**SYLABUS**

**applies to the** 2023-2026 **education cycle**

(extreme dates)

2023/2024 academic year

**1. INFORMATION ABOUT THE SUBJECT**

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| --- | --- |
| Name of the course / module | Track and Field with methodology |
| Course / module code \* |  |
| Faculty (name of the unit running the course) | College of Medical Sciences |
| Name of the unit carrying out the subject | Institute of Physical Culture Sciences |
| Field of study | Physical education |
| Education level | First-cycle studies |
| Profile | General academic |
| Form of studies | stationary |
| Year and semester of study | 1 year, sem. II, year 2, sem. IV, 3rd year, sem. VI |
| Subject | Individual sports |
| Coordinator | Dr. Lesław Lassota |
| Name and surname of the instructor / persons | Dr. Lesław Lassota, Matylda Kowal, MA |

**\* *-****optional, as agreed with the Unit*

1.1.Form of classes, numer of hours and ECTS points

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Semester(no) | Lect. | Class | Conw. | Lab. | Sem. | Pract. | Intern. | Others (what?) | ECTS points |
| 2 | - | 15 | - | - | - | - | - | - | 1 |
| 4 | - | 15 | - | - | - | - | - | - | 1 |
| 6 |  | 15 |  |  |  |  |  |  | 1 |

**1.2. Type of classes**

X traditional classes

☐ online classes

**1.3 Form of credit (of the course)(examination, marked credit, unmarked credit)**

classes - marked credit

2.PREREQUISITES

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| Semester II - skills acquired during physical education classes in primary and secondary schoolsIV semester- Methodology of physical education, anatomySemester VI - Methodology of physical education, organization of sports competitions |

**3. GOALS, LEARNING OUTCOMES, CURRICULUM CONTENT AND APPLIED DIDACTIC METHODS**

**3.1 Objectives of the course**

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| --- | --- |
| C1  | Providing basic information on the methodology of running athletics classes |
| C2 | Mastering the substantive knowledge of athletics in school physical education |
| C3 | Introduction of the basic technical skills to the extent that allows for the correct demonstration of the elements of individual athletics competitions |
| C4  | Introduction of the basic technical skills to the extent that allows for the correct demonstration of the elements of individual athletics competitions |

**3.2 Learning outcomes**

|  |  |  |
| --- | --- | --- |
| Ek (Learning Outcome) |  content of the learning outcome defined for the subject | reference to field outcomes  |
| EK\_01 | Knows and understands the methods, forms and means used in shaping the abilities influencing motor and psychophysical development as well as tests for diagnosing athletic skills;Knows and understands the appropriate methods, forms and means for shaping athletic abilities.Knows and understands the methods of performing motor tasks, teaching movement in athletics. | K\_W07K\_U04SKN/WFI/W6 |
| EK\_02 | Knows and understands the rules of occupational health and safety that apply during athletics lessons;They can prepare a place for athletics classes in accordance with all health and safety rules. | K\_W14 K\_U12 |
| EK\_03 | Knows the athletics rules. | K\_W17 |
| EK\_04 | Knows the structure of the lesson of a training unit used in athletics. | K\_W18 |
| EK\_05 | Can demonstrate elements of individual technique in athletics. | K\_U07 |
| EK\_06 | Can choose exercises and methods shaping selected techniques in individual athletics competitions;Can use control, corrective and guiding activities to eliminate mistakes in teaching or improving specific motor skills in athletics.Knows the phases of creating a motor habit, the causes and effects of forces affecting the body and the environment. | K\_U09SKN/WFI/U10K\_W08 |
| EK\_07 | Can organize school and community athletic competitions;Is ready to organize school and community recreational, sports and health athletic events;Can construct tools (tests) forcontrol and evaluation of taught movement skills inathletics. | K\_U21K\_K05SKN/WFI/U9 |
| EK\_08 | Update the theoretical knowledge as wellimprove their own practical skills in the field of teaching athletics exercises, correctly select sources and information from them to design the school process of physical education, assess, synthesize and critically analyze this information, properly support the psychophysical development of children and adolescents; | K\_U02 |
| EK\_09 | Ready to constantly improve their pedagogical and substantive qualifications in the field of teaching athletics. | K\_K11 |
| EK\_10 | Knows and understands didactic aids used in the process of teaching athletics, including the necessary sports utensils, equipment and devices, knows the use of modern information and computer technologies and internet applications to measure individual athletic activity. | SKN/WFI/W8 |
| EK\_11 | Can identify typical exercises and motor tasks in athletics with the general and specific requirements of the core curriculum, the curriculum of athletics elements within physical education in primary school, develop key competences in the process of physical education at the primary school stage. | SKN/WFI/U1 |
| EK\_12 | Is ready to shape students' collaborative skills in groups, teams and practice units; | SKN/WFI/K5 |
| EK\_13 | Is ready to develop students' curiosity, activity and independence as well as logical and critical thinking in relation to athletics. | SKN/WFI/K7 |

