

1. *Course name: Calisthenics*
2. *Type of the classes: exercise classes*
3. *Form of evaluation: graded credit*
4. *Term: winter term*
5. *Suggested number of the hours: 15*
6. *Syllabus:*

*The subject aims to teach students theory and practice of the various forms of the recreational calisthenic training. It gives the knowledge necessary during physical education lessons /varied level and age – groups/ and in other classes and workouts. The range of subject includes technique and teaching methodology some calisthenic elements, stretching before and after training, popular strength tests useful in calisthenics.*

7. *The results of education: The competence for using various elements of the calisthenic training during physical education lessons /varied levels and age – groups/ and other classes with youth and adults /beginners and more advanced/.*

8. *Description of the first- and second- qualification level:*

*I level: Basic level of the competence for using elements of the calisthenics during physical education lessons and other classes /especially with the beginners/.*

*II level: Higher standard of the knowledge about calisthenic training for more advanced athletes .*

9. *Organizational unit responsible for the course: Department of Gymnastics and Dance.*
10. *Course teacher: dr Mirosław Kost.*
11. *Course conditions: group classes.*
12. *ECTS points: 3*