

1. GENERAL INFORMATION			
1.1. Course teacher	Assoc. Prof. Tomislav Krističević, Ph.D.	1.6. Year of the study programme	2
1.2. Name of the course	ARTISTIC GYMNASTICS 2	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+30S)
1.4. Study programme (undergraduate, graduate, integrated)	Integrated	1.9. Expected enrolment in the course	220
1.5. Status of the course	Mandatory	1.10. Level of application of e-learning (level 1, 2, 3), percentage of online instruction (max. 20%)	
2. COURSE DESCRIPTION			
2.1. Course objectives	<ul style="list-style-type: none"> - To acquire necessary theoretical knowledge and practical skills about the application of artistic gymnastic contents to different school and physical recreation programmes. - To acquire knowledge about the implementation of male artistic gymnastics contents that are provided by the physical education curricula in elementary and high school as well as about the transformation influence of the application of such contents on the motor status of students - To acquire knowledge about the grading criteria with the purpose of objective evaluation of artistic gymnastics contents knowledge in elementary and high schools - To acquire knowledge about the application of contents from artistic gymnastics in training process of other sports - To acquire knowledge about the diagnostics procedures and the analysis of acquisition level status of artistic gymnastics contents - To acquire knowledge about the basics of artistic gymnastics as a competition sport, about training process, organization and types of artistic gymnastics competitions as well as about the refereeing modalities on those competitions. 		
2.2. Course enrolment requirements and entry competences required for the course	Completed <i>Artistic Gymnastics 1</i> course (confirmed regular class attendance)		
2.3. Learning outcomes at the level of the programme to which the course contributes	At the level of the course the students will be qualified for: <ul style="list-style-type: none"> - more competent implementation of educational goals in schools, - more competent implementation of physical education curriculum 		
2.4. Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	At the level of the course the students will be qualified for: <ul style="list-style-type: none"> - planning and implementation of artistic gymnastics contents in the physical education curriculum in elementary and high school; 		

	<ul style="list-style-type: none"> - implementation of objective evaluation (grading) of knowledge on artistic gymnastics contents in elementary and high schools as well as on the different diagnostics procedures for testing acquisition level quality of artistic gymnastic contents; - preparation of students for school competitions in artistic gymnastics; - organization of school competition in artistic gymnastics; - planning and implementation of gymnastic programmes in kindergartens and school sports societies; - application of artistic gymnastics contents in the training process of other sports; - application of artistic gymnastics contents in the various exercising programmes for elderly; - application of artistic gymnastics contents in the various qualifying programmes for specific professions (military, police, air force, fire departments, special units, scene art and similar)
<p>2.5.Course content broken down in detail by weekly class schedule (syllabus)</p>	<p>Theoretical lectures</p> <ol style="list-style-type: none"> 1. Evolution analysis of artistic gymnastics: the evolution of apparatus. Evolution of specific all-round event techniques. Development of competition systems. Artistic gymnastics in Croatia. The most significant results of Croatian artistic gymnasts. (2L) 2. Structural analysis of artistic gymnastics elements in male artistic gymnastics: identification of typical moving structures and its specific phases: stances and hangs, 3. Biomechanical aspects of movements in artistic gymnastics: basic concepts and principles of biomechanical analysis in artistic gymnastics. Biomechanics of take-offs, biomechanics of elements with flying phases. Methodology of biomechanical studies in artistic gymnastics – use of the kinematic analysis systems, processing and interpretation of kinematic data. The examples of biomechanical investigations in artistic gymnastics. (2L) 4. Functional analysis of artistic gymnastics: characteristics of exercising in specific male events (floor, pommel horse, still rings, vault, even bars and high bar). Systematization of technique elements. (2L) 5. Methodological forming of PE curriculum – exercises, methods, loads, curriculum tools, organizational forms, methodical forms and distribution of male PE artistic gymnastics contents elements in schools (2L). 6. Anthropological analysis: the influence of anthropological factors on the learning process of artistic gymnastics programme contents. Anthropological characteristics transformations under the influence of artistic gymnastics contents application. Selection in artistic gymnastics. (2L) 7. Control of exercising effects. Diagnostics of acquisition level quality of artistic gymnastics contents. (1L) 8. The competition forms. Competition programmes. Refereeing on the artistic gymnastics competition. Modified forms of competitions and refereeing adapted for school artistic gymnastic programmes. (2L) <p>Theoretical-practical lectures and exercises (each topic is covered with 2TPL+2E) Performance technique, teaching methods, performance errors, securing and assisting procedures, associations with other artistic gymnastics moving structures</p> <ol style="list-style-type: none"> 1. Basic and specific preparation in male and female artistic gymnastics. Exercise specificities of specific artistic gymnastics apparatus of male gymnastic all-round programme. Specific positions on male artistic gymnastics apparatus: hang, piked hang, reverse hang, front support, back support, straddle support.

