

SYLLABUS

SUBJECTATHLETICS.....

TEACHERMGR LESŁAW LASSOTA.....

COURSE DESCRIPTION

Lp.	Course name	Number of hours
1	Organizational classes	2
2	Sprint teaching methodology	6
3	Relay-race teaching methodology	4
4	Hurdles teaching methodology	8
5	Running for a distance	4
6	Practical assumptions of the course	4
7	Written test of a given subjects	2
		30

...sprint,relay race, running for a distance and hurdles teaching methodology

LEARNING OUTCOMES

Basic practical and theoretical skills after completing the course

GRADING POLICY

.....written test – practical and theoretical.....

TEXTBOOK AND REQUIRED MATERIALS

1. St.Cieszkowski, St.Zaborniak”Podstawy lekkiej atletyki”,
2. St.zaborniak, K.obodyński, K.Tittinger, M.Tittinger „Metodyka nauczania ćwiczeń lekkoatletycznych”,
3. Polski Związek Lekkiejatletyki „Przepisy zawodów w lekkiej atletyce”

PREREQUISITES:

1. Attending classes
2. Passing the final exam