1. GENERAL INFORMATION			
1.1. Course teacher	**Tomislav Krističević, Ph.D.**	1.6.Year of the study programme	2
1.2.Name of the course	**ARTISTIC GYMNASTICS 1**	1.7.Credits (ECTS)	5
1.3.Associate teachers	Mario Možnik, PhD	1.8.Type of instruction (number of hours L + S + E + e-learning)	75(45L+30E)
1.4.Study programme (undergraduate, graduate, integrated)	Integrated	1.9.Expected enrolment in the course	220
1.5.Status of the course	Compulsory	1.10.Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	
2. COUSE DESCRIPTION			
2.1.Course objectives	To acquire necessary basic theoretical knowledge and practical skills of artistic gymnastics. To familiarize the students with the basic information about artistic gymnastics, its significance and its disciplines. To acquaint the students with the role of artistic gymnastics in achieving educational goals in elementary and high school PE teaching with the emphasis on: - the development of specific motor abilities - the implementation of contents of artistic gymnastics in other educational institutions - learning basic movement structures of artistic gymnastics - learning basic elements of females' artistic gymnastics. To enable the students to acquire knowledge and skills defined in the curriculum and to attain knowledge of conducting and evaluating the process of learning by applying contents of female artistic gymnastics in intramural and extramural sports activities (regular teaching, elective school sport, extended school day programmes, school sports competitions) in elementary schools and high schools.		
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	Specific competences: The students should attain theoretical knowledge and practical skills of artistic gymnastics specified in the course curriculum as well as competences for: - conducting PE teaching, principally in elementary and high schools - organizing PE teaching - the selection and implementation of artistic gymnastics contents, female artistic gymnastics, its training methods and teaching procedures in particularly General competences: The implementation of the aforementioned knowledge and skills in wider areas of community and sports activities as well as in the personal development.		
2.4.Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	The students will attain command of: - applying basic movement structures of artistic gymnastics, female artistic gymnastics as well, in PE curricula of elementary and high schools; - applying basic movement structures of artistic gymnastics, as well as female artistic gymnastics, in other educational institutions; - applying contents of female artistic gymnastics in accordance with the students' anthropological characteristics;		

	- applying training methods in accordance with the contents and specificity of teaching in elementary and high schools; - designing programmes with respect to the specificities regarding differences in gender, age, developmental characteristics and set up goals and tasks of PE course; - applying grading criteria (on basic moving structures and female's artistic gymnastics techniques) with the purpose to objectively evaluating motor skills; - diagnosing and controlling (initial, transitive and final measurements) students' specific motor abilities and skills; - evaluating and possible reconstructing the set-up training methods and modes of their implementation; - applying learned motor skills of females artistic gymnastics with the purpose to preparing students for school competitions.
2.5.Course content broken down in detail by weekly class schedule (syllabus)	**Theoretical lectures (each topic is covered with 2 classes)** 1. Kinesiological and anthropological analysis of artistic gymnastics. Definitions, contents, analysis of concept of gymnastics, artistic gymnastics and acrobatics. Events in artistic gymnastics (dimensions of apparatus). Specificities of performance in certain gymnastics events (2L) 2. Basic concepts and terminology in artistic gymnastics. The systematisation of gymnastic elements. Origins of systematisation in artistic gymnastics. Classification of gymnastic apparatus by height. Classification of gymnastic apparatus by axis. Gymnast – apparatus relationship. Basic types of grips. Basic groups of gymnastic elements. Basic positions on apparatus – hang and supports. Classification of gymnastic elements in structural groups (2L) 3. Process of learning gymnastic elements. The role and significance of learning process in artistic gymnastics. The organization and implementation of artistic gymnastics' contents (work conditions: facilities, apparatuses, auxiliary apparatus) (2L) 4. Basics of acrobatics: Historical development of acrobatics and trampoline jumping. The classification of acrobatic elements. The role of acrobatics in school artistic gymnastics. Preparatory exercises and pre-exercises. Teaching methods. (2L) 5. Basics of vault: historical development. The role of the vault event in school artistic gymnastics. Vault in schools. Basic theoretical knowledge on preparatory exercises, pre-exercises and teaching methods when teaching gymnastic elements of vault event. (2L) 6. Basics of exercising on uneven bars: historical development. The role of uneven bars event in school artistic gymnastics. Uneven bars elements in schools. Basic theoretical knowledge on preparatory exercises, pre-exercises and teaching methods when teaching gymnastic elements of uneven bars event. (2L) 7. Basics of exercising on a balance beam: historical development. The role of the balance beam event in school artistic gymnastics. Balance beam elements in schools. Basic theoretical knowledge on preparatory exercises, pre-exercises and teaching methods when teaching gymnastic elements of balance beam event. (2L) 8. Criteria for grading performance of gymnastic elements listed in the PE curriculum. (1L) **Theoretical-practical lectures and exercises (each topic is covered with 2TPL+2E)** 1. Gymnastic apparatus: preparation of apparatus for exercising. Apparatus and exercising safety assurance. Auxiliary apparatus. Introductory-preparatory part of the class: warm-up in artistic gymnastics. Pre-warm-up exercising in artistic gymnastics. Specific preparatory exercises in artistic gymnastics. Basic positions on apparatus: uneven bars – grips, supports, hangs, shifting; balance beam – foot positions, supports, sits. 2. Analysis of techniques, teaching methods, performance errors, securing and assisting procedures, and teaching: floor: half-rolls, forward roll, backward roll; uneven bar: one-legged and two-legged back hip circle on the lower bar; rings: piked inverted hang – straight-body inverted hang – piked inverted hang 3. Analysis of techniques, teaching methods, performance errors, securing and assisting procedures, and teaching: floor: shoulder stand (with the hands supporting the hips, with the hands on the floor down the

