Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Swimming	
Academic Teacher	Marta Nowaczyk, PhD
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFWF-S-26
Course description	
Preparing students to independently conduct swimming lessons and sports activities for children and youth in primary schools and other physical education institutions. Equipping future graduates with theoretical and practical knowledge of basic swimming techniques and methodology, organizing classes, including classes in various environments (swimming pool, open water), and swimming competitions.	
Learning outcomes - course content	
Swimming teaching methodology. Organizing swimming classes. Methodology and techniques for teaching the backstroke. Methodology and techniques for teaching the classical stole. Methodology and techniques for teaching the breaststroke. Methodology and techniques for teaching the butterfly stole. Methodology and techniques for teaching starts and turns. Organizing swimming competitions.	
Student workload (self-study description)	
Preparing for classes. Preparing an oral or multimedia presentation of individual swimming styles. Reading the recommended literature. Preparing for the exam.	
Literature	

1. American Red Cross. (2017). Water safety instructor's manual. American Red Cross.
2. American Red Cross. (b.d.). Swimming and water safety manual. American Red Cross.
3. Lawton, J. (2013). Complete guide to primary swimming. Human Kinetics.
4. The Excellent Performance Team: The book. (b.d.). The Excellent Performance Team.