

Faculty of Physical Education and Tourism

Course Unit					Swimming		
Bachelor in Physical Education					Code: I/K/20		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
I	1,2	Annual	50	Lectures	0	2	1. Polish 2. Polish with additional English suport for foreign students
				Problem solving	15, 15		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
Before the course unit the learner is expected to: 1.Swim (have the ability to stay afloat) 2.Know the basic rules of safety in water							
Learning outcomes and competences							
At the end of the course unit the learner is expected to: 1.Be able to choose correctly the strategies, forms, means and methods of education and use the conditions and means to implement the tasks and goals related to the swimming methodology; make and keep the necessary documentation and assess the student's progress.. 2.Be able to follow the rules of safety in water. 3.Be able to show the technique, belay a student and correctly use the methodology of teaching the field of swimming. 4.Understand the need for exercise and physical activity throughout life; be able to develop sport preferences and solve problems related to the profession.							
Course contents (lectures):							
1.Mastering the skills of basic swimming techniques; 2.Mastering elementary skills in the field of rescue; 3.Mastering specialist pedagogical skills in teaching to swim; 4.Mastering the methodology and systematics in exercises used in teaching swimming.							
Course contents (problem solving):							

<p><i>1.Swimming pool regulations, safety rules for bathing.</i></p> <p><i>2.Organization of games and activities to get used to water.</i></p> <p><i>3.Learning plays in the water.</i></p> <p><i>4.Learning basic swimming techniques: chest crawl, backstroke and breaststroke.</i></p>	
<p>Teaching and learning methods:</p>	
<p><i>Methods based on the students practical activity of direct and indirect nature (performing didactic tasks in a specific school, simulation method, drama.</i></p>	
<p>Assessment methods:</p>	
<p><i>1.Continuous evaluation</i></p> <p><i>2.Practical Work</i></p>	
<p>Recommended reading</p>	
1.	<i>Dybińska E. (2010): Uczenie i nauczanie pływania. AWF Kraków.</i>
2.	<i>Karpiński R. (2008): Pływanie: sport, zdrowie, rekreacja. AWF Katowice.</i>
3.	<i>Bielec G., Klajman P. (2006): Zabawy w wodzie głębokiej dla dzieci na początkowym etapie nauki pływania. Wychowanie</i>
4.	<i>Waade B. (red.) (2005): Pływanie sportowe i ratunkowe. Teoria i metodyka. Gdańsk AWF i S.</i>
5.	<i>Lepore M., (2015) Assessments and Activities for Teaching Swimming, Human Kinetics.</i>

Authorisation – course coordinator and course teachers (signatures):