics

GENERAL INFORMATION

Organization unit	Faculty of: Physical Education Chair of: Department of Individual Sports Chairman: dr hab. Prof. Dariusz Boguszewski
Course name	Methodology of 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	1
ECTS points	3
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.
A3	Mastering the terminology of basic gymnastic exercises



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. Learning basic gymnastic exercises3. Discussing the principles of preparing, organizing and running formative, order disciplinary exercises in gymnastic.4. Methodology, independent practice and performance of basic, selected gymnastic exercises in witch agility and acrobatics exercises:<ul style="list-style-type: none">- forward roll- backward roll- cartwheel/ round-off- Handstand and modification- basic gymnastic pyramids- vault <p>All activities listed above will be explained and conducted with their more advanced forms and variants for individual practice and execution.</p>



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	50
2. Students' preparations of the presentations	-
3. Self study and practice for the passes	25
4. Self study as reading text prepared by the teacher	-
Total = 75 hours- ECTS points 3	

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