

NAME OF THE COURSE		Artistic gymnastics 1				
Code	119118	Year of study	2 nd undergraduate			
Course teacher	Sunčica Delaš Kalinski, assistant professor	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	FE
			5	0	40	0
Status of the course	Compulsory	Percentage of application of e-learning	20%			
COURSE DESCRIPTION						
Course objectives	To habilitate students to independent teaching; to analyze and to correct performances of the gymnastics skills which are foreseen in current physical education curricula in elementary and high school.					
Course enrolment requirements and entry competences required for the course	No					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<ul style="list-style-type: none"> - To explain individual segments from the anthropological analysis of artistic gymnastics; - to explain the historical development of artistic gymnastics; - to explain the characteristics of exercising on different apparatuses from artistic gymnastics all-around; - to demonstrate the proper performance of the basic artistic gymnastics skills on all artistic gymnastics apparatuses; - to identify the causes of errors and to demonstrate methodological procedures for eliminating errors in the performance of certain basic skills from artistic gymnastics; - to create artistic gymnastics exercises by using the basic skills from artistic gymnastics; - to explain the basic rules of trials in artistic gymnastics. 					
Course content broken down in detail by weekly class schedule (syllabus)			E-learning		Teacher	
	1	Definition, concept and kinesiological analysis of artistic gymnastics. Basic terms in artistic gymnastics (2 lectures)			Sunčica Delaš Kalinski, assistant professor	
	2	The history of artistic Gymnastics (2 lectures)			Sunčica Delaš Kalinski, assistant professor	
	3	The trial in artistic Gymnastics (1 lectures)			Sunčica Delaš Kalinski, assistant professor	
			Exercises		Teacher	
	1	Floor (m/f): forward roll, backward roll, headstand, candlestick			Ivana Kvasina	
	2	High bar (m): mount pullover and dismount through the backward swing Parallel bars (m): pre-skills for swing and forward swing dismount Still rings (m/f): basic hangs and changes of hangs Still rings (m/f): basic swing Uneven bars (f): mount pullover on lower bar and dismount through the backwards swing Balance beam (f): pre-skills for walking on the balance beam (performance on the floor)			Ivana Kvasina	

	3	<p>Pommel horse (m): basic supports and changes of supports</p> <p>Parallel bars (m): pres-kills for dips in backward swing, forward uprise to support</p> <p>Parallel bars (m): basic swing and front swing dismount</p> <p>Uneven bars (f): cuts from front support</p> <p>Balance beam (f): different ways of walking on the balance beam</p> <p>Still rings (m): straddle flyaway – pre skills</p>	Ivana Kvasina
	4	<p>Parallel bars (m): dips in forward swing, backward uprise to support</p> <p>High bar (m): cuts from front support</p> <p>Balance beam (f): pre-skills and exercise no. 1</p> <p>Pommel horse (m): swing in front and rear support, cuts from front support</p>	Sunčica Delaš Kalinski, assistant professor
	5	<p>Floor (m/f): dive forwards roll from standing position and from running</p> <p>High bar (m): from side split to knee hang, kip</p> <p>Parallel bars (m): exercise No. 1</p> <p>Still rings (f): dismount through chin-up hang</p> <p>Vault (m): pre-skills of all vault components. Tuck vault. Straddle vault.</p>	Sunčica Delaš Kalinski, assistant professor
	6	<p>Vault (m): pre-skills for all vault components. Tuck vault. Straddle vault.</p> <p>Still rings (m): Muscle up</p> <p>Preparation for the 1st mid-term test</p>	Sunčica Delaš Kalinski, assistant professor
	7	<p>Preparation for the 1st mid-term test</p> <p>The 1st mid-term test</p>	Sunčica Delaš Kalinski, assistant professor
	8	<p>Floor (m/f): pre-skills for cartwheel from front position</p> <p>Parallel bars (m): layaway, upper arm swing, forward uprise to support – pre-skills</p> <p>Still rings (m): from L-support to L- hang, back swing and pre skill for straddle flyaway</p> <p>Balance beam (f): pre skills and exercise no.2</p>	Sunčica Delaš Kalinski, assistant professor
	9	<p>Floor (m/f): pre-skills for cartwheel from side position</p> <p>Uneven bars (f): exercise no. 2</p> <p>Still rings (m): straddle flyaway</p> <p>Vault (m): swing forward vault from diagonal running, side vault</p> <p>Parallel bars (m): forward uprise to support, back swing dismount</p> <p>Balance beam (f): pre-skills and exercise no.3</p>	Sunčica Delaš Kalinski, assistant professor
	10	<p>Flaying rings (m/f): swing</p> <p>Uneven bars (f): exercise no.3</p> <p>Vault (f): swing forward vault from diagonal running</p> <p>Parallel bars (m): kip from upper arm swing to straddle sit, shoulder stand, forward roll</p> <p>Preparation for the 2nd mid-term test</p>	Sunčica Delaš Kalinski, assistant professor
	11	<p>Preparation for the 2nd mid-term test</p> <p>The 2nd mid-term test</p>	Sunčica Delaš Kalinski, assistant professor

