SYLLABUS

1. Course title:

ARTISTIC GYMNASTICS 2

2. Code:

(max. 20 characters)

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

(max. 110 characters)

7. Class restrictions:

(max. 150 characters)

8. Duration / semester:

1 6

9. Weekly contact hours:

9.1. Lectures: 3

9.2. Seminars: 0

9.3. Laboratory/Practice classes: 1

10. Faculty:

Faculty of Physical Education and Sport

11. Department/study program:

(max. 100 characters)

12. Lecturer:

Associate Profesor Almir Atiković, Ph.D.

13. Lecturer's e-mail:

almir.atikovic@untz.ba

14. Web site:

(max. 50 characters)

15. Course aims:

Get to know students with basic information of artistic gymnastics apparatus: PH – Pommel horse, RI – Rings, VT – Vault, PB – Parallel bars, HB – High bar, UB - Uneven Bars, BB - Balance Beam, its importance and appearance forms, with the role of artistic gymnastics in the implementation of educational goals of elementary and high school education and social programs with emphasis on: development of motor skills, learning of basic elements of gymnastics implementation of contents - acquire the knowledge provided by the plan and program of the subject, and implement and evaluate the learning process by applying content in school and out-of-school activities.

16. Learning outcomes:

Specific competences - managing and conducting physical and health education classes, primarily in primary and secondary schools; Organization and realization of physical education and health education; The choice and application of the contents of artistic gymnastics, its methods and learning methods. General competences - Applying the above mentioned knowledge in wider areas of social, sports and personal development.

17. Course content:

Representation of the area; definition, content and analysis of the concept of gymnastics, artistic gymnastics and acrobatics; terminology in gymnastics; historical development of gymnastics; development of modern gymnastics; types of programs (educational, recreational, competitive, corrective); characteristics of the exercise process in gymnastics; material requirements (objects, equipment, auxiliary devices); (choice and presentation of elements, choice of methods, types of movable contents, teaching forms, assistance and helping, determination and elimination of errors), general principles and specifics of the sequence of didactic steps; bases of trials national programs (C, B, A program); trial according to FIG; technique and method of basic elements in male and female artistic gymnastics of anthropological characteristics of younger age categories in artistic gymnastics.

18. Learning methods:

Teaching methods: oral presentation, demonstration, video and kinograms. Also: analytical, synthetic, combined (analytical - synthetic), method of pre-exercies, direct method - with trainers, slow motion, with assistance, independently.
Organizational forms of work:
individual work,
frontal exercises,
exercise in groups:
the homogeneous,
the inhomogeneous,
in the stations,
additional tasks,
parallel or comparative exercise exercises,
polygons.

19. Assessment methods:

The placement of the artistic gymnastic exam 1 consists of two parts:

the practical and
the theoretical part.

Practical part of the exam is placed through (2) colloquia, within the exercise hours, and according to the schedule and the course organized until the day of the colloquium.

The final (3) practical colloquium is held in the last week of the lessons, and the student is allowed to take the elements from all the remaining colloquia.

The final grade from the practical part of the subject is determined on the basis of the success achieved in the exercises and the success achieved by completing the final exercises.

After passing the practical part of the exam, the students approach the theoretical part of the exam.

The theoretical part of the exam is carried out on a computer, and it includes content processed exclusively on theoretical lectures.

The final grade is formed as an average grade derived from the overall assessment of the practical part of the exam and the theoretical part of the exam.

20. Assessment components:

NUMBER OF POINTS IN FINAL EVALUATION

94 - 100 Ten (10) A
84 - 93 Nine (9) B
74 - 83 Eight (8) C
64 - 73 Seven (7) D
53 - 63 Six (6) E
<53 Five (5) F

21. Required reading list:

ČUK, Ivan (avtor, fotograf), BOLKOVIČ, Toni, KOKOLE, Jože, KOVAČ, Marjeta, NOVAK, Doljana, NADAREVIĆ, Fadil, TABAKOVIĆ, Muhamed, ATIKOVIĆ, Almir, ČUK, Ivan (urednik). Terminologija u gimnastici. Dio 1 : (osnovni položaji i pokreti) / Ivan Čuk ... [et al.] ; [fotografija Ivan Čuk]. - Tuzla : PrintCom, 2008 (Tuzla : PrintCom). - 94 str.
TABAKOVIĆ, Muhamed, ATIKOVIĆ, Almir, TURKOVIĆ, Senad. Vježbe oblikovanja sa osnovnom primjenom u gimnastici / Muhamed Tabaković, Almir Atiković, Senad Turković ; [fotografije Almir Atiković]. - Sarajevo : Fakultet sporta i tjelesnog odgoja, str. 2014-218.
ČUK, Ivan, ATIKOVIĆ, Almir, BOLKOVIĆ, Toni, NADAREVIĆ, Fadil, BUČAR PAJEK, Maja, BRICELJ, Andraž. Teorija i metodika sportske gimnastike - vježbe / Ivan Čuk ... [et al.] ; [fotografije Ivan Čuk ... [et al.] ; [ilustracije Ivan Čuk, Barbara Jakše, Almir Atiković]. - Tojšići : C.P.A., 2014. - 136 str.

22. Web sources:

http://www.ftos.untz.ba/index.php/osoblje/27-dr-sc-almir-atikovic-doc

http://scholar.google.fr/citations?user=36syPEYAAAAJ&hl=fr&oe=ASCII

https://www.researchgate.net/profile/Almir_Atikovic/publications

23. Applicable starting from the academic year:

2014-2015

24. Adopted in the Faculty/Academy session:

(max. 10 char.)