

SYLLABUS

SUBJECT GYMNASTICS

TEACHER EWA POLAK, PhD

COURSE DESCRIPTION

The aim of this module is the comprehension and mastery of the general gymnastics used in schools. Specifically:

- to gain knowledge of importance gymnastics in physical education and its function in the formation of physical fitness; to teach students fundamental gymnastic skills, especially exercises to keep fit used to warm up; to teach students: correct technique of performance, methodology of teaching and spotting procedures used in general gymnastic and acrobatic stunts;

ECTS

1

LEARNING OUTCOMES

After this course students will be able to:

- perform keep-fit exercises, gymnastic and acrobatic stunts – correctly; communicate clearly with the other students while in the gym; know the gymnastic terminology.

GRADING POLICY

1. Faultless attendance
2. Activity
3. Correct performance of selected gymnastic exercises
4. Prepare and correct conduct the routine of warm-up exercises
5. Written test – Polish and English gymnastic terminology (the names of gymnastic skills and body positions) – after 8th class.

TIMETABLE

To be prescribed

TEXTBOOK AND REQUIRED MATERIALS

1. American Sport Education Program: *Rookie Coaches Gymnastics Guide* (1997). Human Kinetics Publishers, Inc.;
2. Cichalewska A., Kolarczyk E.(1999) *Ćwiczenia kształtujące dziewcząt, Cz. I i II*, Wyd. AWF, Kraków;
3. Jezierski R.(2009) *Gimnastyka – zdrowie i sprawność*. Wyd. Arkot, Wrocław;
4. Jezierski R., Rybicka A.(2002) *Gimnastyka, teoria i metodyka*. Wyd. AWF, Wrocław;
5. Kaczyński A. (2000) *Zabawowe formy ćwiczeń zręcznościowo-akrobatycznych*. Wyd. AWF, Wrocław;
6. Mitchell D., Davis B., Lopez R.: *Teaching Fundamental Gymnastics Skills*, Human Kinetics Publishers, Inc., 2002;
7. Polak E.(2002) *Gimnastyka*. Wyd. UR, Rzeszów;
8. Polak E.(2007) *Polsko-angielski słownik pojęć i terminów gimnastycznych*. Wyd. UR, Rzeszów;

9. Warner P. H.(1994) *Teaching Children Gymnastics. Becoming a Master Teacher*. Human Kinetics Publishers, Inc.;

PREREQUISITES:

No special prerequisites despite of average level of physical fitness.