Format of instruction	lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> <i>on line</i> in entirety <input checked="" type="checkbox"/> partial e-learning <input checked="" type="checkbox"/> field work	<input checked="" type="checkbox"/> independent assignments <input type="checkbox"/> multimedia <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input type="checkbox"/> (other)																
Student responsibilities	Students should: - attend all forms of theoretical and practical lectures; - attend and actively participate in faculty teaching base for artistic gymnastics for 2 teaching hours (3% of exercise classes); - actively participate during exercises (demonstrate, exercise and assist).																	
Screening student work (<i>name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course</i>)	Class attendance	0.75	Research		Practical training	2.25												
	Experimental work		Report		(Other)													
	Essay		Seminar essay		(Other)													
	Tests	1.5	Oral exam		(Other)													
	Written exam	1.5	Project		(Other)													
Grading and evaluating student work in class and at the final exam	<p>Assessment and evaluation of the acquired competencies from the course <i>Theory and methods of artistic gymnastics 1</i> are the result of the quality of practical part of the exam, quality of final practical exercises and results from theoretical part of the exam.</p> <p>Practical part of the exam:</p> <p>Evaluation and assessment of the acquired skills (prescribed by the official programme) are implemented through the student's performance of those skills. The quality of performance of the prescribed gymnastic skills is assessed on the Likert scale (grades 1 to 5), according to the following criteria:</p> <table border="1" data-bbox="443 1211 1447 1529"> <thead> <tr> <th data-bbox="443 1211 587 1245">GRADE</th> <th data-bbox="587 1211 1447 1245">DESCRIPTION OF EXERCISE PERFORMANCE</th> </tr> </thead> <tbody> <tr> <td data-bbox="443 1245 587 1308">5</td> <td data-bbox="587 1245 1447 1308">Excellent–student autonomously, without technical and aesthetic mistakes, performs the skill</td> </tr> <tr> <td data-bbox="443 1308 587 1370">4</td> <td data-bbox="587 1308 1447 1370">Very good–student autonomously, with small technical or aesthetic mistakes performs the skill</td> </tr> <tr> <td data-bbox="443 1370 587 1433">3</td> <td data-bbox="587 1370 1447 1433">Good–student autonomously, with medium technical and aesthetic mistakes performs the skill</td> </tr> <tr> <td data-bbox="443 1433 587 1496">2</td> <td data-bbox="587 1433 1447 1496">Sufficient–student autonomously, with great technical and aesthetic mistakes performs the skill</td> </tr> <tr> <td data-bbox="443 1496 587 1529">1</td> <td data-bbox="587 1496 1447 1529">Insufficient–the student is unable to perform the skill autonomously</td> </tr> </tbody> </table> <p>A student must perform all skills (prescribed by the program) independently. The quality of the acquired skills is assessed through 4 mid-term tests, within the exercise classes, and according to the prescribed content of the mid-term test.</p> <p>The 1st mid-term test is held in the 7th week and it includes the following contents: - Floor (m/f): forward roll, backward roll, headstand, candlestick - Vault (m/f): straddle vault with back swing, tuck vault with back swing - Uneven bars (f)/high bar (m): exercise no.1: mount pullover, cuts from front support, back swing dismount - Balance beam (f): exercise no.1: side swing and 90° turn mount, sitting in pike position, getting up through the squat, gallop forward, double leg 180° turn, 2 steps of swing forward walking, scale from walking, straight forward dismount</p>						GRADE	DESCRIPTION OF EXERCISE PERFORMANCE	5	Excellent–student autonomously, without technical and aesthetic mistakes, performs the skill	4	Very good–student autonomously, with small technical or aesthetic mistakes performs the skill	3	Good–student autonomously, with medium technical and aesthetic mistakes performs the skill	2	Sufficient–student autonomously, with great technical and aesthetic mistakes performs the skill	1	Insufficient–the student is unable to perform the skill autonomously
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- Still rings (f):
exercise no.1: basic swing, inverted hang, front pike hang
- Still rings (m):
exercise no.1: basic swing, inverted hang, front pike hang, candle stick-german hang, iskretom natrag saskok
- Bars (m):
exercise no.1: swing, dips in backward swing (2x), forward up rise to support, dips in forward swing (2x), backward up rise to support, forward swing dismount
- Pommel horse (m):
exercise no.1: from front to rear support, tucked scissors in front support (3x), swings in front support (4x), swings in rear support (4x)

The 2nd mid-term test is held in the 10th week and it includes the following contents:

