

SYLLABUS

SUBJECT: ATHLETICS

TEACHER: MGR LESŁAW LASSOTA

COURSE DESCRIPTION: long jump, triple jump and high jump teaching methodology

LP.	Course name	Number of hours
1	Organizational classes	2
2	Methodology of long jump by using running technique	8
3	Methodology of teaching triple jump	8
4	Methodology of teaching high jump	8
5	Written test of a given subjects (technique of disciplines and their methodology)	4
		30

ECTS: 2

LEARNING OUTCOMES: Basic practical and theoretical skills after completing the course

GRADING POLICY: practical and theoretical (written) test

TEXTBOOK AND REQUIRED MATERIALS

1. St.Cieszkowski, St.Zaborniak “ Podstawy Lekkiej Atletyki”,
2. ST.Zaborniak, K.Obodyński, K.Tittinger „Metodyka nauczania ćwiczeń lekkoatletycznych”,
3. Polski Związek Lekkiejatletyki „ Przepisy zawodów w lekkiej atletyce”

PREREQUISITES:

1. Attending classes
2. Passing the final exam