

Theory and methodology of gymnastics - opis przedmiotu

| Informacje ogólne | |
|---------------------|--|
| Nazwa przedmiotu | Theory and methodology of gymnastics |
| Kod przedmiotu | 16.1-WB-P-Gymn-S20 |
| Wydział | Wydział Nauk Ścisłych i Przyrodniczych |
| Kierunek | WNB - oferta ERASMUS |
| Profil | - |
| Rodzaj studiów | Program Erasmus |
| Semestr rozpoczęcia | semestr zimowy 2021/2022 |

| Informacje o przedmiocie | |
|---------------------------------|---------------------|
| Semestr | 1 |
| Liczba punktów ECTS do zdobycia | 2 |
| Typ przedmiotu | obowiązkowy |
| Język nauczania | angielski |
| Sylabus opracował | • dr Bartłomiej Hes |

| 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 |

Cel przedmiotu

The aim of this subject is to prepare students to conduct gymnastics lessons at nursery school and primary school among grade I-III. The objective of this subject is to equip students with knowledge and skills necessary to appropriate employing gymnastic exercises as a crucial measure in shaping physical and mental personality sphere among children and young people. Skills acquirement of preparation, organization and giving classes at nursery school and primary school among grade I-III.

Wymagania wstępne

Student possesses physical abilities focused on gymnastic forms.

Zakres tematyczny

Students are equipped with knowledge in the field of theory, methodology and task organization regarding conducting classes in various gymnastic sports especially: artistic gymnastics, acrobatic gymnastics. Preparation for working with children with different level of physical fitness and in different conditions using available gymnastic measures.

Metody kształcenia

Demonstration, group work/ individual work, talk, observation, description, explanation.

Efekty uczenia się i metody weryfikacji osiągnięcia efektów uczenia się

| Opis efektu | Symbole efektów | Metody weryfikacji | Forma zajęć |
|--|-----------------|---|----------------|
| Student accomplishes tasks with the great care about workplace health and safety especially during gymnastics classes. He can form opinions regarding teacher and gymnastic instructor professions. | | • obserwacje i ocena umiejętności praktycznych studenta | • Laboratorium |
| Student can briefly explain the technique of performing particular elements, demonstrate, protect and correctly apply teaching methodology during kinesthetic tasks concerning artistic gymnastics and acrobatic gymnastics. Student is able to point out mistakes in performing gymnastic exercises and correct them properly. He can choose right exercises for student's age. | | • obserwacje i ocena umiejętności praktycznych studenta | • Laboratorium |
| Student consciously and independently develop and educate himself, he is aware of his limitations and he knows when to approach his teacher. Student independently takes care of his physical condition and development necessary to carry out gymnastics classes. | | • obserwacje i ocena umiejętności praktycznych studenta | • Laboratorium |
| Student has technical abilities to use gymnastic equipment. He can make right selection of music for gymnastic exercises. | | • obserwacje i ocena umiejętności praktycznych studenta | • Laboratorium |
| Student knows main gymnastic systems and their influence on forming gymnastics in Poland and Europe in different historical eras. He knows the directions of gymnastic development, the kinds of gymnastics and its position in the history of Olympic movement. | | • zaliczenie - ustne, opisowe, testowe i inne | • Laboratorium |

| Opis efektu | Symbole efektów | Metody weryfikacji | Forma zajęć |
|--|-----------------|---|--|
| Student possesses general knowledge about work environment and legal rules concerning teacher profession and gymnastics instructor. Student is able to organize gymnastic competition for children from nursery school and primary school grade I-III. | | <ul style="list-style-type: none"> • obserwacje i ocena umiejętności praktycznych studenta | <ul style="list-style-type: none"> • Laboratorium |
| Student possesses general knowledge about work environment and legal rules concerning teacher profession and gymnastics instructor. Student is able to organize gymnastic competition for children from nursery school and primary school grade I-III. | | <ul style="list-style-type: none"> • obserwacje i ocena umiejętności praktycznych studenta | <ul style="list-style-type: none"> • Laboratorium |

Warunki zaliczenia

- Participation in classes.
- Test and evaluation of performing sets of exercises with particular gymnastic and acrobatic instruments. The assessment regarding exercise technique correctness, movement, composition, aesthetics and difficulty.
- The assessment of terminology correctness regarding description of technique and methodology of teaching gymnastic exercises during statement.
- The assessment of ability to correctly and safely prepare post for exercises.
- Obtaining positive mark for passing history of gymnastics, directions and kinds of gymnastics, systematics, gymnastic exercises, and division of training material.

Literatura podstawowa

1. Mitchell D., Davis B., Lopez R. (2002), Teaching Fundamental Gymnastics Skills. Human Kinetics Publisher.
2. Nowak M., Piekarski M., Kuriańska-Wołoszyn J. (2016) Gimnastyka: ćwiczenia na przyrządach. Zamiejscowy Wydział Kultury Fizycznej w Gorzowie Wlkp. Akademii Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu, Polskie Towarzystwo Naukowe Kultury Fizycznej, Gorzów Wlkp.
3. Nowak M., Piekarski M., Kuriańska-Wołoszyn J. (2009) Gimnastyka: zarys historii, terminologia i systematyka. Zamiejscowy Wydział Kultury Fizycznej w Gorzowie Wlkp. Akademii Wychowania Fizycznego im. Eugeniusza Piaseckiego w Poznaniu, Polskie Towarzystwo Naukowe Kultury Fizycznej, Polski Związek Akrobatyki Sportowej, Gorzów Wlkp.
4. Werner P. H. (2004): Teaching Children Gymnastics, Human Kinetics Publishers
5. Stork S. (2007): Assessing Gymnastics in Elementary School Physical Education, National Association for Sport and Physical Education, Michigan
6. 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

Teacher needs to provide students with opportunity for extra consultations with instruments once a week on the day and hour given at the beginning of the term.

Zmodyfikowane przez dr Ewa Skorupka (ostatnia modyfikacja: 15-04-2021 12:43)

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