

# UČNI NAČRT PREDMETA/COURSE SYLLABUS

**Predmet:** Vadba malčkov v vodi po Fredovi metodi  
**Course title:** Water exercises for toddlers

Študijski programi in stopnja	Študijska smer	Letnik	Semestri
Športna vzgoja, prva stopnja, univerzitetni	Ni členitve (študijski program)		Letni

**Univerzitetna koda predmeta/University course code:** 716

Predavanja	Seminar	Vaje	Klinične vaje	Druge oblike študija	Samostojno delo	ECTS
15		30	0		45	3

**Nosilec predmeta/Lecturer:** doc. dr. Dorica Šajber

**Vrsta predmeta/Course type:** izbirni

**Jeziki/Languages:**

Predavanja/Lectures:	Slovenščina
Vaje/Tutorial:	Slovenščina

**Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:**

Pogoj za vključitev v delo je vpis v letnik študija, lahko tudi določene predhodno opravljene obveznosti (predmeti);  
Pogoj za pristop je opravljen izpit za vaditelja plavanja.

**Prerequisites:**

Prerequisite for admission is the enrollment to the academic year, and certain previously fulfilled obligations (subjects);  
Prerequisite to the approach is the passed exam Swimming 1.

**Vsebina:**

Predmet zajema tako teoretične vsebine, kot praktične vsebine in seminarje.

Temeljne teoretične vsebine:

- Osnovni pogoji za vadbo v vodi predšolskih otrok
- Razvojne značilnosti predšolskih otrok
- Vloga učitelja plavanja
- Predstavitev različnih metod učenja plavanja
- Značilnosti Fredove metode učenja plavanja
- Uporaba plavalnih pripomočkov
- Metodika učenja plavanja po Fredovi metodi
- Program za 10-urni plavalni program po Fredovi metodi
- Zagotavljanje aktivne varnosti, reševanje iz vode in izvedba prve pomoči pri predšolskih otrocih

Praktične vsebine:

- Hospitacije in praktična vadba v vodi po programu z malčki in njihovimi starši

Hospitacije in praktična vadba v vodi po programu s skupino malčkov brez staršev

**Content (Syllabus outline):**

The subject covers both theoretical and practical contents and seminars.

Basic theoretical contents:

- Basic conditions of swimming lessons of pre-school children
- Developmental characteristics of pre-school children
- The role of the swimming teacher
- Presentation of various swimming methods
- Characteristics of Fred's method of teaching swimming
- Use of swimming aids
- Methodology of teaching swimming according to Fred's method
- Syllabus for a 10-hour swimming program according to Fred's method
- Ensuring active safety, rescue from the water and first aid in preschool children

Practical content:

- Teaching observations and practical exercises in the water according to the syllabus with toddlers and their parents

	Teaching observations and practical exercises in the water according to the syllabus with toddlers without parents
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**Temeljna literatura in viri/Readings:**

Dorica Šajber (2006): Plavanje od rojstva do šole. Didakta, Radovljica.
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**Cilji in kompetence:**

Študenti dobijo temeljna teoretična in praktična znanja in spretnosti za vodenje vadbe v vodi malčkov in učenje plavanja v predšolskem obdobju po različnih metodah. Spoznajo različne stile vodenja pedagoškega procesa in različne metode učenja plavanja. Znajo izbrati primerno v specifičnih situacijah. Prav tako spoznajo in znajo kritično ovrednotiti druge dejavnike, ki vplivajo na proces (ocenjevanje stopenj subjektivnih in objektivnih nevarnosti in ustrezna priprava na varno izvedbo vadbe, pripomočki, zasebnost, vloga družine...). Pridobijo naziv učitelj plavanja za malčke po Fredovi metodi, ki je potrjen na SS MIZŠ do junija 2019.

**Objectives and competences:**

Students receive basic theoretical and practical knowledge and skills to guide exercises in the water of toddlers and swimming lessons in pre-school aged children according to different methods. They get acquainted with various styles of pedagogical processes and different methods of swimming. They are able to choose appropriate methods in specific situations. They also get to know and are able to critically assess other factors, which influence the process (assessment of grades of subjective and objective dangers and appropriate preparation for a safe execution of the lesson, swimming aids, privacy, role of the family ...). They get the title Swimming teacher for toddlers according to Fred's method, which is confirmed by SS MIZŠ until June 2019.

**Predvideni študijski rezultati:**

Poznajo Fredovo metodo učenja plavanja in osnove učenja prsnega plavanja po različnih metodah učenja ter jih usposobiti za samostojno učenje plavanja neplavalcev v predšolskem obdobju. Razumejo vlogo različnih dejavnikov, ki vplivajo na uspešnost učenja plavanja, razvoj gibalnih sposobnosti, osebnostna struktura vadečih ...)  
Razumejo uporabo različnih metod učenja plavanja. Usposobiti kandidate in jim dodeliti ustrezne kompetence za vodenje vadbe malčkov v vodi. Poznavanje posebnosti populacije predšolskih otrok, njihovih sposobnosti, značilnosti, lastnosti, ter uporaba dobljenega znanja za izdelavo delovnega načrta ter učnih priprav za vadbo z učenci v vodi. Sposobni so kritično ovrednotiti svoje pedagoško delo in poiskati svoja močna in šibka področja.

**Intended learning outcomes:**

They know Fred's method of teaching swimming and the basics of teaching breast swimming according to different teaching methods and train them for independent teaching of swimming of non-swimmers in the pre-school age. They understand the role of various factors that influence the performance of teaching swimming, the development of motor skills (the personality structure of the swimmers ...)  
They understand the use of various methods of teaching swimming. Train candidates and give them appropriate competencies to guide exercises for toddlers in the water. Knowledge of the specificity of the population of pre-school children, their abilities, characteristics, features, and the use of the acquired knowledge for the preparation of a work and lesson plan for teaching lessons to pupils in the water. They are able to critically evaluate their pedagogical work and find their strong and weak areas.

**Metode poučevanja in učenja:**

Metode poučevanja so predavanja (aktivno poučevanje), seminarji (raziskovalni seminarji, projektno delo), vaje (delo v bazenu z malčki, vodne delavnice) druge oblike, hospitacije, nastopi, pedagoška praksa).

**Learning and teaching methods:**

Teaching methods are lectures (active teaching), seminars (research seminars, project work), exercises (work in a swimming pool with toddlers, water workshops) other forms, teaching observations, teaching demonstrations, pedagogical practice).

**Načini ocenjevanja:**

Pisni izpit	Delež/Weight	Assessment:
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50,00 %

Written exam

Praktično vodenje ure	40,00 %	Practical teaching lesson
Seminarska naloga	10,00 %	Seminar work

**Reference nosilca/Lecturer's references:**

Cobiss- Šajber, Dorica [14971]