**3.3 Program content**

A. Lectures

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| Content |
| n/a |

B. Content of auditorium, seminar, laboratory exercises, practical classes

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| Content |
| Semester 2Characteristics of athletics - types of competition, history of the disciplineMethods, forms and didactic principles used in teaching athletics, general developmental fitness exercises used in athletics;- speed racing games and activities,- teaching technique for low starts and relay runs,- technical elements in teaching the basics of hurdles,Semester 4- jumping games used in athletics,learning basic training measures used in running competitions,Semester 6- endurance running games ,- multi-shot throw with medicine balls as an introductory element to the learning of shot put- exercises with a jerk ball as an introductory element in learning to throw a javelin - application, evaluation. |

3.4 Didactic methods

practical methods: subject exercises

introductory methods: informative lecture, instruction

exposing methods: demonstration

problem methods: activating

4. METHODS AND EVALUATION CRITERIA

4.1 Verification of learning outcomes

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| Effect symbol | Assessment methods of learning outcomes(e.g. colloquium, oral exam, written exam, project, report, observation during classes) | Form of didactic activity(lecture, class ...) |
| EK\_ 01  | Outline assessment in athletics  | Class  |
| Ek\_ 02 | Observation during practical classes at school | Class  |
| Ek\_ 03 | Test | Class  |
| Ek\_ 04 | Outline assessment in LA | Class  |
| Ek\_ 05 | Participation in competitions | Class  |
| Ek\_ 06 | Assessment of independent conducting of a fragment of classes of selected athletics competitions | Class  |
| Ek\_ 07 | Practical test | Class  |
| Ek\_ 08 | Design of the physical education curriculum for primary school | Class  |
| Ek\_ 09 | Observation during classes | Class  |
| Ek\_ 10 | Project, task to be performed | Class  |
| Ek\_ 11 | Practical test | Class |
| Ek\_ 12 | Observation during classes | Class |
| Ek\_ 13 | Observation during classes | Class |

