



# 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	<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	Tijana Purenović-Ivanović, Ph.D, assistant 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)

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	10
Colloquia 1,2,3	45	Theory examination	20
Theory colloquia	15		
		<b>OVERALL SUM</b>	<b>100</b>

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