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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 | Acrobatics |
| Level of study | ☒Bachelor academic☐Bachelor professional ☐ Master’s ☐ Doctoral |
| Type of course | ☐ Obligatory ☒ Elective |
| Semester  | ☒ Autumn ☐Spring |
| Year of study  | Fourth |
| Number of ECTS allocated | 6 |
| Name of lecturer/lecturers | Saša Veličković, Ph.D, full professor, Milos Paunovic, Ph.D assistant professor assistent |
| Teaching mode | ☒Lectures ☒Group tutorials ☐ Individual tutorials☐Laboratory work ☐ Project work ☐ Seminar☐Distance learning ☐ Blended learning ☒ 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 1** | **20** | **Theory examination** | **20** |
| **Teaching colloquia 2** | **20** |  |  |
| **Activity during lectures** | **10** | **OVERALL SUM** | **100** |
| **\*Final examination mark is formed in accordance with the Institutional documents** |