

Study program / study programs: Recreation				
Type and level of studies: Basic professional studies				
Course title: Artistic gymnastics				
Lecturer or lecturers (for lectures): Vukasinovic M. Vladan				
Lecturer / Associate (for practice): Grbovic V. Miljan; Dabovic R. Milinko; Kocic Z. Sonja				
Course status: Elective				
ECTS: 4				
Condition: Passed exams from the courses Anthropomotor and Biomechanics				
Course objectives: to introduce students to modern achievements and characteristics of artistic gymnastics as a professional sport; acquiring knowledge and skills about possibilities of applying content of gymnastics as a means of general preparation in the sports training in other sports.				
Course outcome: Student's ability for adequate and functional realization: <ul style="list-style-type: none"> - the basic program of artistic gymnastics – “general gymnastic” contents, applicable in all sports branches and activities; - specific content from artistic gymnastics, as content applicable to conditioning, supplementary contents in other sports disciplines; - characteristics that define artistic gymnastics as basic sport. 				
Contents description: <i>Theoretical instruction:</i> Introduction and systematics, creation and development of artistic gymnastics, terminology, classification, technique, characteristic of exercise and gender discrimination; learning methodology; bio-psycho-social characteristics, motor abilities and skills and artistic gymnastics; Artistic gymnastics and Physical education (exercise on the apparatus), Artistic gymnastics in other sports, Artistic gymnastics in the training of the youngest athletes, identification of talents, basics of training, competitions, sports hall and equipment (apparatus), rules. Research results. <i>Practical classes:</i> Exercises from acrobatics, vaults, as well on certain devices, exercises applicable in conditioned polygons, agility polygons, combination exercises.				
References: Petrovic, J. et al (1995): Artistic gymnastics I and II, FSFV, book; Radojevic, J (1992): Exercises on the apparatus and floor for elementary school students, Nis “Partizan”, Radojevic, Vukasinovic, Grbovic, Dabovic: Exercises on the apparatus – supplement to basic textbook (2003); Practicum in Basic of Child Sport (2007) and Exercises on the apparatus (2007).				
No. of active classes				Other classes: 3
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	Study research work:	
Teaching method Theoretical lectures; practical lectures				
Knowledge assessment (maximum score 100)				
Exam prerequisites	points	Final examination	points	
Class Activities	5	Written examination	15	
Practical instruction	15	Practical examination	35	
Preliminary exam / Colloquium	25			
Seminar papers	5			

