



# 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

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; Emilija Petković Ph.D, full professor, Miloš Paunović, Ph.D, assistant 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
Colloquium 1	20	Practical work, asistence	9
Colloquium 2	14	professional practice	6
Other	16	Theory examination	10
		<b>OVERALL SUM</b>	<b>100</b>

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