



# 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	<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 type="checkbox"/> Autumn <input checked="" type="checkbox"/> Spring
Year of study	Fourth
Number of ECTS allocated	6
Name of lecturer/lecturers	Saša Veličković, Ph.D, full 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)

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	10	Practical examination	30
Colloquia practice	15	Theory examination	10
Teaching colloquia (theory)	20		
Activity during lectures	15	OVERALL SUM	100

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