



# UNIVERSITY OF NIŠ

**Course Unit Descriptor**

**Faculty**

**Faculty of Sport and Physical Education**

## GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Artistic gymnastics (man)

Level of study

Bachelor academic    Master's    Doctoral

Type of course

Obligatory    Elective

Semester

Autumn    Spring

Year of study

Third

Number of ECTS allocated

7

Name of lecturer/lecturers

Saša Veličković, Ph.D, full professor

Teaching mode

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

## PURPOSE AND OVERVIEW (max. 5 sentences)

Students will be qualified to apply their acquired theoretical knowledge analysing techniques of the gymnastic exercises, to learn by applying practical knowledge, training methodology of gymnastics exercises in the curricula for primary and secondary schools, as well as competitive gymnastics. In this regard, students should master basic principles of the training process and the judging rules in artistic gymnastics.

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

Concept and types of gymnastics, development of artistic gymnastics, International Gymnastics Federation, selection, training, judging rules, biomechanics of artistic gymnastics, techniques, methods, exercises on the elastic table anthropological basics of success in gymnastics, characteristics of gender and sports gymnastics. School of gymnastics, selection tests for gymnasts, training of the young gymnasts, routines assessment rules, the technique of performing the exercises as investigated by the "school" of gymnastics, teaching methods for the training of the exercises scheduled in the program of school gymnastics.

## 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	10	Practical examination	15
Motor abilities test	8	Practical work, asistence	15
Colloquium 1	20	Theory examination	10
Colloquium 2	14		
Interactive teaching	8	OVERALL SUM	100

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