

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

<b>Name in Polish</b>	<b>: PLYWANIE (SEKCJA)</b>
<b>Name in English</b>	<b>: SWIMMING (VARSITY DIVISION)</b>
<b>Level and form of studies</b>	<b>: 1<sup>st</sup> and 2<sup>nd</sup> level, full-time</b>
<b>Profile</b>	<b>: academic, practical</b>
<b>Kind of subject</b>	<b>: optional, university-wide</b>
<b>Subject code</b>	<b>: WFW034034</b>
<b>Group of courses</b>	<b>: NO</b>

	Lecture	Classes	Lab.	Project	Sem.
Number of hours of organized classes in University (ZZU)		60			
Number of hours of total student workload (CNPS)		60			
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 COMPETENCES**

1. Absence of medical contraindications to take active part in swimming training.
2. Technical proficiency, earned during professional trainings in the past.
3. Verification by the coach during the first training.
4. Obligatory membership of AZS and AKS PWr following qualification to the varsity in order to represent the University in sport competitions.

**SUBJECT OBJECTIVES**

- C1: Preparation of varsity division to take part in Lower Silesia University League (DLM) and Polish University Championships (AMP).
- C2: Giving former sportsmen possibilities to continue their career.

**SUBJECT EDUCATIONAL EFFECTS**

**Relating to knowledge:**

PEK\_W01: a student knows the team's tactics and strategies, the rules of varsity membership and up-to-date swimming rules.

PEK\_W02: a student knows the basics of sport training methodology.

**Relating to skills:**

PEK\_U01: a student can perform a set of technical and tactical actions and uses them intentionally during swimming competition.

PEK\_U02: a student is able to self-prepare physically and technically during summer break.

**Relating to social competences:**

PEK\_K01: a student knows the importance of physical activity for both mental and physical health.

PEK\_K02: a student promotes social and cultural importance of sport and physical activity and cares about his/her own preferences in the field of physical culture; he/she also cooperates with the team, competes with other swimmers and observes fair play rules.

<b>PROGRAMME CONTENT</b>		
<b>Form of classes - lecture</b>		<b>Number of hours</b>
Cl. 1-2	Organization of classes: discussing medical contraindications for taking part in swimming varsity division, introducing varsity division rules, choosing the captain and the manager of the varsity division.	4
Cl. 3	Mastering swimming technical skills in both basic and complementary style, mastering tactic skills (relay races), exercises mastering general fitness with a particular stress on dynamic power, speed endurance, flexibility, speed tests and preparation for swimming competition: DLM and AMP.	54
Cl. 4	Credits	2
<b>Total hours</b>		<b>60</b>

<b>TEACHING TOOLS USED</b>
N1.Training. N2.Lecture. N3.Sport competition. N4.Practical exercises in physiology, assessment of the level of physical capacity, pulse measurement.

<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	Oral answer, demonstration, test.
F2	PEK_U01, U02	General and special fitness (swimming) tests.
C: Attendance, participation and attitude in class and a grade average of F1 and F2.		

<b>PRIMARY AND SECONDARY LITERATURE</b>
<b><u>PRIMARY LITERATURE:</u></b> [1] „PLYWANIE SPORTOWE ” – E. Bartkowiak [2] „NOWOCZESNY TRENING PLYWACKI” – M. Rakowski
<b><u>SECONDARY LITERATURE:</u></b> [1] „PLYWANIE ” – Clifford Clive [2] „PLYWANIE W KATEGORIACH WARTOŚCI” – M. Juskiewicz

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