



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 (women)

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

Emilija Petković, Ph.D, associate 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 teaching approach of gymnastics skills, basis methodology of gymnastics exercises in the curriculum for primary and secondary schools and training preparation in Artistic gymnastics. Students should overcome basic movements and be able to program training process in Artistic gymnastics. Students should become skilled to participate in the organization of the competition in Artistic gymnastics at all levels.

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

Concept definition of Artistic gymnastics, History of Artistic gymnastics, International Gymnastic Federation, Terminology in Artistic gymnastics, Selection in Artistic gymnastics, Training gymnasiums and Gymnastic apparatus, Preparation in Artistic gymnastics, Physical preparation concept, Training indicators, Judging rules, The competition in Artistic gymnastics, Biomechanical basis of technique in gymnasts performance, Antropological basics of success in gymnastics, Particularities in Women Artistic gymnastics, Teaching approach of gymnastics skills.

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
Assessment of motor abilities	8	Teaching practice, assistance	15
Colloquium1	20	Theory examination	10
Colloquium 2	14		
Interactive teaching	8	OVERALL SUM	100

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