

## SYLLABUS FOR 2023/2024 ENROLLMENT

### GENERAL INFORMATION

<b>1. Name of the course</b>	Swimming course																												
<b>2. Name of the faculty</b>	Department of Tourism and Recreation																												
<b>3. Level of education</b>	First-cycle studies																												
<b>4. Number of ECTS credits</b>	2																												
<b>5. Number of hours per semester</b>																													
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 12.5%;">semester</th> <th style="width: 12.5%;">lecture</th> <th style="width: 12.5%;">classes</th> <th style="width: 12.5%;">lab./flc</th> <th style="width: 12.5%;">prj./pc</th> <th style="width: 12.5%;">self-study</th> <th style="width: 12.5%;">internship</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">II</td> <td></td> <td></td> <td></td> <td style="text-align: center;">30</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	semester	lecture	classes	lab./flc	prj./pc	self-study	internship	II				30																
semester	lecture	classes	lab./flc	prj./pc	self-study	internship																							
II				30																									
<b>6. Language of instruction: English</b>																													
<b>7. Lecturer</b>	Dominik Dąbrowski - PhD																												

### DETAILED INFORMATION

<b>8. Access requirements</b>	
1. No	
<b>9. Objectives of the course</b>	
C1 To improve the general fitness and physical efficiency of the students.	
C2 To get acquainted with basic swimming styles, to improve swimming skills, to organise recreational events (games and plays) in a water environment.	
C3 To introduce the principles of a healthy lifestyle through movement and care for one's own health and safety while on the water.	
<b>10. Field-specific learning outcomes in terms of knowledge, skills and social competences</b>	
A student who successfully passed the course:	reference to field-specific learning outcomes
<b>KNOWLEDGE</b>	
EU01	He/she knows and understands different types of social structures and institutions (cultural, political, legal, economic and physical culture related) and their essential elements
EU02	The student knows and understands the complexity of the structure and functions of the human organism.
<b>SKILLS</b>	
EU03	Can use specialist movement skills in selected forms of physical activity (recreational, health, sport and aesthetic)
<b>SOCIAL COMPETENCES</b>	
EU04	Is ready to develop a level of physical fitness necessary for learning and performance of professional tasks
EU05	Is ready to take care of the safety of people participating in recreational activities and tourist events, especially in situations of potential threats and adherence to proven rules of conduct

<b>11. Programme content</b>	
<b>Form of the activity</b> – Practical classes	
<p>1) Organisational classes, getting acquainted with the syllabus, getting familiar with the subject of the course, credit conditions, obligatory literature, safety rules in swimming classes. Evaluation of swimming skills. Division into a non-swimming group (I) and a swimming group (II).</p> <p>2) Group (I) Taming activities in water. Basic skills of movement in the water environment. Exercises in preparation for swimming. Self-assurance. Group (II) Basic exercises to improve freestyle and backstroke.</p> <p>3) Group (I) Exercises to improve freestyle and backstroke. Group (II) Basic exercises to improve breaststroke.</p> <p>4) Group (I) Exercises to teach and improve the breaststroke. Basic elements of water rescue. Group (II) Basic elements of water rescue.</p> <p>(5) Swimming event - swimming competition (assessment of swimming skills) assessment of event organisation skills.</p>	
<b>12. Didactic tools/methods</b>	
1. Multimedia presentations, charts illustrating swimming techniques	
2. Study of the subject literature	
3. Swimming accessories	
<b>13. Methods of assessment</b>	
1. Attendance in class	
2. Active and conscious participation in classes	
3. Participation in a swimming event (assessment of swimming styles)	
<b>14. Student workload</b>	
Form of activity	number of hours
1. Classes with direct participation of the teacher and consultations	35
2. Student workload	15
sum	50
Total number of ECTS credits	2
<b>15. Literature</b>	
Basic literature:	
1. Kunicki Marcin (2008) Wybrane zdolności motoryczne a poziom sportowy młodych pływaków. Wyd. PWSZ w Raciborzu, s 106.	
2. Karpiński Ryszard (2011) Pływanie sportowe, korekcyjne, rekreacyjne / Ryszard Karpiński, Maria Jolanta Karpińska ; Akademia Wychowania Fizycznego im. Jerzego Kukuczki w Katowicach.	
3. Moska Waldemar, Przybylski Stanisław, Skalski Dariusz (2015) Ratownictwo wodne, sport pływacki i kultura fizyczna w teorii i praktyce. AWFIS Gdańsk, t 2, s. 256.	
Supplementary literature:	
1. Michałowski, Marek (2010) Pływanie: [historia, zasady, trening] / Marek Michałowski. Bielsko-Biała: Wydawnictwo Dragon, 2010, 47	
2. Dybińska, Ewa (2009) Uczenie się i nauczanie pływania: zagadnienia wybrane / Ewa Dybińska. Podręczniki i Skrypty / Akademia Wychowania Fizycznego im. Bronisława Czecha w Krakowie, 1429-863; nr 32	
<b>16. Forms of assessment - details</b>	
<p><b>Conditions for obtaining course credit:</b> The course ends with a credit.</p> <p>Prerequisite for passing the practical classes is - obtaining positive marks from the swimming skills at the specified level.</p> <p>Group (I) basic - a prerequisite for passing is performing a free jump into the water from the starter, swimming a distance of 50 m in two styles, and then remaining in the water in an upright position for about 5 seconds. (the correctness of the swimming technique and the ability to behave safely in an aquatic environment will be assessed)</p> <p>Group (II) advanced - a prerequisite for passing is performing a free jump into the water from the starter, swimming 100m in three swimming styles, and then remaining in the water in a vertical position for about</p>	

10 seconds (the swimmer is assessed on the correctness of their swimming technique and the ability to behave safely in an aquatic environment) (the correctness of the swimming technique and the ability to behave safely in an aquatic environment is assessed).

The student's mark is according to the 5-2 scale and depends on the correctness of the execution of individual technical elements (correct presentation of swimming techniques). An additional form of assessment may be the realization of a project related to the subject.

**17. Other useful details concerning the course**

1. Direct information about the issues of classes and a program content is provided by the teacher during classes and during office hours
2. Classes will be held at John Paul II University in Białą Podlaska or online
3. Classes will be held in accordance with the current schedule
4. Office hours will be held in accordance with the applicable schedule