



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Rhythmic gymnastics

Level of study

Bachelor academic Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Third

Number of ECTS allocated

6

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)

By studying traditional values of the recognized schools of rhythmic gymnastics and their consistent implementation, students will create distinctive values that encourage a healthy lifestyle and the spirit of competition among sports participants.

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

Application of rhythmic gymnastics in preschool and lower primary school grades. Motor learning, basic choreographic principles, processes and forms. School of rhythmic gymnastics. Mastering the basic elements by the body (jumps-turns-equilibrium-agility-waves), as well as the elements of the props using (rope-ball-hoop-cones-ribbon), use of the body as an instrument of personal expression and the specific technical elements of props as a means for improving the plasticity of movements. By using the basic and specific technical elements master the required routine, for further application in practice. Creating free compositions of movements.

LANGUAGE OF INSTRUCTION

Serbian (complete course) English (complete course) Other Slovak (complete course)

Serbian with English mentoring Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory	10	Practical examination	10
Colloquium P1 1+2+3	15	Oral examination	20
Colloquium theory	15	Judicial test	10
Colloquium P2 1+2+3	20	OVERALL SUM	100

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