

CLASS CARD**Methodology of gymnastics**

Basic classes	Code in the study plan	ECTS
Course name: Methodology of gymnastics	24/1/I/PE	3

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 1
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.
A3	Mastering the terminology of basic gymnastic exercises

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 basic gymnastic exercises
K_W12	P_K02 Knows the methodology of performing basic 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
SKILLS	
K_U11	P_S01 Can perform basic gymnastic exercises
K_U11	P_S02 Is able to apply in practice the methodology of teaching basic gymnastic exercises
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 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 exercises 3. 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 	P_K01-04 P_S01-03 P_SC01-04

	<ul style="list-style-type: none"> - 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>	
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PLANNED METHODS/FORMS/TEACHING MEANS

Program content	Teaching methods/forms
Stationary classes, term 1	Practical classes
Teaching resources: gym	

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	

50	2	Activities requiring direct participation of academic teachers (total)
25	1	Other forms of activity (total)
75	3	TOTAL

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

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