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|  **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 | Gymnastics for All |
| 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 | 5 |
| Name of lecturer/lecturers | Emilija Petković, 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)** |
| Theoretical and practical knowledge of the group of gymnastic disciplines and their application in modern society and our living conditions. Students will be able to apply their theoretical and practical knowledge of basic gymnastic exercises. Gymnastics for All is one of seven disciplines in gymnastics family under the auspices of International Gymnastics Federation (FIG) and aim and mission is to promote the noncompetitive performance and appearance all kind of gymnastics movements in all age groups. As a part of Sport for All, Eurogym, World Gym for Life Challenge and Golden Age Gymnastics Festival Gymnastics for All take parts to organize events at international level. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| Definition of basic concepts and presentation of routines through video recording. Gymnastics for All: definition, concept, organization, World Gym for Life Challenge. Mens and Womens Artistic Gymnastics – history, judges, competitions rules, Aerobic Gymnastics – history, judges, competitions rules. Acrobatic Gymnastics – history, judges, competitions rules. Trampoline – history, judges, competitions rules. Rhythmic Gymnastics - – history, judges, competitions rules. Selection in gymnastic. Devices and equipment in gymnastic. Dimensions of apparatus and equipment in all gymnastics disciplines. Group exercises with basic gymnastic movements on gymnastic disciplines. Group acrobatics in pairs. Trampoline – basic routine. Rhythmic Gymnastics basic movements. Group exercises with apparatus and devices. |
| **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** |
| **Colloquia 1 practical** | **30** | **Theory examination** | **20** |
| **Colloquia 2 theory** | **14** |  |  |
| **Teaching practice** | **3** |  |  |
| **Interactive teaching** | **3** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |