

NAME OF THE COURSE		Artistic gymnastics 2				
Code	119118	Year of study	2 nd undergraduate			
Course teacher	Full professor, Sunčica Delaš Kalinski, PhD Associate professor, Ana Kezić, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	FE
			5	0	40	0
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	To enable students independent teaching; to analyze and to correct performances of more complex gymnastics skills and apply gymnastics skills in different kinesiological areas.					
Course enrolment requirements and entry competences required for the course	<p>Student must fulfil one of the following conditions:</p> <ul style="list-style-type: none"> - Finished course of <i>Artistic Gymnastics 1</i> (certificate needed*) - Previous experience in artistic gymnastics as athlete/competitor (certificate needed**) - Previous experience in one of the official gymnastics' disciplines (disciplines under the patronage of FIG; certificate needed) <p>*Student must provide a Transcript of records that will proof that the student has successfully passes the course.</p> <p>** Following certificates are accepted:</p> <ul style="list-style-type: none"> - club's confirmation/certificate of students' participation in artistic gymnastics as athlete/competitor - letter of recommendation from the club that will proof students' participation in artistic gymnastics as athlete/competitor 					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will be able to do the following:</p> <ul style="list-style-type: none"> - to explain and apply basic technical and fitness contents from artistic gymnastics in various kinesiological areas; - to explain the process selection of in artistic gymnastics; - to explain and properly demonstrate the techniques, pre-skills, assistance, and correction of mistakes during the performance of more complex elements of gymnastic skills; - to create gymnastic exercises by applying simple and more complex skills from the artistic gymnastics 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	The motor learning process in artistic gymnastic (2 hours)		Associate professor, Sunčica Delaš Kalinski, PhD			
	Artistic gymnastics–basic sport (2 hours)		Associate professor, Sunčica Delaš Kalinski, PhD			
	The process of selection for artistic gymnastics (1 hour)		Associate professor, Sunčica Delaš Kalinski, PhD			
	Exercises		Teacher			
Floor (f): The technique, methodology, and assistance when teaching handstand, handstand from a scale, handstand from Cartwheel. Vault (f): The technique, methodology, and assistance when teaching tuck vault and straddle vault over the transversally placed vaulting horse Uneven bars (f): double leg jump to pullover on lower bar		Associate professor, Ana Kezić, PhD				

	<p>Flying rings (f): 180° turn in forward swing</p> <p>Vault (m): The technique, methodology, and assistance when teaching tuck vault and straddle vault over longitudinally placed the vaulting horse</p> <p>Floor (m): The technique, methodology, and assistance when teaching handstand, handstand from a scale, handstand from Cartwheel.</p> <p>Parallel bars (m): The technique, methodology, and assistance when teaching forward roll, swing forward to ½ turn and post on one arm over single bar and dismount to stand (4 hours)</p> <p>Flying rings (m): swing, 180° turns in forward swing, chin-up in forward swing – basic hang in backward swing (2x), chin-up in backward swing – basic hang in forward swing (2x), backward swing dismount</p> <p>High bar (m): pullover; the technique, methodology, and assistance when teaching cast back hip circle, underswing dismount (4 hours)</p>	
	<p>Floor (f): the technique, methodology, and assistance when teaching handstand forward roll, and backward roll to handstand</p> <p>Balance beam (f): exercise no.1: wide legged squat over one leg, 90° pirouette over squat leg, 2x time scale from walking, pirouette 180°, pike jump dismount - one leg take off</p> <p>Uneven bars (f): the technique, methodology, and assistance when teaching cast back hip circle</p> <p>Flying rings (f): chin-up in forward swing–basic hang in backward swing, backward swing dismount</p>	Associate professor, Ana Kezić, PhD
	<p>Floor (m): the technique, methodology, and assistance when teaching handstand forward roll, and backward roll to handstand</p> <p>Rings (m): the technique, methodology, and assistance when teaching Front Uprise L-sit, repeating forward swing and straddle flyaway dismount</p> <p>Parallel bars (m): the technique, methodology, and assistance when teaching shoulder stand connected to forward roll</p> <p>Pommel horse (m): exercise no. 1: cut with right leg, ½ double leg circles, cut with right leg, swing side jump dismount to the right (4 hours)</p>	
	<p>Floor (f): connected cartwheels from side starting position, and from front starting position</p> <p>Vault (f): tuck vault with backward swing, straddle vault with backward swing</p> <p>Balance beam (f): exercise no. 2: straddle on beam mount, cat leap, scissors leap forward, one leg squat and sit, straddle sit, backward roll to kneeling scale, swing back dismount from kneeling scale dismount</p> <p>Uneven bars (f): leg cut, underswing 180° turn on upper bar (from sitting on lower bar), leg cut from swing, leg cut to rear support, 180° turn to front support, underswing dismount from lower bar</p>	Associate professor, Ana Kezić, PhD
	<p>Floor (m): connected cartwheels from side starting position, and from front starting position</p>	

