



# 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

Rhythmic gymnastics

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

Ružena Popović, 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)

*By studying traditional values of the recognized schools of rhythmic gymnastics and their consistent implementation, students will create distinctive values that encourage a healthy lifestyle and the spirit of competition among sports participants.*

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

Application of rhythmic gymnastics in preschool and lower primary school grades. Motor learning, basic choreographic principles, processes and forms. School of rhythmic gymnastics. Mastering the basic elements by the body (jumps-turns-equilibrium-agility-waves), as well as the elements of the props using (rope-ball-hoop-cones-ribbon), use of the body as an instrument of personal expression and the specific technical elements of props as a means for improving the plasticity of movements. By using the basic and specific technical elements master the required routine, for further application in practice. Creating free compositions of movements.

## LANGUAGE OF INSTRUCTION

Serbian (complete course)    English (complete course)    Other Slovak (complete course)

Serbian with English mentoring     Serbian with other mentoring \_\_\_\_\_

#### ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory	5	Practical examination / <b>free all together (I+II)</b>	10
Practicals	5	Written examination / Theory test	10
Colloquium 1+2+3	30	Written examination / <b>judicial test</b>	10
<b>Professional practice</b>	10	Oral examination	10
Seminar paper	10	<b>OVERALL SUM</b>	100

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