

Faculty of Physical Education and Tourism

Course Unit					Athletics I		
Bachelor in Physical Education					Code: I/K/21		
Year of study	Semestr	Type	Workload (hours)		Contacts hours	ECTS credits	Language of instruction
1	2	semestral	50	Lectures	-	2	1. Polish 2. Polish with additional English support for foreign students
				Problem solving	30		
Name (s) of lecturer (s)							
e-mail:							
Prerequisites:							
<p>Before the course unit the learner is expected to know:</p> <p>The basic issues in the fields of: methodology of physical education, theory of sport, games and activities, general fitness.</p>							
Learning outcomes and competences							
<p>At the end of the course unit the learner is expected to:</p> <ol style="list-style-type: none"> 1. Know the forms, means and methods as well as the specificity of a training course organization in the field of athletics – running; know the rules of developing proprietary physical education programs in the field of athletics. 2. Know the use of various forms and intensity of effort in the development of the human organism fitness at different ages and of different physical capacity. 3. Know the principles of programming and planning sports training and health training in various phases of ontogenesis.. 4. Be able to assess the suitability of typical methods, procedures and good practices for the implementation of tasks related to various spheres of activity in the field of physical education 5. Be able to work in a team performing various roles; know how to accept and assign tasks, have elementary organizational skills enabling the reaching goals related to designing and undertaking professional activities. 							
Course contents (lectures):							

not applicable

Course contents (problem solving):

1. The importance and place of warm-up in athletics classes Methodology of teaching the technique of basic running competitions. The technique of short runs, the technique of long runs.
2. Methodology of teaching low start and high start.
3. Teaching methodology of relay runs. Relay runs - technique and methodology of teaching relay runs at various distances, methods and variants of passing the baton.
4. Plays and games in teaching athletics.
5. Field athletics - field running.
6. Learning the technique of hurdles.
7. Specialist exercises and elimination of errors in technique.
8. Organization, regulations and rules for refereeing athletics competitions

Teaching and learning methods:

Methods based on students' practical activities of a direct nature.

Assessment methods:

1. Continuous evaluation
- Practical Work
 - Practical test

Recommended reading

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| 1. | Borek Z., Gabryś T., Lekkoatletyka cz. I Biegi i chód sportowy. AWF Kraków 2005 |
| 2. | Iskra J. „Lekkoatletyka: podręcznik dla studentów”. Wydawnictwo AWF w Katowicach. 2004 |
| 3. | Lekkoatletyka - technika, metodyka nauczania, podstawy treningu, Centralny Ośrodek Sportu: Resortowe Centrum Metodyczno-Szkoleniowe Kultury Fizycznej i Sportu, Warszawa. 2010 |
| 4. | Stodółka J.: Lekkoatletyka jako dyscyplina sportu; [w] Migasiewicz J., Stodółka J.: Lekkoatletyka. COS, Warszawa, 2007 |

Authorisation – course coordinator and course teachers (signatures):