

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: 20
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
13. On-line: maks. 6