



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Professional Studies, 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

6

Name of lecturer/lecturers

Saša Veličković, 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)

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	15
Consulting	10	Theory examination	15
Teaching colloquia (theory)	20		
Seminar paper	20		
Activity during lectures	10	OVERALL SUM	100

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