

Title:	THEORY AND METHODOLOGY OF SWIMMING
Lecture hours:	30
Study period: (summer/winter)	summer/winter
Number of credits:	4 ECTS
Assessment methods:	The course is terminated after passing a written examination The student demonstrates how to test theoretical knowledge and ability to apply this knowledge in the field in swimming. The practical hours (children's swimming) and listening (disabled) prepare a report on the extent of student min. half the A4, indicating their perceptions of teaching conditions, etc.
Language of instruction:	English
Prerequisites:	Knowledge about of sport performance, basic knowledge about team sports and voice emission
Course content:	<p>Theory and methodology of swimming:</p> <ul style="list-style-type: none"> • Structure swimming sports. • Swimming instruction at various levels. • Specifics of swimming lessons for children and adults, fear and motivation in learning to swimming • Determinants swimming performance • Swimming biomechanics 6th Development of swimming methods. • Technique of swimming modes 8th Methodology training methods of swimming, water games • Rules of swimming, planning teaching units in the water • The rules of water polo, diving • Rules of synchronized swimming, rescue drowning <p>Other physical activities in water - aquaaeribic, aquagymnastics</p>
Learning outcomes:	<p>After the course the student should:</p> <ol style="list-style-type: none"> 1. Understand the structure and layout of swimming sports 2. Define determination of swimming performance - its factors 3. Understand and characterize the structure of swimming lessons at schools and private entities Analyze the basic biomechanical principles of swimming techniques 4. Be able to apply their knowledge in the methodology of teaching swimming 5. Define and be able to apply the rules of swimming, water polo, jumps into the water and synchronized swimming 6. Be able to evaluate the specific situations and apply their skills to save the drowning 7. Be able to construct the swimming unit according to the level and the number of wards 8. Assess swimming technique, based on the identification of errors to formulate proposals for their correction
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Literature:	<ol style="list-style-type: none"> 1. Blight, A. R., 1977, The muscular control of vertebrate swimming motions: Biological Reviews, v. 52, p. 181-218. 2. James E. Counsilman, Swimmers show the correct techniques for the butterfly stroke. There are some subtitles and diagrams, Prentice-Hall, 1968 - 45 3. Cecil Colwin, Swimming into the 21st century, Leisure Press, 1992 – 255 4. Lorraine Eberhardt, Laura Sanborn, A 10 day program of aquatic exercises adapted from life in the waterworld, Search Publications, 1982 – 29 5. Encyclopaedia of swimming, St. Martin's Press, 1971 – 235 6. Bob Horn, Swimming techniques in pictures: expert instruction, Grosset & Dunlap, 1974 - 95