	<p>Hang swing on high bar, supported swing and upper arm hang swing on the parallel bars. Supported swing on the pommel horse.</p> <ol style="list-style-type: none"> 2. Flanks from the front support over the pommel horse. Swing on the rings. Vault flank. Saskok zanožno i saskok prednožno na ručama. Front overswing on the high bar. 3. Odožni premasi iz upora stražnjeg na konju s hvataljkama. Hang swing on the rings. Face vault over the horse. Upor prednjim na ručama. Squated and flanked dismounts from the high bar. 4. Long fly to forward roll on the floor. Odožni premasi spojeno na konju s hvataljkama. Upward circle through pull-ups on the rings. Saskoci zanožno i prednožno s okretom na ručama; Straddle giant circle forwards on the high bar. 5. Forward walkover on the floor. Saskoci odožno i odbočno na konju s hvataljkama. Upward circle from the forward swing on the rings. 6. Premasi odbočno naprijed i natrag na konju s hvataljkama. Prednoška odrazom s jedne noge na preskoku. Upor zanjihom podmetnim njihovom na ručama. Straddle giant circle backwards on the high bar. 7. Walkover backwards on the floor. Saskoci zanožno i prednožno na konju s hvataljkama. Prekopit natrag raznožno na karikama. Upward circle usklopno na preči. 8. Shoulderspring vault. Shoulder stand and forward roll on the parallel bars. Straddle upward circle on the high bar. 9. Front, back or side scales. Kolo odožno na konju s hvataljkama. Upward circle usklopno na karikama. Swing enhancing with pull-ups and underswings. 10. Forward walkover on the vault. Upor sklopkom na ručama. Forward giant circle from the front support on the high bar. Backward underswing dismount from the high bar. 11. Forward somersault. Kolo prednožno na konju s hvataljkama. Iskret naprijed na karikama. Upward circle usklopno naskokom u njih u visu sklonjenom na ručama. 12. Straddle vault and squat vault alongside. Upward circle usklopno naskokom u njih u visu uznijetom na ručama. Upward circle zanjihom i uzmah stražnji na preči. 13. Backward somersault. Scissors on the pommel horse. Kovrtljaj naprijed iz prednosa na karikama. Upward circle through underswing to the upper arm hang on the parallel bars. 14. Upward circle through the swing, underswing and inlocate backwards to dismount from the rings. Grand circle backwards from the upper arm hang swing on the parallel bars. Giant circle forwards and backwards from the back support on the high bar. 15. Free exercise routines on the floor, pommel horse, rings, vaults, parallel bars and high bar. 		
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 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.</p>
2.8.Student responsibilities	<p>Regular class attendance and active participation on theoretical-practical lectures and exercises. Individual and group preparation of presentation of new skills mastered during the course.</p>		

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	1	Research		Practical training	0.5
	Experimental work		Report		(other)	
	Essay		Seminar essay		(other)	
	Tests	1.5	Oral exam	2.0	(other)	
	Written exam		Project		(other)	
2.10. Grading and evaluating student work in class and at the final exam	Class attendance 20% Tests 30% Oral exam 40% Practical training 10%					
2.11. Required literature (available in the library and via other media)	Title				Number of copies in the library	Availability via other media
	1. Hraski, Ž. (2008). Osnovni akrobatski elementi na tlu. Skripta. Zagreb: Kineziološki fakultet.					
	2. FIG (2009) Pravilnik o ocjenjivanju u muškoj sportskoj gimnastici (Code of Points). http://www.fig-gymnastics.com (skraćeno)					internet
2.12. Optional literature (at the time of submission of study programme proposal)	<ol style="list-style-type: none"> Plan i program TZK u školama, http://public.mzos.hr/fgs.axd?id=14181 Čuk, I., Bolković, T., Bučar Pajek, M., Turšič, B., Bricelj, A. (2009). Teorija in metodika športne gimnastike – vaje (delovni zvezek za študente univerzitetnega študija). Ljubljana: Fakulteta za šport, Univerza v Ljubljani. Hraski Ž., Krističević, T., Basić, R. (2003). Osnove treninga snage u sportskoj gimnastici. u: Milanović D., Jukić I. (ur.) Zbornik radova, Međunarodni znanstveno stručni skup „Kondicijska priprema sportaša“, 12. zagrebački sajam sporta i nautike. Zagreb, 21. – 22. veljače, 529-532. Hraski, Ž., Mejovšek, M. (2004). Production of angular momentum for backward somersault. IASTED International Conference on Biomechanics, Honolulu, Hawaii, USA, 10-13 Mitchell, D., Davis, B., Lopez, R. (2002). Teaching Fundamental Gymnastic Skills. Human Kinetics. 					
2.13. Quality assurance methods that ensure the acquisition of exit competences	Anonymous student survey.					

