

- 1.Course name: Gymnastics
- 2.Type of classes: exercise classes
- 3.Form of evaluation: graded credit
- 4.Term: winter term
- 5.Suggested number of hours: 20
- 6.Syllabus:

The subject aims to give the knowledge about theory and practice of the basic (general) and sections of the artistic gymnastics and using it during physical education lessons /varied levels and age – groups/. The subject includes various kinds of the physical (gymnastic) exercises for warm – up and cool – down. Apart from this technique and methodology of the numerous gymnastic elements teaching process like: balance, strength, flexibility elements, acrobatic elements forwards, sideways and backwards, jumps (vaults), exercises in support and hang on the apparatus (pommel horse, rings, symetric and asymetric bars, bar). Other forms of the exercises with use of typical and nontypical gymnastic equipment. Apart from it basic rules of the gymnastics competition organization.

- 7.The results of education: The competence for teaching various gymnastic elements during physical education lessons /varied levels and age – groups/ and other classes.

- 8.Description of the first- and second- qualifications level:

I level: The competence for teaching basic gymnastic elements during physical education lessons and other classes.

II level: Higher standard of the knowledge - the competence for teaching more difficult /complicated/ gymnastic elements during physical education lessons and other classes.

- 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: 4