

**DEPARTMENT OF PHYSICAL EDUCATION AND SPORT
SUBJECT CARD**

Name in Polish : LEKKOATLETYKA
Name in English : TRACK AND FIELDS – THE BASICS
Level and form of studies : 1st level, full-time
Profile : academic, practical
Kind of subject : optional, university-wide
Subject code : WFW033062
Group of courses : NO

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		30			
Number of hours of total student workload (CNPS)		30			
Form of crediting		Crediting with grade			
For group of courses mark (X) final course					
Number of ECTS points		0			
including number of ECTS points for practical (P) classes		0			
including number of ECTS points for direct teacher-student contact (BK) classes		0			

PREREQUISITES RELATING TO KNOWLEDGE, SKILLS AND OTHER SOCIAL COMPETENCES

1. Absence of medical contradictions to take active part in physical activities.
2. Good skills level in such technical elements as crouch start, no-run-up long jump, shot put.

SUBJECT OBJECTIVES

- C1: Practicing technical elements in chosen disciplines such as running, jumping, throwing.
 C2: Creating motor attributes specific for track and field athletics, such as speed, jumping ability, strength, endurance, agility, suppleness.
 C3: Knowledge of track and field athletics' rules.

SUBJECT EDUCATIONAL EFFECTS

Relating to knowledge:

PEK_W01: Student knows track and field disciplines.

PEK_W02: Student knows crouch start technique and starter's commands related to it.

Relating to skills:

PEK_U01: Student can make a warm-up specific for track and field.

PEK_U02 : Student can choose appropriate exercises to develop particular motor attributes.

Relating to social competences:

PEK_K01: Student is aware of the role that physical culture plays in human life.

PEK_K02: Student promotes social and cultural importance of sport and physical activity and participates in recreational exercises in a chosen track and field discipline.

PROGRAMME CONTENT		
Form of classes - lecture		Number of hours
Cl. 1	Safety rules, requirements for passing a course, general physical exercises.	2
Cl. 2-4	General physical exercises with stress put on agility, suppleness and jumping ability.	6
Cl. 5	General physical exercises with an obstacle course.	2
Cl. 6-8	Speed developing.	6
Cl. 9-11	Endurance developing.	6
Cl. 12-13	Improving of endurance in jumping.	4
Cl. 14	Throwing disciplines: discus, javelin, shot-put.	2
Cl. 15	Course completion - Cooper's test.	2
Total hours		30

TEACHING TOOLS USED
N1. Practical exercises. N2. Demonstration by the supervisor (or a student) N3. Video presentation. N4. Lecture.

EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT		
Evaluation: F – forming (during semester), C – concluding (at semester end).	Educational effect number	Way of evaluating educational effect achievement
F1	PEK_W01, W02	Test.
F2	PEK_U01, U02	Demonstration.
C: Attendance, participation and attitude in class including average of marks F1, F2.		

PRIMARY AND SECONDARY LITERATURE
<p><u>PRIMARY LITERATURE:</u></p> <p>[1] Gabryś T. Borek Z. : <i>Lekkoatletyka. Podręcznik dla studentów, nauczycieli i trenerów.</i> Cz. I i II. Katowice: AWF, 2005</p> <p>[2] Lasocki A.: <i>Atlas ćwiczeń lekkoatletycznych.</i> Warszawa: Sport press, 2000.</p> <p><u>SECONDARY LITERATURE:</u></p> <p>[1] Żukowski R. : <i>Lekka Atletyka.</i> Warszawa: AWF. 2001.</p>

SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)
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