



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education in Nis

GENERAL INFORMATION

Study program

Basic academic studies, physical education and sport

Study Module (if applicable)

Course title

Rhythmics

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

First

Number of ECTS allocated

5

Name of lecturer/lecturers

Tijana Purenović-Ivanović, Ph.D, assistant professor

Teaching mode

Lectures Group tutorials Individual tutorials
 Laboratory work Project work Seminar
 Distance learning Blended learning Other

PURPOSE AND OVERVIEW (max. 5 sentences)

Application of rhythms in sport in preschool institutions and in lower grades of elementary school. Creating a habit of practicing rhythmic exercise, such continuous activity that contributes to the promotion of healthy motoric movements, mentally health youth development and healthy recreational activities for adults.

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

Different rhythmic school in appropriate historical periods and cultures, development of rhythm. Aesthetic Education. Music and movement. Professional based music culture musicality and expressiveness of movement in physical education process. Functional music - rhythm and movement in gymnastics and sport. Shaping movement in the game, dance and gymnastics. Rhythmics in sports aesthetic character of coordination. Motor learning (recognition, training, adoption and demonstration of rhythmic elements, as a means of physical education). Kinesthetic sense (using the body as an instrument of personal expression, and rhythmic elements as a means of developing and improving kinesthetic sensation). Improvisation (Utilizing the elements of movement, rhythmic motives, personal experience and imagination to encourage improvisational skills, in order to adequately put into practice).

LANGUAGE OF INSTRUCTION

- Serbian (complete course) English (complete course) Other _____ (complete course)
- Serbian with English mentoring Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Practical examination	20
Colloquia 1,2,3	35	Theory examination	20
Theory colloquia	15		
		OVERALL SUM	100

***Final examination mark is formed in accordance with the Institutional documents**