



# 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

Development gymnastics

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

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)

Acquiring knowledge on the theoretical and practical values of development of gymnastics. Students will be familiar with the basic forms of gymnastics and exercise apparatus and soil, as well as the possibilities of their application in practice in preschool and early school age. Students will, through lectures, practical exercises and consultations to acquire basic knowledge and will be able to rule the theoretical and practical skills related to the use of gymnastic exercises and exercises on the ground, all to positively influence on development of anthropological children. Students will also be trained for independent work and methodology of implementation and the training activities and exercises on gymnastics apparatus and floor in children preschool and early school age, different abilities.

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

The impact of the development of gymnastics on physical and psychological development of children. Programs and resources development of gymnastics for preschool and early school age. The training program of basic gymnastic elements and time management training development of gymnastics. Practice space gear and equipment development of gymnastics and security in the development of gymnastics classes. Introductory and preparatory part of the time working with children. Training on the shaft, acrobatics on the ground, leap, high chair by elastic as the main part of the time, the game in a gymnastics pit as the main part of the class. Testing acquired practical knowledge and evaluation of the impact of children during and after the application of the programs of development of gymnastics. Training on the shaft loom and other extra gymnastic apparatus as the main

part of the class. View and training exercises in the floor exercise, pommel horse, rings, vault, parallel bars and horizontal for boys 1st to 4th grade of primary school. View and training exercises in the floor exercise, balance beam, uneven bars and vault for girls 1st to 4th grade of primary school.

#### 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	5+5	Practical examination	30
Teaching colloquia (theory and practic)	20+15	Theory examination	10
Interactive teaching	15		
		<b>OVERALL SUM</b>	<b>100</b>

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