



## COURSE DESCRIPTION CARD - SYLLABUS

Course name

Swimming - beginner level [C\_CS>NP15]

### Course

Field of study

Environmental Engineering

Year/Semester

1/1

Area of study (specialization)

–

Profile of study

general academic

Level of study

first-cycle

Course offered in

polish

Form of study

part-time

Requirements

elective

### Number of hours

Lecture

0

Laboratory classes

0

Other (e.g. online)

0

Tutorials

15

Projects/seminars

0

### Number of credit points

0,00

### Coordinators

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### Lecturers

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### Prerequisites

No health contraindications to exercise and swimming.

### Course objective

Swimming - jellyfish, cork, lying on the chest and back, slipping on the chest and back. Staying upright in the water for 4-5 sec. pulling an object from the bottom of the pool. Breathing - blowing air into the water (bubbling), exhaling into the water at the swim wall, inhaling into the water in combination with leg work at the swim wall, exhaling into the water in combination with leg work with the board. Propulsion - Imitation of arm and leg movements on land, alternating leg movements at the swim wall on the breaststroke and backstroke, Alternating leg movements and glide on the breaststroke( swim 4-5m), leg work with the board on the breaststroke and backstroke, arm work with the board between the legs, swimming the whole style.

### Course-related learning outcomes

The student acquires the ability to behave in an aquatic environment,

Submerging the head, opening the eyes underwater, breathing, lying on the chest and back, sliding on the chest and back.  
-coordination of arm and leg work in backstroke kraul.  
-straight backstroke in backstroke kraul.  
-starting from the water for the backstroke kraul.  
-coordination of arm and leg work and breathing in the backstroke kraul.  
-straight backstroke in breaststroke kraul.  
- headlong water jump.  
-coordination of arm work, leg work and breathing in classic style.  
-jumping into the water and turning in classical style.  
The student is able to swim 50 m in each of the learned styles

### Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Mandatory, active participation in exercises according to the schedule of the Classes. Acquisition of the ability to stay safely in the water, swimming a distance of 25 meters with the taught styles.

### Programme content

Teaching basic motor activities in an aquatic environment  
Aquatic, teaching dipping the head, opening the eyes underwater, learning to breathe. Simple jumps into the water. Teaching lying on chest and back, sliding on the chest and back. Teaching footwork for backstroke kayaking.  
Teaching leg work for backstroke kayaking.  
Teaching the arm work for backstroke kayaking.  
Coordinating arm and leg work in backstroke kraul. Learning the straight turn in backstroke kraul.  
Learning the start from the water for backstroke kraul. Perfecting the dorsal style  
Dorsal style.  
Getting credit for footwork technique for backstroke kraul.  
Passing the swimming distance of 50m. Dorsal style.  
Teaching arm work and breathing for the breaststroke kraul.  
Coordination of arm work, leg work and breathing for breaststroke kraul.  
Credit the technique of leg work for breaststroke kraul. Learning to turn  
Straight turn in breaststroke kraul.  
Coordination of arm work, leg work and breathing in breaststroke kraul.  
Learning to turn straight in a breaststroke kraul.  
Learning to jump into the water headfirst.  
Perfecting freestyle.  
Passing the swimming distance of 50 m. Freestyle.  
Teaching leg work in classic style.  
Teaching arm work in classical style.  
Coordinating arm work and breathing.  
Teaching coordination of arm work, leg work and breathing in the classical style.  
Classical style.  
Jumping into the water and turning in classical style.  
Perfecting the classical style  
Passing the technique of leg work for the classical style.  
Passing the swimming distance of 50 m. Classical style.

### Teaching methods

practical methods: hands-on exercises,  
administering methods: description and explanation with emphasis on the most common mistakes made,  
expository methods: demonstration, error analysis based on video recording.

### Bibliography

Karpinski R.,: Swimming-basics of technique-teaching. Katowice

2005

Czabański B., Fiłon M., Zatoń K.,: Elements of swimming theory.

Publisher AWF Wrocław 2003

### Breakdown of average student's workload

	Hours	ECTS
Total workload	15	0,00
Classes requiring direct contact with the teacher	15	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00