



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

Gymnastics for All

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

Emilija Petković, Ph.D, full professor; Stevan Stamenković, 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)

Theoretical and practical knowledge of the group of gymnastic disciplines and their application in modern society and our living conditions. Students will be able to apply their theoretical and practical knowledge of basic gymnastic exercises. Gymnastics for All is one of seven disciplines in gymnastics family under the auspices of International Gymnastics Federation (FIG) and aim and mission is to promote the noncompetitive performance and appearance all kind of gymnastics movements in all age groups. As a part of Sport for All, Eurogym, World Gym for Life Challenge and Golden Age Gymnastics Festival Gymnastics for All take parts to organize events at international level.

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

Definition of basic concepts and presentation of routines through video recording. Gymnastics for All: definition, concept, organization, World Gym for Life Challenge. Mens and Womens Artistic Gymnastics – history, judges, competitions rules, Aerobic Gymnastics – history, judges, competitions rules. Acrobatic Gymnastics – history, judges, competitions rules. Trampoline – history, judges, competitions rules. Rhythmic Gymnastics - – history, judges, competitions rules. Selection in gymnastic. Devices and equipment in gymnastic. Dimensions of apparatus and equipment in all gymnastics disciplines. Group exercises with basic gymnastic movements on gymnastic disciplines. Group acrobatics in pairs. Trampoline – basic routine. Rhythmic Gymnastics basic movements. Group exercises with apparatus and devices.

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 practical | 30 | Theory examination | 20 |
| Colloquia 2 theory | 14 | | |
| Interactive teaching | 6 | OVERALL SUM | 100 |

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