

# Swimming theory and methodology - opis przedmiotu

Informacje ogólne	
Nazwa przedmiotu	Swimming theory and methodology
Kod przedmiotu	16.1-WB-P-Swimm-S20
Wydział	<a href="#">Wydział Nauk Biologicznych</a>
Kierunek	WNB - oferta ERASMUS
Profil	-
Rodzaj studiów	Program Erasmus
Semestr rozpoczęcia	semestr zimowy 2020/2021

Informacje o przedmiocie	
Semestr	1
Liczba punktów ECTS do zdobycia	3
Typ przedmiotu	obowiązkowy
Język nauczania	angielski
Sylabus opracował	<ul style="list-style-type: none"><li>dr Tomasz Grzybowski</li></ul>

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	5	0,33	-	-	Zaliczenie na ocenę

## Cel przedmiotu

Students acquire knowledge of history of swimming and place where it happens in general sport activity system as well as basic terminology. They also systematize swimming methodology, techniques and rules. Students gain abilities and competences in terms of preparing and conducting swimming competitions. They improve swimming techniques especially breast and backstroke and all necessary skills which guarantee safety during classes in water.

## Wymagania wstępne

The knowledge and ability of performing correct swimming technique one swimming strokes.

## Zakres tematyczny

### Lecture

- History of swimming and its rules.
- Water environment and its influence on human body functioning
- Conduct of swimming competitions.
- FINA Swimming Rules

### Laboratory

- Backstroke and breaststroke techniques.
- Basic life-saving procedures.
- Observations - visiting and evaluating classes in water.
- Organization of swimming competitions.

## 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 can describe relations between water environment and human body		<ul style="list-style-type: none"><li>an evaluation test</li></ul>	<ul style="list-style-type: none"><li>Wykład</li></ul>
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		<ul style="list-style-type: none"><li>an observation and evaluation of the student's practical skills</li></ul>	<ul style="list-style-type: none"><li>Laboratorium</li></ul>
Student can organize recreational classes and swimming competitions		<ul style="list-style-type: none"><li>group performed tasks</li></ul>	<ul style="list-style-type: none"><li>Laboratorium</li></ul>

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
Student can present professional motor skills of swimming (breast and backstroke) and life-saving		<ul style="list-style-type: none"> <li>an observation and evaluation of the student's practical skills</li> </ul>	<ul style="list-style-type: none"> <li>Laboratorium</li> </ul>
Student can understand need of professional education and is aware of personal development during his life		<ul style="list-style-type: none"> <li>a discussion – student's activity and his/her methodological preparation</li> </ul>	<ul style="list-style-type: none"> <li>Wykład</li> </ul>
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		<ul style="list-style-type: none"> <li>a discussion – student's activity and his/her methodological preparation</li> </ul>	<ul style="list-style-type: none"> <li>Laboratorium</li> </ul>
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		<ul style="list-style-type: none"> <li>an observation and evaluation of the student's practical skills</li> </ul>	<ul style="list-style-type: none"> <li>Laboratorium</li> </ul>
Student is creative about popularization of health, social, recreational swimming values		<ul style="list-style-type: none"> <li>individual performed tasks</li> </ul>	<ul style="list-style-type: none"> <li>Laboratorium</li> </ul>

## 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 techniques of breast and backstroke including starts and returns, scoring time limits of given distances – 80%,
- Basic motor ability demonstration of life saving – 10%,
- Realization of group project (preparation, realization and documentation of conducted competition) – 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., Fiłon M.: Elementy teorii pływania. Wrocław 2003
- Dybiński E., Wójcicki A.: Wskazówki metodyczne do nauczania pływania. Kraków 2004
- FINA Swimming Rules 2015-2017
- 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
- Waade B. (red.): Pływanie sportowe i ratunkowe. Teoria i metodyka. Gdańsk, 2003
- Magazines and e-books available at the University Library, digital databases - medical sciences and health sciences <http://www.bu.uz.zgora.pl/>

## Literatura uzupełniająca

## Uwagi

Zmodyfikowane przez dr Ewa Skorupka (ostatnia modyfikacja: 25-06-2020 11:38)

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