	<p>Vault (m): the technique, methodology, and assistance when teaching cartwheel with 90° turn</p> <p>Parallel bars (m): the technique, methodology, and assistance when teaching upper arm swing and backward up-rise to support</p> <p>High bar-low bar (m): the technique, methodology, and assistance when teaching kip to front support (4 hours)</p>	
	<p>Floor (f): the technique, methodology, and assistance when teaching cartwheel with one hand support</p> <p>Uneven bars (f): the technique, methodology, and assistance when teaching single leg cut mount, mixed grip, 180° turn to stride hang on upper bar, pullover on upper bar</p> <p>Balance beam (f): the technique, methodology, and assistance when teaching forward roll</p> <p>Vault (f): ½ turn jump to handstand off mini trampoline</p>	Associate professor, Ana Kezić, PhD
	<p>Floor (m): the technique, methodology, and assistance when teaching cartwheel with one hand support</p> <p>Pommel horse (m): the technique, methodology, and assistance when teaching ‘open’ scissors right</p> <p>Rings (m): the technique, methodology, and assistance when teaching Inlocates</p> <p>Parallel bars (m): the technique, methodology, and assistance when teaching kip from upper arm support to straddle sit, forward roll to straddle sit</p> <p>Vault (m): ½ turn jump to handstand off mini trampoline (4 hours)</p>	
	<p>Preparation for the 1st mid-term test (2 hours)</p> <p>The 1st mid-term test (2 hours)</p>	Associate professor, Ana Kezić, PhD
	<p>Balance beam (f): exercise no.3: squat on beam mount (at the beginning of the balance beam), valcer step and turn, forward roll to straddle sit, swing backward to front support position, tuck position, stag leap dismount</p> <p>Vault (f): the technique, methodology, and assistance when teaching forward handspring on increase</p> <p>Floor (f): the technique, and methodology when teaching cartwheel from running and round off</p> <p>Uneven bars (f): the technique, methodology, and assistance when teaching swing backward to momentary handstand dismount</p>	Associate professor, Ana Kezić, PhD
<p>Floor (m): the technique, and methodology when teaching cartwheel from running and round off</p> <p>Vault (m): the technique, methodology, and assistance when teaching forward handspring take –off from mini-trampoline</p> <p>Pommel horse (m): exercise no.2: cut with right leg, cut with left leg forward, scissors forward to the right, cut with right leg backward, swing side jump dismount</p> <p>Parallel bars (m): backward swing and 180° turn to straddle sit, swing backward to ½ turn dismount</p> <p>High bar (m): single leg cut, the technique, methodology, and assistance when teaching stride circle, single leg cut dismount (4 hours)</p>		
<p>Balance beam (f): exercise no.4: squat on beam mount (at the beginning of the balance beam), double leg 90° pirouette, gallop with turn, tuck jump dismount</p>	Associate professor, Ana Kezić, PhD	
<p>Still rings (m): Kip L-sit</p>		

	Pommel horse (m): exercise no.3: one leg forward circle with the right leg, forward circle with the left leg, cuts with left leg, swing backward dismount Vault (m): ½ turn jump to handstand off dash board (4 hours)					
	Floor (f): the technique, methodology, and assistance when teaching front handspring step-out and forward handspring Balance beam (f): round off dismount Floor (m): the technique, methodology, and assistance when teaching forward handspring Still rings (m): the technique, methodology, and assistance when teaching underswing to inverted pike hang (4 hours)		Associate professor, Ana Kezić, PhD			
	Balance beam (f): exercise no.5: squat on beam mount (at the beginning of the balance beam), a cross step forward, one leg 360° pirouette, straddle jump dismount Floor (m): the technique, methodology, and assistance when teaching back handspring with assistance; the technique, methodology, and assistance when teaching salto forward tucked with landing on increase (2 hours) Preparation for the 2 nd mid-term test (2 hours)		Associate professor, Ana Kezić, PhD			
	The 2 nd mid-term test (2 hours)		Associate professor, Ana Kezić, PhD			
Format of instruction	<input type="checkbox"/> 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 4 teaching hours (8% 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	Assessment and evaluation of acquired competencies from the course <i>Theory and methods of artistic gymnastics 2</i> is the result of the quality of presentation of two parts of the practical exam (performance of skills/exercises and performance of independently created exercises) and from the results obtained at the theoretical part of the exam. Practical part of the exam 1: Evaluation and assessment of the acquired skills (prescribed by the official programme) are implemented through the student's performance of those skills. The student must perform 80% of the prescribed skills independently and for up to 20% of prescribed skills can perform with the assistance of the colleague. The quality of performance of the prescribed gymnastic skills is assessed on the Likert scale (grades 1 to 5), according to the following criteria:					

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

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.

