SYLLABUS

1. Course title:

Performing arts skills I Course: Elements of aesthetic gymnastics.

2. Code:

PAS I

3. Cycle of study:

1

4. ECTS credits:

2

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Filled preexamination obaveze- semester examinations of work: PAS I

7. Class restrictions:

Only students of the study program-section Production

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:

Production

12. Lecturer:

13. Lecturer's e-mail:

14. Web site:

15. Course aims:

- Elements of aesthetic gymnastics.
- psychomotor body and development of psychomotor skills.
- The strength and endurance of the body.

16. Learning outcomes:

To become aware of the process of gaining flexibility coordination, strength and orientation in space in order to skills recognition and evaluation of physical acting artistic resources on their own experience. Master the basic elements of static body to eliminate physical out lacks of the basic experience of life.

17. Course content:

Module I: Development of psychomotor ability

First forming of the exercises.
2. Preparation for action, action and reaction.
3rd Proprioception and develop kinesthetic feeling.
4. The application of basic motor skills (crawling, rolling, lifting, throwing, walking, hops, jumps, running) in order to prepare the locomotor system.
5. Development of speed potential of powerful capabilities: An explosive repetitive and power arm, shoulder and torso (skelekovi, throws and abs)
Sixth SAQ training method: the speed, agility and explosiveness (squats, jumps, direction change).
7th Integral training of motor skills (polygon barriers; note: all exercises that were carried out analytically linked to integral motor task).

Semester examination work
Display, analysis and evaluation of the election program modules and in studio conditions against the teacher and aides.

Module II: The strength and endurance of the body

8. Development of coordination of movements.
Ninth means and methods for the development of the balance of the body in space (Libra).
10. Development of mobility and the mobility of the locomotor system.
Developing 11th flexibility.
12. Developing endurance.
13. The means and methods for enhancing the explosive power (weight lifting Olympic).
14th of the total training load parameters (intensity and volume; Note: The size of external load and the total number of repetitions and series).
15 recap material.

Semester final exam
Publicly display, analysis and evaluation of the election program of the college semester, the professional theater conditions, before the commission audience with video recording.

18. Learning methods:

Teaching methods:
Teaching methods:
First lectures, and workshops.
2. Practical teaching exercises.
3rd Independent work of students.
4th Continuous assessment and skills.
Mentoring principle embodiment:
Interactive teaching and training camp process between student-assistant-professor.
Planned and organized independent work of students in the optimal, study the physical conditions. They like intensity, specificity and precision observations of changes in the students in the research process, it is the constant presence of the professor and assistants in the classroom lectures and exercises.

19. Assessment methods:

Semester final exam
Publicly display, analysis and evaluation of the election program of the college semester, the professional theater conditions, before the commission audience with video recording.
Examination methods:
- Partial semester examination work
- Public semester final exam-examination of labor
- the additional examination semester I and II.

20. Assessment components:

Measure quantity:
Exercise, and optionally proposal students and optionally assistants lasting 3-5 minutes.
Measure load:
Student semester working 3-5 practical classes, different form, on each of these topics.
Professional artistic, educational process:
- Knowledge of psychomotor properties of our own bodies in space.
- Establishment and formation of class as the study group. Work organization, standardization of quantitative, qualitative, ethical
and aesthetic conditions research, acquisition Psychotechnical 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 programi- ma 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:

2013/ 14.

24. Adopted in the Faculty/Academy session:

19. 06. 2013.