	body, with the hands on the floor in hand raise, shoulder-width support next to head); head stand (tucked, piked, splited); rings: body swing, piked inverted hang – straight-body inverted hang – piked inverted hang – pull-up L-legs raise. 4. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: basic preparatory exercises for vaulting, jump on the springboard and jump off the springboard; balance beam: basics of balance beam movements, various walking types; upspring with the sideways flank and turn by 90º; upright stand through a squat and kneeling, two-feet together turn by 90º, straight dismount.. 5. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: squat vault; uneven bars: push-off dismount from the front support, leg swing and swing circle up over the bar tucked and straddled; balance beam: dismount to the squat support, frontally to the beam, sideways to the beam, head of the beam, flank, straddled, L-tucked dismount; rings: swing, dismount from a swing (two-feet, straddle). 6. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: straddle vault; uneven bars: one-leg kip up to the higher bar, dismount to the lower bar; balance beam: mount into straddle support; floor: hand stand. 7. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: little trampoline: from the spot – stick jump, L-tucked jump, from running – stick jump, L-tucked jump, straddle jump, L-straddle jump, L-legs-together jump, straight jump with turn by 90^0, 180^0, 360^0, L-tucked jump with turn by 90^0; balance beam: one-leg mount over the beam, straddle dismount, L-straddle dismount, L-legs-together dismount; rings: pull-up in front swing, off-swing in inverted swing. 8. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: squat vault with turn by 180º; uneven bars: backward underswing dismount from the front support on the lower bar; backward underswing dismount from the seat on the lower bar with the cross grip onto the higher bar, backward underswing dismount from the seat on the lower bar with the cross grip onto the higher bar and turn by 180^0, underswing twist from the seat on the lower bar with the cross grip onto the higher bar; balance beam: cartwheel on the low beam; rings: twists by 180^0 in the front swing. 9. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: stoop; uneven bars: circle backwards from the front support; balance beam: leg back swing to lying support, to one-legged kneeling support with one leg behind, to squat support, free mount into stance – arm support, no arm support; floor: one-arm supported cartwheel – same-sided and cross-sided arm. 10. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: uneven bars: upward circle from double take-off; balance beam: cartwheel dismount with turn by 180^0 backwards - „rondad“; floor: cartwheel with turn by 180^0 backwards - „rondad“. 11. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: uneven bars: one-legged tucked flank over the beam from the front support, straddle giant circle forwards, balance beam: forward roll and backward roll (over the head and over the shoulder); floor: backward roll through the hand stand. 12. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: uneven bars: mount with the one-legged tucked flank over the bar, mount with the double-legged tucked flank over the bar; balance beam: mount with the one-legged tucked flank over the beam, mount with the double-legged tucked flank over the beam, mount to the squated support; floor: bridge forwards and backwards (2TP+2V) 13. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: vault: squat vault with legs raise backwards; balance beam: leg swing backwards (up to lying support, up to one-legged kneeling support, squatted support), back toss off from one-legged kneeling and leg back raise and from lying support.