4.2 Conditions of passing the subject (assessment criteria)

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| 1. Credit with grade2. Drawing the final grade on the basis of partial gradesSemester 2- obligatory, active participation in exercises in accordance with the schedule of classes - KW\_07, KW\_08- positive result of the tests checking the degree of mastery of the elements of technique in selected athletics disciplines - KU\_02, KU\_04;- assessment of the skills of demonstration and application of exercises in teaching athletics- cooperation in the organization of school or community recreational, sports and health events KK\_05- test50% is the assessment of athletics tests, 25% is the assessment of the ability to show and apply exercises in teaching athletics, 25% is the assessment of activity in classes, implementation of tasks, work in a group and social attitudes of the student during classes and a test.Semester 4- obligatory, active participation in exercises in accordance with the schedule of classes - KW\_14, KW\_17, KW\_18- positive result of tests checking the degree of mastery of the elements of technique in selected athletics competitions - KU\_07; KU\_09; KU\_012- assessment of the skills of demonstration and application of exercises in teaching athletics- Judge school or community recreational, sports and health events. On their own initiative undertakes organization of a community recreational, sports or health event - KK\_05- test50% is the assessment of athletics tests, 25% is the assessment of the ability to show and apply exercises in teaching athletics, 25% is the assessment of activity in classes, implementation of tasks, work in a group and social attitudes of the student during classes and tests.Semester 6- obligatory, active participation in exercises in accordance with the schedule of classes- positive result of tests checking the degree of mastery of the elements of technique in selected athletics disciplines - KU\_21- assessment of the skills of demonstration and application of exercises in teaching athletics- Strives to complete the selected instructor specialization, participates in the forms of continuing education for physical education teachers, cooperates in the organization and conduct of advisory and training forms for physical education teachers, instructors and sports coaches - KK\_11- test50% is the assessment of athletics tests, 25% is the assessment of the ability to show and apply exercises in teaching athletics, 25% is the assessment of activity in classes, implementation of tasks, work in a group and social attitudes of the student during classes and a test.Mid-term marks are converted into percentages corresponding to the marks:below 50% unsatisfactory, 50% - 60% satisfactory, 61% - 70% satisfactory plus, 71% - 80% good, 81% - 90% good plus, 91% - 100% very good |

**5. TOTAL STUDENT'S WORK INPUT REQUIRED TO ACHIEVE THE INTENDED EFFECTS IN HOURS AND ECTS CREDITS**

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| --- | --- |
| Form of activity |  Average number of hours to complete the activity |
| Contact hours according to the studies plan  | 45 hours |
| Others with the participation of an academic teacher (participation in consultations, examination)  | 12 hours(consultations) |
| Non-contact hours - own work(preparation for classes, examinations, writing a paper, etc.) | 18(preparation to classes 8 hours.)(preparation to credits 10 hours.) |
| TOTAL HOURS | 75 |
| TOTAL ECTS | 3 |

6. PROFESSIONAL TRAINING WITHIN THE COURSE

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| Hours | - |
| Rules and forms | - |

7. LITERATURE

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| Basic:1. Borek Z., *Lekkoatletyka: podręcznik dla studentów, nauczycieli i trenerów. Cz. 2,* Skoki, rzuty i wieloboje, Katowice 2007.
2. Gabryś T., Borek Z., *Lekkoatletyka: podręcznik dla studentów, nauczycieli i trenerów. Cz. 1, Biegi i chód sportowy*, Katowice 2005.
3. Iskra J. , Walaszczyk A., Juras B., *Lekkoatletyczne formy rekreacji ruchowej: inspiracje i przykłady*, Katowice 2009.
4. Iskra J., Marcinów R., Walaszczyk A., *Lekkoatletyka w edukacji przedszkolnej i wczesnoszkolnej,* Opole 2014.
5. Iskry J. (red.), *Lekkoatletyka podręcznik dla studentów*, Katowice 2006.
6. Lasocki A., *Atlas ćwiczeń lekkoatletycznych*, Warszawa 2001.
7. Polski Związek Lekkiej Atletyki – *Przepisy zawodów w Lekkoatletyce*, 2008.
8. Stawczyk Z., *Zarys lekkoatletyki*, Poznań 1999.
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| Supplementary:1. Bubbs M. , Peak: *The New Science of Athletic Performance That Is Revolutionizing Sports,* 2019.
2. Butcher P., *The Perfect Distance: Ovett and Coe: The Record Breaking Rivalry*, Weidenfeld & Nicolson 2005.
3. Grinberg D., Parczewski A., *Igrzyska lekkoatletów: olimpijska historia lekkoatletyki 1896-2020*. T. 1, Ateny - 1896/, Warszawa 2018.
4. Iskra J. , *Lekkoatletyczne formy współzawodnictwa w marszach, biegach, skokach i rzutach od prehistorii do 2017 roku,* Opole 2018.
5. Długosielska M., *Lekkoatletyka w szkole: podręcznik dla studentów wychowania fizycznego,* Warszawa 2006.
6. Schneider R. C., *Ethics of Sport and Athletics: Theory, Issues, and Application*, Philadelphia 2009.
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Acceptance by the Head of the Unit or an authorized person