

1. GENERAL INFORMATION			
1.1. Course teacher	Prof. Željko Hraski, Ph.D.	1.6. Year of the study programme	3
1.2. Name of the course	ACROBATICS	1.7. Credits (ECTS)	2
1.3. Associate teachers	Assoc. Prof. Tomislav Krističević, Ph.D.	1.8. Type of instruction (number of hours L + S + E + e-learning)	30 (18L+12E)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	40
1.5. Status of the course	Elective	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	1
2. COURSE DESCRIPTION			
2.1. Course objectives	To attain required theoretical knowledge on and practical skills of different types of acrobatic skills as well as their application in different school, physical recreation and competition activities. The students will also be qualified for the implementation of acrobatic contents in physical conditioning of athletes as well as in different training programmes for conditioning in physically demanding jobs.		
2.2. Course enrolment requirements and entry competences required for the course	No enrolment requirements.		
2.3. Learning outcomes at the level of the programme to which the course contributes	The students will become qualified for: - the implementation of physical education curriculum on a higher quality level; - the application of acrobatic skills in different school, physical recreation and competition activities.		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	The students will become qualified for: - conducting PE curriculum in schools; - implementing contents of acrobatics in training processes of other sports; - implementing contents of acrobatics in different training programmes designed for professionals employed in different physically demanding jobs (military, police, air forces, fire fighting departments, special units and other services); - implementing contents of acrobatics in different training programmes for people with special needs; - implementing contents of acrobatics in different set-designing activities (theatre, movie, circus).		
2.5. Course content broken down in detail by weekly class schedule (syllabus)	Theoretical lectures (each topic is covered within 2 contact hours): 1. History of acrobatics, evolution of acrobatic techniques in different sports; acrobatics as a sport. Structural analysis of acrobatic elements in different sports, characteristics of typical movement structures and their stages. Biomechanical aspects of acrobatic movements' structures: biomechanics of take-offs, biomechanics of the flying phases of elements. 2. Functional analysis of acrobatic elements from different acrobatic events (sports acrobatics, trampoline jumping, break-dance, parkour, free running, tricking, capoeira, acrobatic rock and roll, acrobatic rolling, set-designing acrobatics (Cirque de Soleil), acrobatic skiing, snowboarding,		

	<p>skateboarding, diving, cliff diving, kite-surfing, wakeboarding, sports parachuting, motor riding acrobatics, martial arts, Sepak Takraw, cheerleading, horseback acrobatics, ballet, stuntmanship, circus, acrobatic in other sports (wrestling, handball, rhythmic gymnastics...). Systematisation of techniques.</p> <p>3. Methodology of training process – exercises, methods, loads, equipment, organizational forms, teaching method forms and exercise distribution. Anthropological analysis: the influence of anthropological factors on learning acrobatic elements. Transformations of anthropological characteristics as a result of practicing acrobatic exercises. Training effects control. Assessment of the acquired performance level of acrobatic elements. Set-designing acrobatics and its specificities. Implementation of acrobatic contents in different promotional performances.</p> <p>Theoretical-practical lectures and exercises (each topic is covered within 2TPL+2E contact hours)</p> <ol style="list-style-type: none"> 1. Artistic acrobatics. Typical acrobatic series performed with backward take-offs (round-off, back walkover, summersaults) and forward take-offs (front walkover, summersaults). Acrobatic track – applying specificities for different sports. 2. Trampoline jumping. Types of trampolines. Trampoline jumping as an Olympic sport. Trampolines in the function of methodological procedures for learning acrobatic elements. Basic jumps without transversal rotations, jumps with forward and backward rotations (tucked, pike, stretched), summersaults with twists (180°/360°). 3. Parkour; evolution. David Belle and his influence. Basic movement structures (mounts and vaults, balance elements, scraping, kips, landings). Free running, Tracing & Tricking. Obstacle courses. Parkour in Croatia. 4. Acrobatic rock and roll. Evolution of acrobatic rock and roll. Competition programme. Basic dancing steps. Basic acrobatic elements, rotations, holds and throws: acrobatic rock and roll in Croatia. 5. Break-dance. Evolution of break-dance. Basic moving structures and positions: top-rock (Indian step, crazy rock, Brooklyn rock), power-moves (windmill, flare, airflare, munchmill, elbowtrack, headspin, halo), footwork (sixstep, three step, running shuffle, coin drop, coffee grinder), freeze (baby freeze, turtle, air freeze, airchair, sidechair). International Breakdance Event. Croatian break-dance scene. 6. Capoeira. Evolution of capoeira. Philosophy of capoeira. Music. Basic styles (Angola, regional, contemporanea). Basic moving structures, acrobatic defence moves and strikes. 		
2.6.Format of instruction:	<input checked="" type="checkbox"/> lectures <input type="checkbox"/> seminars and workshops <input checked="" type="checkbox"/> exercises <input type="checkbox"/> on line in entirety <input type="checkbox"/> partial e-learning <input type="checkbox"/> field work	<input checked="" type="checkbox"/> independent assignments <input checked="" type="checkbox"/> multimedia and the internet <input type="checkbox"/> laboratory <input type="checkbox"/> work with mentor <input checked="" type="checkbox"/> theoretical-practical lectures	<p>2.7.Comments:</p> <p>Lectures are held in the Faculty of Kinesiology's multimedia classroom. TPL's and E's are held in the Faculty of Kinesiology's gymnastic hall which is adequately equipped for the classes of acrobatic contents (acrobatic track, trampolines).</p>
2.8.Student responsibilities	Regular class attendance and active participation in TPL's and E's. Individual and group presentation of new skills learned in the classes.		

2.9. Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	0.5	Research		Practical training	0.5
	Experimental work		Report		(other)	
	Essay		Seminar essay	0.5	(other)	
	Tests		Oral exam	0.5	(other)	
	Written exam		Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	Class attendance 25% Seminar essay 25% Oral exam 25% Practical training 25%					
2.11. Required literature (available in the library and via other media)	Title			Number of copies in the library	Availability via other media	
	Hraski, Ž. (2008). Osnovni akrobatski elementi na tlu. Skripta. Zagreb: Kineziološki fakultet.			Unlimited		
2.12. Optional literature (at the time of submission of study programme proposal)	<ol style="list-style-type: none"> 1. Lemanski, P. (1998). Performance Acrobatics. Piccadilly Books. 2. Ward, P. (1996). Teaching Tumbling. Human Kinetics. 3. Hraski, Ž. (2002). Correlation between selected kinematic parameters and angular momentum in backward somersaults. XXth International Symposium on Biomechanics in sport, Caceres, Spain, 167-170. 4. Hraski, Ž. (2004). Production of angular momentum for backward somersault. IASTED International Conference on Biomechanics, Honolulu, Hawaii, USA, 10-13. 5. Wiley, J. (1991). Individual Tumbling, Balancing, and Acrobatics. Solipaz Pub Co. 					
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.					