	14. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching: balance beam: shoulder stand; uneven bars: gliding dismount; floor: forward wakover. 15. The analysis of technique, teaching methods, performance errors, securing and assisting procedures, and teaching during gymnastic routine performances: compulsory routines on: uneven bars, balance beam and floor.

2.6.Format of instruction:	☒ lectures ☐ seminars and workshops ☒ exercises ☐ on line in entirety ☐ partial e-learning ☐ field work	☒ independent assignments ☒ multimedia and the internet ☐ laboratory ☐ work with mentor ☒ theoretical-practical lectures	2.7.Comments: Lectures are delivered in the multimedia classroom at the Faculty of Kinesiology. Theoretical-practical lectures are delivered (adapted according to the number of students for the optimal implementation) in the artistic gymnastic gymnasium.

2.8.Student responsibilities						
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		(other)	
	Tests	1.5	Oral exam	1.5	(other)	
	Written exam	1.0	Project		(other)	

2.10. Grading and evaluating student work in class and at the final exam	Class attendance 10% Tests 30% Written exam 20% Oral exam 30% Practical training 10%

	Title	Number of copies in the library	Availability via other media
2.11. Required literature (available in the library and via other media)	1. Živčić, K. (2007). Akrobatska abeceda u sportskoj gimnastici. Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.	10	Školska knjiga Dorsum d.o.o.
	2. Živčić, K., Breslauer, N. (2011). Opis nastavnih tema i kriteriji ocjenjivanja – Tjelesna i zdravstvena kultura u razrednoj nastavi. Zagreb: LIP PRINT.	10	Školska knjiga
	3. Živčić, K., Breslauer, N., Stibilj-Batinić, T. (2008). Dijagnosticiranje i znanstveno verificiranje metodičkog postupka učenja u sportskoj gimnastici. Odgojne znanosti, 1(15): 159-180.	10	http://hrcak.srce.hr/

2.12.Optional literature (at the time of submission of study programme proposal)	1. Živčić, K., Krističević, T. (2008). Specifične pripremne vježbi u akrobatici. Kondicijski trening. 6 (1): 22-29. 2. Živčić Marković, K. (2010). Uloga i značaj sportske gimnastike u razrednoj nastavi. Zbornik Međimurskog veleučilišta u Čakovcu. 2 (1): 113-121.

	3. Živčić Marković, K., Stibilj-Batinić, T., Badić, A. (2010). Osnove učenja preskoka u nastavi tjelesne i zdravstvene kulture. u: Findak, V. (ur.) Zbornik radova 19. ljetne škole kineziologa Republike Hrvatske. Zagreb: Hrvatski kineziološki savez, 598-604. 4. Stibilj-Batinić,T., Živčić Marković, K., Badić, A. (2010). Primjena grede u nastavi tjelesne i zdravstvene kulture. u: Findak., V. (ur.) Zbornik radova 19. ljetne škole kineziologa Republike Hrvatske. Zagreb: Hrvatski kineziološki savez, 605- 611. 5. Živčić, K., Furjan-Mandić, G., Horvatin-Fućkar, M. (2007). The Kinematic Model of the Bounce-off Phase in some Acrobatic Elements with Forward Body Rotation. Facta Universitatis, Series Physical Education and Sport, University of Niš, 1 (5): 9-18.
2.13.Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.