SYLLABUS

1. Course title:

Scenes Artistic Skills, I Course: Aesthetic gymnastics.

2. Code:

SAS I

3. Cycle of study:

1

4. ECTS credits:

2

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Completed Preliminary Obligations - semester examinations of work: SAS I

7. Class restrictions:

Students of the study program of Acting

8. Duration / semester:

1 1

9. Weekly contact hours:

9.1. Lectures: 1

9.2. Seminars: 1

9.3. Laboratory/Practice classes:

10. Faculty:

Academy of Dramatic Arts

11. Department/study program:

Acting

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

15. Course aims:

- Aesthetic gymnastics.
- Development of psychomotor skills.
- Strength and endurance of the body.

16. Learning outcomes:

To become aware of the process of gaining flexibility, coordination, strength and orientation in space. Learn the basic elements of aesthetic gymnastic movements.

17. Course content:

Module I: The development of psychomotor skills

1. Complex training exercises.
2. Preparation for action, action and reaction.
3. Perception and development of kinesthetic sentiment.
4. Application of basic motor skills (crawling, rolling, lifting, throwing, walking, hops, jumps, running) in order to prepare the locomotor system.
5. Developing the potential and the ability of speed and strength: Repetitive and Explosive Power of Arms, Shoulder Belt, and helmets (Skeletons, Throws, and Abdominals)
6. SAQ Exercise Methods: Speed, Agility and Explosivity (Squats, Leaps, Movement Movement Changes).
7. Integral training of motor skills (polygon barrier, note: all exercises that are performed analytically connected to integral motor task).

Semester Overview I. Presentation, analysis and evaluation of Module I program selection in study conditions in front of the teacher and associates.

Module II: The strength and endurance of the body

8. Development of coordination of movements.
9. Means and methods for the development of body balance in space (Libra).
10. Development of mobility and the mobility of the locomotor system.
11. Developing flexibility.
12. Developing endurance.
13. Means and methods for enhancing the explosive power (weight lifting Olympic).
14.Parameters of total training load (intensity and volume, note: size of external load and total number of repetitions and series).
15. Recap material.

Semester Final Exam. Public presentation, analysis and evaluation of the college semester in professional theater conditions, in front of the commission, audience, with video recording.

18. Learning methods:

Teaching methods: Lectures, and consultations. Practical teaching-exercises. Independent work of students Continuous assessment of knowledge and skills.
Mentoring Principles of Performing: Interactive Teaching and Exercise Process on Student-Assistant-Professor Relationships. Planned and organized independent work of students in optimal professional, study and technical conditions. For the intensity, specificity and precision of observing changes in students in the research process, planned attendance of professors and assistants are required on rehearsals of independent final work.

19. Assessment methods:

Semester final exam
Public presentation, analysis and evaluation of the college semester in professional theater conditions, in front of the commission, audience, with video recording.
Knowledge assessment methods:
- Partial semester examination of work
- Public semester final exam-examination of labor
- Semestral correction exams I and II.

20. Assessment components:

Volume measure:
Exercise, and optionally proposal students and optionally assistants lasting 3-5 minutes.
Load Measure:
Student semester working 3-5 practical classes, different form, on each of these topics.
Professional-artistic, pedagogical process:
- Application of the psychomotor powers of the body in space
- Establishing and forming a class as a study group. Organization of work, standardization of quantitative, qualitative, ethical and aesthetic conditions of research, acquisition of psycho-physical condition.

21. Required reading list:

1. Branimir Mikić: Osnovi psihomotorike čovjeka, Filozofski fakultet, Tuzla, 2000.god.
2. Branimir Mikić: Psihomotorika, Fakultet za fizičku kulturu, Tuzla, 1999.god.
3. Vilijam Kremer: Nauka i praksa u treningu snage, Data status, 2009.god.
4. Ivan Hmjelovjec: Sportska gimnastika, Fakultet za sport, Sarajevo, 1999.god.
5. Hrvoje Sertić: Relacije nekih motoričkih, antropometrijskih i konativnih varijabli s uspjehom u borbi, brzinom učenja i kvalitetom izvođenja tehnike bacanja u judu, Fakultet za fizičku kulturu, Zagreb, 2000.god.
6. Lj. Lazarević: Psihološke osnove fizičke kulture, NK-Partizan, Beograd, 1987.god.
7. Michael Chexhov: TO THE ACTOR , Harper and Brothers, New York , 1953.
8. Doc.dr.sc. Kamenka Živčić i mr.sc. Tomislav Krističević: Specifične pripremne vježbe u akrobatici, Kondicijski trening, volumen 6, broj 1, stranica 22-29, Zagreb, 2008.god.

Preporuku i prioritet literature prema programima semestara modula i kolegija studija određuju nastavnici glavnog nastavno-umjetničkog predmeta Scenske umjetničke vještine I- IV.

22. Web sources:

23. Applicable starting from the academic year:

2016/17.

24. Adopted in the Faculty/Academy session:

11.05.2016