

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

**Name in Polish** : PLYWANIE  
**Name in English** : SWIMMING  
**Level and form of studies** : 1<sup>st</sup> level, full-time  
**Profile** : academic, practical  
**Kind of subject** : optional, university-wide  
**Subject code** : WFW034032  
**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 contraindications to take active part in the course.
2. Ability to use two swimming styles.

**SUBJECT OBJECTIVES**

C1: Getting students' interest in swimming as a form of physical activity, taking care about health and fitness  
 C2: Supporting harmonious psychophysical development.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: A student knows how to use a swimming pool safely.

PEK\_W02: a student knows the techniques: backstroke, breaststroke, freestyle and butterfly.

PEK\_W03: a student knows tests evaluating his fitness.

**Relating to skills:**

PEK\_U01: a student is able to swim long distances.

PEK\_U02: a student is able to perform a start dive.

**Relating to social competences:**

PEK\_K01: a student cooperates in team.

PEK\_K02: a student takes part in sport competition.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1	Introducing health and safety rules and a swimming pool rules. Discussing organization of classes and crediting requirements. Splitting students into groups according to their swimming skills.	2
Cl. 2	Mastering the body positioning in water and leg work in backstroke.	2
Cl. 3	Mastering the arms work in backstroke.	2
Cl. 4	Mastering the leg work and breathing in freestyle.	2
Cl. 5-6	Mastering the arms work and coordination of the head, arm and body movements with breathing in freestyle.	4
Cl. 7	Mastering the leg movements in breaststroke.	2
Cl. 8	Mastering the movement coordination in breaststroke.	2
Cl. 9	The Cooper test- evaluation of endurance capacity.	2
Cl. 10	Elements of rescue swimming- ways of towing in pairs and groups of three.	2
Cl. 11	Learning legs and body movement in the butterfly stroke- swimming with fins.	2
Cl. 12	Learning the arm movement and mastering movement coordination in the butterfly stroke.	2
Cl. 13	Learning relapses and a start dive.	2
Cl. 14	Fast swimming – time test.	2
Cl. 15	Elements of waterpolo. Credits	2
<b>Total hours</b>		<b>30</b>

#### **TEACHING TOOLS USED**

- N1. Description.  
 N2. Trainer's (student's) demonstration on land and/or in water.  
 N3. Practical exercises.

#### **EVALUATION OF SUBJECT EDUCATIONAL EFFECTS ACHIEVEMENT**

<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 answer, demonstration.
F2	PEK_U0, U02	Test, student's demonstration.
F3	PEK_K01, K02	Observation.
<b>C:</b> Attendance, participation and attitude in class and a grade average of F1, F2 and F3.		

#### **PRIMARY AND SECONDARY LITERATURE**

##### **PRIMARY LITERATURE:**

- [1] Wiesner W.: *Nauczanie – uczenie się pływania. Podręcznik dla studentów akademii wychowania fizycznego.* Wrocław: Wydawnictwo AWF, 2000. ISBN 83-87389-14-5.  
 [2] Karpiński R.: *Pływanie, podstawy techniki, nauczanie.* Katowice: Wydawnictwo AWF, 2011. ISBN 83-902840-5-7.

##### **SECONDARY LITERATURE:**

- [1] Laughlin T., Delves J.: *Kraul metodą Total Immersion.* Warszawa: Wydawnictwo Buk Rower, 2006. ISBN 83-920107-5-2.

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

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