- Floor (m/f): dive forward roll from standing position, dive forward roll from running, scale
- Vault (m/f): swing forward (with left leg) vault from diagonal running and one leg jump, swing forward (with right leg) vault from diagonal running and one leg jump, side vault (m)
- Uneven bars (f):
exercise no.2: wiggles and one tucked leg cut, one leg turn for 180°, jump in front support on high bar, swing forward
- Balance beam (f):
exercise no.2: mount in tuck position from diagonal running, 4 ‘tuppffer’ jumps, 180° squat turn, 2 cat jumps, straight forward with 90° turn dismount;
exercise no.3: mount in tuck position from straight running, double leg sit on the heels, from one leg kneel - back swing dismount
- Still rings (m):
exercise no.2: muscle up, from l-support to pike hang, swing and straddle flyaway through dislocate
- Parallel bars (m):
exercise no.2: basic swing in support, layaway, upper arm swing, forward uprise to support, back swing dismount
- High bar (m):
exercise no.2: mount pullover, cut from front support, from side split to knee hang, kip, side swing dismount
- Pommel horse (m):
exercise no.2: swings in front support, cuts from front support, swings in rear support, side way swing dismount

If the student does not pass all of the prescribed skills, he/she may try to do the same in the exam course terms (February-1 term, June-1 term, July-1 term, and September-1 term).

Final practical exercises:

After completing the entire practical part of the exam (through the exercises defined by the program or individually) a student independently, on 2 events (except on the vault), creates and performs 2 exercises (one on each apparatus) from the prescribed skills from the program of the course *Theory and methods of artistic gymnastics 1*.

Theoretical part of the exam:

At the 1st and the 2nd mid-term tests, students can access the assessment of the quality of the theoretical knowledge prescribed by the program. Assessment of theoretical knowledge is carried out on the computer. Computer randomly chooses 32 questions (included in the theoretical e-lectures) with multiple choices and

	<p>answers. The number of correct answers defines the rating as follows:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;"><15</td> <td style="text-align: center;">insufficient (1)</td> </tr> <tr> <td style="text-align: center;">16 – 19</td> <td style="text-align: center;">sufficient (2)</td> </tr> <tr> <td style="text-align: center;">20 – 23</td> <td style="text-align: center;">good (3)</td> </tr> <tr> <td style="text-align: center;">24 – 27</td> <td style="text-align: center;">very good (4)</td> </tr> <tr> <td style="text-align: center;">28-32</td> <td style="text-align: center;">excellent (5)</td> </tr> </table> <p>If at the 1st and at the 2nd mid-term tests student does not pass the theoretical part of the exam, he/she takes it at one of the official test terms.</p> <p>Final grade from the course <i>Theory and methods of artistic gymnastics 1</i></p> <p>The final grade of the course is the average grade derived from the overall assessment of the practical part of the exam, the average grade from the final practical exercises and the grade from the theoretical part of the exam.</p>			<15	insufficient (1)	16 – 19	sufficient (2)	20 – 23	good (3)	24 – 27	very good (4)	28-32	excellent (5)
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28-32	excellent (5)												
Exercise no.1:	Title	Number of copies in the library	Availability via other media										
	Delaš Kalinski, S. (2012). <i>Sportska gimnastika</i> . Split: Kineziološki fakultet Sveučilišta u Splitu. (Interna skripta).		Moodle										
	https://sites.google.com/site/sportskagimnastika/		x										
Optional literature (at the time of submission of study programme proposal)	<ol style="list-style-type: none"> 1. Bruggeman, G. P. (1993). <i>Biomechanics in Gymnastics</i>. Koln: Deutsche Sporthochschule. 2. Čuk, I., & Karacsony, I. (2004). <i>Vault: Methods, Ideas, Curiosities, History</i>. Ljubljana: ŠTD Sangvinčki. 3. Karacsony, I., & Čuk, I. (1996). <i>Pommel horse exercises: Methods, Ideas, Curiosities, History</i>. Ljubljana: Faculty of Sport, University of Ljubljana and Hungarian Gymnastics Federation. 4. Čuk, I., & Karacsony, I. (2004). <i>Rings-Methods, Ideas, Curiosities, History</i>. Ljubljana: Tiskarna Ljubljana. 5. Karacsony, I., & Čuk, I. (2005.). <i>Floor Exercises-Methods, Ideas, Curiosities, History</i>. Ljubljana: ŠTD Sangvinčki. 6. Hamza, I., & Karacsony, I. (2000). <i>TORNA 1x1</i>. Budapest. 												
Quality assurance methods that ensure the acquisition of exit competences	<ul style="list-style-type: none"> - Active presence of students in all forms of teaching. - Regular consultation attendance. - Continuous assessment of acquired basic gymnastics skills through 4 mid-term tests. - Independent creating of exercises. - Theoretic part of the exam. - External evaluation of teaching quality through ‘Questionnaire for student’s evaluation of teaching’. 												
Other (as the proposer wishes to add)	http://moodle.kifst.hr/course/view.php?id=125#section-0												