

NAME OF THE COURSE		Rhythmic gymnastics				
Code		Year of study	2 nd undergraduate			
Course teacher	Associate professor, Ana Kezić, PhD	Credits (ECTS)	3			
Associate teachers		Type of instruction (number of hours)	L	S	E	F
			5		40	
Status of the course	Elective	Percentage of application of e-learning	12,5%			
COURSE DESCRIPTION						
Course objectives	<ul style="list-style-type: none"> - to acquire proper performance of basic body and apparatus techniques - to learn proper methodological procedures for learning and correcting errors in the performance of rhythmic gymnastics elements - to develop a complex motor task in a form of group choreography 					
Course enrolment requirements and entry competences required for the course	Advanced knowledge of English language.					
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 identify the causes of errors in performing basic techniques - to describe basic rules of judging - to demonstrate basic body and apparatus techniques - to demonstrate the ability of teamwork through the design of complex motor task – group choreography - to describe basics of planning and programming 					
Course content broken down in detail by weekly class schedule (syllabus)	Lectures		Teacher			
	Historical development of rhythmic gymnastics and aesthetic movements. Basic techniques and laws of harmonic motion. Basic rules of judging. (2 hours)		Associate professor, Ana Kezić, PhD			
	The basics of choreography, principles of choreography, principles of stage performances, competition choreography. Group exercises. (2 hours)		Associate professor, Ana Kezić, PhD			
	Planning of Rhythmic Gymnastics training (long-term planning, basic training, realization of sports opportunities, and extension of activities). Train cycles. (1 hour)		Associate professor, Ana Kezić, PhD			
	Exercise		Teacher			
	Methods of learning basic elements of jumps and balances. (4 hours)		Associate professor, Ana Kezić, PhD			
	Methods of learning the basic elements of rotations. (4 hours)		Associate professor, Ana Kezić, PhD			
	Methods of learning acrobatic and semi-acrobatic elements. (2 hours)		Associate professor, Ana Kezić, PhD			
	Methods of learning basic ball and hoop techniques. (6 hours)		Associate professor, Ana Kezić, PhD			
	Methods of learning basic ribbon and clubs techniques. (6 hours)		Associate professor, Ana Kezić, PhD			
Methods of learning basic rope techniques. (6 hours)		Associate professor, Ana Kezić, PhD				

	Creating a group composition with apparatus. (12 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 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						
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	0.5	Research		Practical training	1
	Experimental work		Report		(Other)	
	Essay		Seminar essay	0.5	(Other)	
	Tests	1	Oral exam		(Other)	
	Written exam		Project		(Other)	
Grading and evaluating student work in class and at the final exam	Grades are from 1 to 5 : grade 1 (below 59%); grade 2 (60% -72%); grade 3 (73% - 82%); grade 4 (83% - 90%); grade 5 (91% - 100%) Seminar: 50% Practical exam: 50% Total: 100%					
Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
	1. Jastrjemskaia, N. & Titov, Y. (1999). <i>Rhythmic gymnastics</i> . USA: Human Kinetics.			1		
Optional literature (at the time of submission of study programme proposal)						
Quality assurance methods that ensure the acquisition of exit competences	Individual work with teacher, conversation, participation in class, oral seminar presentation, class attendance registering. 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=482					