

Theory and methodology of gymnastics - opis przedmiotu

Informacje ogólne	
Nazwa przedmiotu	Theory and methodology of gymnastics
Kod przedmiotu	16.1-WP-P-TG-S20
Wydział	Wydział Nauk Biologicznych
Kierunek	WNB - oferta ERASMUS
Profil	-
Rodzaj studiów	Program Erasmus
Semestr rozpoczęcia	semestr zimowy 2022/2023

Informacje o przedmiocie	
Semestr	2
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 IV-VIII. 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 educational level- the course of the gymnastics lesson, using terminology that is typical of gymnastics, knowledge of systematics of gymnastic exercises. Gaining the knowledge concerning teaching methodology of the elements and gymnastic exercises, the ways of protection and self protection.

Wymagania wstępne

Student possesses physical abilities focused on gymnastic and acrobatic forms and he presents the level of motor fitness enabling performing exercises using technical gymnastic and acrobatic equipment.

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. Presentation of functional, aesthetic and health advantages of gymnastic sports.

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 is aware of using of shaping and disciplinary exercises , he is able to appropriately pick exercises depending on gender, age and abilities. He can also pick up mistakes in performing basic gymnastic exercises following rules and regulations applicable in gymnastics.		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.		aktywność w trakcie zajęć	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 IV-VIII.		obserwacje i ocena umiejętności praktycznych studenta	Laboratorium
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

Opis efektu	Symbole efektów	Metody weryfikacji	Forma zajęć
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. He can resolve the most common problems encountered during gymnastics lessons.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 • odpowiedź ustna	• 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

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 Publishers
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. Stork S. (2007): Assessing Gymnastics in Elementary School Physical Education, National Association for Sport and Physical Education, Michigan
5. Werner P. H. (2004): Teaching Children Gymnastics, Human Kinetics Publisher.
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: 03-05-2022 12:49)

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