

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

**Name in Polish** : NAUKA PLYWANIA  
**Name in English** : SWIMMING FOR BEGINNERS  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW034031  
**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 education activities.
2. Absence of medical contradictions to take active part in physical education activities organized at the swimming pool (aquatic environment).

**SUBJECT OBJECTIVES**

- C1: Adaptation to water environment.  
 C2: Improving general body functions (improving endurance)  
 C3: Developing abilities to swim crawl, backstroke and breaststroke.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

- PEK\_W01: Student knows the safety rules at the swimming pool.  
 PEK\_W02: Student knows about the water environment and its conditions.  
 PEK\_W03: Student knows correct techniques of backstroke, breaststroke and crawl stroke.

**Relating to skills:**

- PEK\_U01: Student can swim a minimum of 25 m in three different strokes.  
 PEK\_U02 : Student can jump in the water feet-first or diving and swim to the border using three different strokes.

**Relating to social competences:**

- PEK\_K01: Student is aware of the importance of the ability to swim.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1-2	Adaptation to water environment, special games and learning the right way to breathe.	4
Cl. 3-7	Learning backstroke (demonstration and explanation), floating and gliding, correct leg movement (kickboard on hips, behind head, no kickboard), correct arms movement. Practicing back crawl and proper arm and leg movement, covering a distance of 25 m.	10
Cl. 8	Learning crawl stroke, demonstration, description, gliding.	2
Cl. 9	Learning correct leg movement and breathing (exercises with and without kickboard), feet-first jump and attempt at covering a 25 m distance backstroke.	2
Cl. 10	Learning correct arm movement (one-arm drill, catch-up drill with proper breathing).	2
Cl. 11	Learning to coordinate leg and arm movement in front crawl and trying to establish correct breathing pattern (every 2, 3, or 4 swims).	2
Cl. 12-13	Learning breaststroke, demonstration, description, correct leg movement (land drill, in the water, kickboard/no kickboard, front and back).	4
Cl. 14	Proper arm movement in breaststroke.	2
Cl. 15	Coordinating arm and leg movement and breath in breaststroke, attempt at covering 25 m distance.	2
	<b>Total hours</b>	<b>30</b>

<b>TEACHING TOOLS USED</b>
N1. Practical exercises. N2. Demonstration. N3. Film demonstration. N4. Theory.

<b>EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT</b>		
<b>Evaluation:</b> F – forming (during semester), C – concluding (at semester end).	<b>Educational effect number</b>	<b>Way of evaluating educational effect achievement</b>
F1	PEK_W01, W02, W03	Oral answers, demonstration
F2	PEK_U01, U02	Test.
<b>C:</b> Attendance, participation and attitude in class including average of marks F1, F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [1] Gifford Clive: <i>Tajniki sportu, pływanie</i> . IBIS 2010. [2] Terry Laughlin: <i>Pływanie dla każdego</i> . Book Rover 2007.

<b>SUBJECT SUPERVISOR (NAME AND SURNAME, E-MAIL ADDRESS)</b>
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