



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education in Nis

GENERAL INFORMATION

| | |
|------------------------------|---|
| Study program | Basic academic studies, physical education and sport |
| Study Module (if applicable) | |
| Course title | Acrobatics |
| Level of study | <input checked="" type="checkbox"/> Bachelor academic <input type="checkbox"/> Bachelor professional <input type="checkbox"/> Master's <input type="checkbox"/> Doctoral |
| Type of course | <input type="checkbox"/> Obligatory <input checked="" type="checkbox"/> Elective |
| Semester | <input checked="" type="checkbox"/> Autumn <input type="checkbox"/> Spring |
| Year of study | Fourth |
| Number of ECTS allocated | 5 |
| Name of lecturer/lecturers | Saša Veličković, Ph.D, full professor, Milos Paunovic, Ph.D assistant professor |
| Teaching mode | <input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group tutorials <input type="checkbox"/> Individual tutorials <input type="checkbox"/> Laboratory work <input type="checkbox"/> Project work <input type="checkbox"/> Seminar <input type="checkbox"/> Distance learning <input type="checkbox"/> Blended learning <input checked="" type="checkbox"/> Other |

PURPOSE AND OVERVIEW (max. 5 sentences)

The possession of knowledge about the origins and historical development of acrobatics. Acquired knowledge of acrobatics as a competitive sport. Knowledge of principles and methods of training in acrobatics. Knowledge of techniques and methods of training in acrobatics. Training for aiding and monitoring during exercise.

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

History of acrobatics, definitions in acrobatics and the design and description of the equipment. Acrobatics as a competitive discipline and the grading. Training in acrobatics, specifics of the methodological training. Principles and methods of training, the method of acrobatics, methods of training in acrobatics. Helping and saving during exercise in acrobatics and prevention of injury during exercise in acrobatics. Technique and methodology of free rebounds, rebounds carried out about the longitudinal axis of the body, rebounds carried out about the transverse axis of the body carried on a small elastic table. Technique and methodology of free rebounds, rebounds carried out about the longitudinal axis of the body, rebounds carried out about the transverse axis of the body carried out on a large elastic table table. Aiding and keeping a small elastic table and exercises on a small elastic table. Aiding and storage on a large elastic table and exercises on a large elastic table.

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 | 20 |
| Teaching colloquia | 20 | Theory examination | 20 |
| Practical colloquia | 20 | | |
| Activity during lectures | 10 | OVERALL SUM | 100 |

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