

<b>Title:</b>	Theory and Methodology of Athletics
<b>Lecture hours:</b>	30
<b>Study period: (summer/winter)</b>	winter
<b>Number of credits:</b>	2 ECTS
<b>Assessment methods:</b>	To pass the course, students are required to attend all classes, actively participate, master the basic techniques of individual track and field events, and successfully complete a practical assessment of selected track and field events.
<b>Language of instruction:</b>	English
<b>Prerequisites:</b>	A high level of physical fitness. Knowledge of basic anatomy and physiology.
<b>Course content:</b>	<ol style="list-style-type: none"> <li>1. Field Athletics.</li> <li>2. Teaching methodology for sprint runs: <ul style="list-style-type: none"> <li>- methodology of teaching running technique in speed competitions,</li> <li>- low start teaching methodology,</li> <li>- teaching methodology for passing the baton in short and long relay events.</li> </ul> </li> <li>3. Methodology of teaching long jump using natural technique.</li> <li>4. Methodology of teaching high jump using the scissor method.</li> <li>5. Teaching methodology of throwing a ball.</li> </ol>
<b>Learning outcomes:</b>	<p>W01; knows the mechanism of action of individual athletic competitions on the shaping of individual components of physical fitness, including health, compensatory and corrective and sports activities (K_W11)</p> <p>W02; has a basic knowledge of the taught athletic competitions and their application as a means of supporting human psychophysical development (K_W13)</p> <p>U01; has specific motor skills related to the taught athletics competitions (K_U04)</p> <p>U02; using the acquired knowledge, is able to properly assess errors and omissions in teaching athletics competitions, draw appropriate conclusions and take practical actions using tools used in physical culture, preventing their deepening and the emergence of new ones (K_U09)</p> <p>K01; is aware of the level of their knowledge and skills, understands the need for continuous professional training and personal development, is aware of the importance of professionalism in the field of athletics (K_K01)</p> <p>K02; verifies the acquired knowledge and improves skills in the course of practical activities in the field of athletics (K_K15)</p>

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<b>Literature:</b>	<ol style="list-style-type: none"><li>1. Murphy M., (2018) College Athletics: A Book Devoted to General Athletics, Running, Jumping, Hurdling, Weight Trowing, With a Chapter on the Latest Method of Training</li><li>2. McClellan G., King C., Rockey Jr. D., (2012) The Handbook of College Athletics and Recreation Administration</li><li>3. Morgan K., (2011) Athletics Challenges</li></ol>