SYLLABUS

1. Course title:

RHYTHMIC GYMNASTICS

2. Code:

3. Cycle of study:

1

4. ECTS credits:

5

5. Type of course:

(●) Mandatory ( ) Elective

6. Prerequisites:

Subject completed with min.25% points of exam prerequisites

7. Class restrictions:

Students of physical education and sport

8. Duration / semester:

15 6

9. Weekly contact hours:

9.1. Lectures: 3

9.2. Seminars: /

9.3. Laboratory/Practice classes: 1

10. Faculty:

Faculty of Physical Education and Sport

11. Department/study program:

Physical education and sport

12. Lecturer:

Associate professor Amra Nožinović Mujanović

13. Lecturer's e-mail:

amra.nozinovic@untz.ba

14. Web site:

www.ftos.untz.ba

15. Course aims:

The aims of the course are to train students with the knowledge and understanding of the basic elements of rhythmic gymnastics as well as applying them to preschool / younger and senior elementary / high school; Then analyzing, evaluating and solving creative problems; Improving communication skills in both written and verbal form, as well as their skills related to individual and group work; To keep their attention throughout the semester for continuous work

16. Learning outcomes:

At the end of the semester, students will be able to: use theoretical and motor skills and skills needed in the realization of program contents of rhythmic gymnastics, which are part of the educational process, as well as in working with people of different ages in the field of sports recreation and sports; Categorize or demonstrate, adapt, explain, give an example, distinguish, compare; Creatively address the issues of this subject individually and in the team and present them in written or verbal form, all in order to highlight the importance of this subject in solving various problems in practice and so on.

17. Course content:

The development of rhythmic gymnastics and its application in the educational process as well as sports clubs / societies
• Specificity and characteristics, role of rhythmic gymnastics, music and rhythm
• The basics of rhythmic gymnastics, attitudes, proper posture, etc.
• Rhythmic gymnastics division (elements without and with props)
• Methodological methods of teaching and exercising elements of rhythmic gymnastics as well as choreographic ensembles
• methods, means and aids, and their use in the teaching process
• The basics of choreography in rhythmic gymnastics
• Basic parameters of training programming in rhythmic gymnastics
• competitions in rhythmic gymnastics
• an excerpt from the rule book

18. Learning methods:

The aim of efficient teaching and achievement of the expected course objectives and competences of the students during and after the semester are the planned activities of successful learning: concrete experience, observation and active experimentation. (Theoretical instruction using multimedia resources, active learning and discussion techniques), practical teaching (exercises), colloquia (theory and practical)

19. Assessment methods:

Assessment of students' knowledge begins with lectures (max.8 points) and exercises (max.8 points), as well as testing on colloquia and seminar work (max.34 points), which means starting from the beginning of the semester. Students are required to earn min.50%, which amounts to 25 points, out of the total pre-contractual obligations, to validate the subject and gain the condition for going to the final exam.
Students who, for justified reasons, have been absent for more than three weeks from the course during the semester, can not go to the final exam until they reimburse missed classes (in agreement with the subject teacher).
The total score is obtained by summing the number of points earned from all activities during the semester. Through continuous activity of pre-contractual obligations throughout the semester, students can achieve 50 points (16 + 16 + 10 + 8), which makes up 50% of the total exam, while the remaining 50% is completed on the final exam.
Examination on the final exam is practically practically done, which is also eliminatory for further testing of knowledge. Then writing and / or verbally explaining the acquired knowledge.
Practical checks will be made on the examination of the folk and social dances that are scheduled for this semester in the curriculum. The maximum number of points on the practical part of the exam is 32 points, and the minimum 16 points, all below the minimum number would ultimately mean that the student did not pass the passage number.
Written and / or verbal examination will be performed by asking questions from the subject teacher, where the maximum number of points is eighteen (18). The minimum number of points earned is nine (9), all below the minimum number, meaning that the student did not pass the passing number of points. Ultimately, with the maximum number of points scored, it would look like: 32 + 18
The assessment of the exam is based on the total number of points the student has obtained by fulfilling the pre-requisites and passing the exam, and according to the quality of the acquired knowledge and skills, it contains a maximum of 100 points and is determined according to the following scale:
OBLIGATIONS OF STUDENTS BODIES
Presence in lectures and exercises 8 + 8
Seminar work IP / GP / SR 8
Colloquia (2 theoretical) 8 + 8
Colloquia (2 practical) 5 + 5
Final exam (practical + theoretical) 32 + 18

20. Assessment components:

The final grade is formed in relation to the total number of points achieved during the semester, ie the pre-requisites and the final exam itself.

BORDERS FINAL EVALUATION

<53 five (5); does not satisfy; F
54-63 six (6); sufficient; E
64-73 seven (7); good; D
74-83 eight (8); very good; C
84-93 nine (9); outstanding; B
94-100 ten (10); excellent; A

21. Required reading list:

1. A. Nožinović, Z. Nožinović, „Ritmičko sportska gimnastika", HMKS štamparija, Tuzla 2003.g.;
2. Nožinović, A., Ibrahimbegović-Gafić, F., Salihamidžić, L., "Osnove ritmičke gimnastike (elementi bez rekvizita), štamparija PrintCom, Tuzla 2010.g.

22. Web sources:

23. Applicable starting from the academic year:

24. Adopted in the Faculty/Academy session: