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Sport Science

THE PROGRAM OF PRACTICAL TRAINING IN SPORT SCIENCE FIRST-CYCLE STUDIES

The **3-semester practical training** is an integral part of the Vincent Pol University Sport Science programme and determines the completion of the fourth, fifth, and sixth semesters. It is an important element of the professional preparation of the student, who is to become a physical education teacher and a sport coach. It gives the opportunity to verify the theoretical knowledge acquired during the studies in a direct work at the school. It is also an area of personal experience and shaping of didactic and educational skills.

The student's school supervisor may be a school teacher, a school counselor, a school psychologist or a teacher of the common room. On the first day of practical training, the student takes part in a meeting with the school's principal and supervisor of the practical training to discuss the organization and the course of the internship. Planning should cover all activities provided in the practical training program.

The practical training is divided into **three parts**:

1. Introductory practical training – 4th semester (30 hours)

During the introductory practical training a student:

- becomes familiar with primary school rules and functioning,
- observes formal and informal groups of children,
- learns the basics of effective diagnosis and evaluation in physical education,
- is familiar with school sport sections and current sport events,

- becomes familiar with the teacher's principles, rules for the school's pedagogue, and the teacher employed in the common room,
- observes professional teachers and coaches during their everyday work.

2. Practical training, conducting classes – 5th and 6th semesters (108 hours)

During the introductory practical training a student:

- observes professional teachers and coaches during their everyday work,
- assists teachers and leads classes under their supervision,
- learns how to solve educational and caring problems at school,
- learns how to work with other members of staff and students' parents,
- performs the role of co-educator during school trips, parties, bonfires, trips to the cinema, etc.,
- recognizes the educational and preventive program of the school.

3. Practical training in a fitness club – 6th semester (30 hours)

During the practical training in a fitness club a student:

- observes professional personal trainers during their everyday work,
- assists trainers and their clients,
- recognizes and uses a fitness equipment,
- becomes aware of safety regulations,
- performs the role of co-trainer during group classes,
- learns how to apply an effective marketing,
- develops inter-personal skills,
- understands the organisation and functions of a fitness center.