The 1st mid-term test is held in the 5th week and it includes the following contents:

- Vault (m): tuck vault over longitudinally placed vaulting horse, straddle vault over longitudinally placed vaulting horse, cartwheel with 90° turn
- Vault (f): tuck vault over transversally placed vaulting horse, straddle vault over transversally placed vaulting horse, tuck vault with backward swing over vaulting horse, straddle vault with backward swing over vaulting horse
- Floor (f): handstand, handstand to forward roll, backward roll to handstand, handstand from the scale, handstand from the cartwheel
- Floor (m): handstand, handstand to forward roll, backward roll to handstand, handstand from the scale, handstand from the cartwheel
- Uneven bars (f):
 - exercise no. 1: double leg jump to pullover, cast back hip circle, leg cut, underswing turn on upper bar (from sitting on lower bar), leg cut from swing, leg cut to rear support, 180° turn to front support, underswing dismount from the lower bar
- High bar (m): pullover, cast back hip circle, underswing dismount
- Flying rings (f): swing, 180° turns in forward swing, chin-up in forward swing – basic hang in backward swing, backward swing dismount
- Flying rings (m): swing, 180° turns in forward swing, chin-up in forward swing – basic hang in backward swing (2x), chin-up in backward swing – basic hang in forward swing (2x), backward swing dismount
- Rings (m):
 - exercise no. 1: front uprise l-sit, forward swing and straddle flyaway dismount
- Balance beam (f):
 - exercise no. 1: wide legged squat over one leg, 90° pirouette over squat leg, 2x time scale from walking, pirouette 180°, pike jump dismount - one leg take off
 - exercise no. 2: straddle on beam mount, cat leap, scissors leap forward, one leg squat and sit, straddle sit, backward roll to kneeling scale, swing back dismount from kneeling scale dismount
- Parallel bars (m):
 - exercise no. 1: mount to upper arm position, upper arm swing and backward up-rise to support, L-sit in support, shoulder stand, forward roll, backward up-rise to support, swing forward to ½ turn dismount
- Pommel horse (m):
 - exercise no. 1: cut with right leg, ½ double leg circles, cut with right leg, swing side jump dismount to the right

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

- Floor (m/f): connected cartwheels from side starting position, connected cartwheels from front starting position, cartwheels with one hand support, cartwheel from running, round off
- Vault (m): ½ turn jump to handstand off dash board

	<p>- Vault (f): ½ turn jump to handstand off mini trampoline</p> <p>- Still rings (m): inlocates, front uprise l-sit, roll forward through forward swing into the backward swing, forward swing to straddle flyaway dismount</p> <p>- Uneven bars (f): exercise no. 2: cut leg mount, mixed grip and 180° turn on upper bar, stride hang from upper bar on lower bar, pullover to upper bar, swing backward to momentary handstand dismount</p> <p>- Balance beam (f): exercise no. 3: squat on beam mount (at the beginning of the balance beam), valcer step and turn, forward roll to straddle sit, swing backward to front support position, tuck position, stag leap dismount exercise no. 4: tuck on beam mount (at the beginning of the balance beam), double leg 90° turn, gallop with turn, tuck jump dismount</p> <p>- Parallel bars (m): exercise no. 2: kip from upper arm support to straddle sit, forward roll to straddle sit, backward swing and 180° turn to straddle sit, swing backward to ½ turn dismount</p> <p>- High bar (m): exercise no. 2: kip to front support, single leg cut, stride circle, single leg cut dismount</p> <p>- Pommel horse (m): exercise no. 2: cut with right leg, cut with left leg forward, scissors forward to the right, cut with right leg backward, swing side jump dismount</p> <p>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).</p> <p>Practical part of the exam 2:</p> <p>After completing the entire practical part of the exam (through the small exercises defined by the program or individually) 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 <i>Theory and methods of artistic gymnastics 2</i> (minimum 70% of exercise must be created with the skills from this courses) and from the skills from the course <i>Theory and Methods of Artistic Gymnastics 1</i> (maximum 30% of exercise can be created with the skills from this courses).</p> <p>Theoretical part of the exam:</p> <p>Students write seminar on the theme of theoretical lessons.</p> <p>Final grade from the course <i>Theory and methods of artistic gymnastics 2</i></p> <p>The final grade of the course is the average grade derived from the average grade of the practical part of the exam 1, from the average grade of practical part of the exam no.2, and from the grade obtained at the theoretical- seminar part of the exam.</p>		
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 Športhochschule. 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 		

	<p>Federation.</p> <p>4. Čuk, I., & Karacsony, I. (2004). <i>Rings-Methods, Ideas, Curiosities, History</i>. Ljubljana: Tiskarna Ljubljana.</p> <p>5. Karacsony, I., & Čuk, I. (2005.). <i>Floor Exercises-Methods, Ideas, Curiosities, History</i>. Ljubljana: ŠTD Sangvinčki.</p> <p>6. Hamza, I., & Karacsony, I. (2000). <i>TORNA 1x1</i>. Budapest.</p>
Quality assurance methods that ensure the acquisition of exit competences	<ul style="list-style-type: none"> - The active presence of students in all forms of teaching. - Regular consultation attendance. - Activity in a teaching base of the faculty. - Continuous assessment of acquired 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)	<p>http://moodle.kifst.hr/course/view.php?id=484</p>