|  |
| --- |
|  **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 | Rhythmics |
| 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 | Tijana Purenović-Ivanović, Ph.D, assistant professor |
| Teaching mode | ☒Lectures ☒Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning ☒ Other |
| **PURPOSE AND OVERVIEW (max. 5 sentences)** |
| Application of rhythms in sport in preschool institutions and in lower grades of elementary school. Creating a habit of practicing rhythmic exercise, such continuous activity that contributes to the promotion of healthy motoric movements, mentally health youth development and healty recreational activities for adults. |
| **SYLLABUS (brief outline and summary of topics, max. 10 sentences)** |
| Different rhythmic school in appropriate historical periods and cultures, development of rhythm. Aesthetic Education. Music and movement. Professional based music culture musicality and expressiveness of movement in physical education process. Functional music - rhythm and movement in gymnastics and sport. Shaping movement in the game, dance and gymnastics. Rhythmics in sports aesthetic character of coordination. Motor learning (recognition, training, adoption and demonstration of rhythmic elements, as a means of physical education). Kinesthetic sense (using the body as an instrument of personal expression, and rhythmic elements as a means of developing and improving kinesthetic sensation). Improvisation (Utilizing the elements of movement, rhythmic motives, personal experience and imagination to encourage improvisational skills, in order to adequately put into practice).  |
| **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 ,2,3** | **35** | **Theory examination** | **20** |
| **Theory colloquia** | **15** |  |  |
|  |  | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |