

- 1.Name of the classes: **Acrobatics**
- 2.Type of the classes: exercise classes
- 3.Form of the evaluation: graded credit
- 4.Term: summer term
- 5.Suggested number of hours: 20
- 6.Syllabus:

The subject aims to give the knowledge about theory and practice of the basic acrobatics and using it during physical education lessons /varied levels and age – groups/ and other classes. The subject includes various kinds of the gymnastic and acrobatic exercises for warm – up and cool – down. Apart of this technique and methodology of the acrobatic elements and arrangements teaching process. Apart of it the basic rules of the acrobatics events organization.

- 7.The results of education: The competence for teaching various acrobatic elements and arrangements 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 acrobatic arrangements during physical education lessons and other classes.

II level: Higher standard of the knowledge - the competence for teaching more difficult acrobatic arrangements 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: 2