

Swimming theory and methodology - opis przedmiotu

Informacje ogólne	
Nazwa przedmiotu	Swimming theory and methodology
Kod przedmiotu	16.1-WB-P-SW-S20
Wydział	Wydział Nauk Biologicznych
Kierunek	WNB - oferta ERASMUS
Profil	-
Rodzaj studiów	Program Erasmus
Semestr rozpoczęcia	semestr zimowy 2020/2021

Informacje o przedmiocie	
Semestr	2
Liczba punktów ECTS do zdobycia	3
Typ przedmiotu	obowiązkowy
Język nauczania	angielski
Sylabus opracował	dr Tomasz Grzybowski

Formy zajęć					
Forma zajęć	Liczba godzin w semestrze (stacjonarne)	Liczba godzin w tygodniu (stacjonarne)	Liczba godzin w semestrze (niestacjonarne)	Liczba godzin w tygodniu (niestacjonarne)	Forma zaliczenia
Laboratorium	30	2	-	-	Zaliczenie na ocenę
Wykład	10	0,67	-	-	Zaliczenie na ocenę

Cel przedmiotu

Students systematize knowledge of methodology, techniques and rules. They also prepare for unassisted conduction of classes in water. They improve swimming techniques in sport competitions especially butterfly and free style and all necessary skills which guarantee safety during classes in water as lifeguard is concerned in higher than basic level.

Wymagania wstępne

The knowledge and ability of performing correct swimming technique breaststroke with the start and return.

Zakres tematyczny

Lecture

- Safety rules and teacher's competence during classes in water.
- Swimming lesson – methods used in teaching.

Laboratory

- Free style and butterfly techniques.
- Life-saving procedures higher than basic level.
- Observations - Visiting and evaluating classes in water.

Metody kształcenia

Info lecture, observation, visual method, analitic method, synthetic method, practical exercises, group classes.

Efekty uczenia się i metody weryfikacji osiągnięcia efektów uczenia się

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
Student is aware of changes which take place in area of techniques, rules and methodology of swimming, he/she is open to help and cooperate		a discussion – student's activity and his/her methological preparation	Laboratorium
Student is creative about popularization of health, social, recreational swimming values		individual performed tasks	Laboratorium
Student can describe relations between water environment and human body		an evaluation test	Wykład
Student can present professional motor skills of swimming (butterfly and free style) and life-saving		an observation and evaluation of the student's practical skills	Laboratorium

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
Student can organize classes in water		an observation and evaluation of the student's practical skills	Laboratorium
Student is aware of high risk of unfortunate accidents happening during water classes, he/she is sensitive to assure pupils safety as we as his/hers		an observation and evaluation of the student's practical skills	Laboratorium
Student can understand need of professional education and is aware of personal development during his life		a discussion – student's activity and his/her methodological preparation	Wykład
Student can assess pupil's ability, identify mistakes and negligence which are characteristic to different techniques swimming and use appropriate, corrective actions, choose accurate methods and didactic means during different stages of education		an observation and evaluation of the student's practical skills	Laboratorium

Warunki zaliczenia

Written test, according to given criteria, finishes lectures – receiving positive grade form the test with punctual limits, containing open and closed questions. Minimal score to pass is 60%. Grade finishes labs. Active presence as well as observations of classes in water are the base of credit. Grade includes:

- performing correct swimming technique free style and butterfly with the starts and returns, scoring time limits in given distances – 70%
- higher than basic motor ability demonstration of life saving – 15%,
- unassisted conduction of classes in water – 10%.

Obtaining positive grade of theory credit includes:

- grade from lectures – 25%,
- grade from labs – 75%,

Obtaining positive grade of theory credit is to receive positive grades both from lectures and labs. Carrying on observations as well as swimming lessons with children.

Obtaining positive grade of theory credit.

Literatura podstawowa

- Czabański B., Filon M.: Elementy teorii pływania. Wrocław 2003
- Dybińska E.: Uczenie się i nauczanie pływania Zagadnienia wybrane. Kraków 2009
- FINA Swimming Rules 2020-2024
- Laughlin T.: Extraordinary Swimming For Every Body - a Total Immersion instructional book. NY 2007
- Newell N., Cross D., Cowcher P., Bernabei T.: Swimming. Serious about your Sport. London 2011
- Prawie wszystko o ratownictwie wodnym. ZG WOPR praca zbiorowa. Warszawa 1993
- Wiesner W.: Nauczanie - uczenie się pływania. Podręcznik dla studentów akademii wychowania fizycznego. Wrocław 2001
- Magazines and e-books available at the University Library, digital databases - medical sciences and health sciences <http://www.bu.uz.zgora.pl/>

Literatura uzupełniająca

- Bartkowiak E.: Pływanie sportowe. Warszawa 2008
- Gifford C.: Pływanie. Tajniki sportu. Poznań 2010
- Karpiński R.: Pływanie. Podstawy, techniki, nauczanie. Katowice 2009
- Montgomery J., Chambers M.: Mastering Swimming. Champaign USA 2009
- Płatonow W.: Trening wyczynowy w pływaniu. Warszawa 1997

Uwagi

Zmodyfikowane przez dr Tomasz Grzybowski (ostatnia modyfikacja: 16-06-2020 12:04)

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