



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	<input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral
Type of course	<input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective
Semester	<input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring
Year of study	First
Number of ECTS allocated	5
Name of lecturer/lecturers	Emilija Petković, Ph.D, associate professor
Teaching mode	<input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> 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		
Teaching practice	3		
Interactive teaching	3	OVERALL SUM	100

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