

Study program / study programs: Sport			
Type and level of studies: Basic professional studies			
Course title: RHYTHMIC GYMNASTICS			
Lecturer or lecturers (for lectures): Lidija T. Moskovljević Lecturer / Associate (for practice): Lidija T. Moskovljević, Slobodanka M. Dobrijević			
Course status: Elective			
ECTS: 4			
Condition: -			
Course objectives: To acquaint students with theoretical and practical basic of rhythmic gymnastics and accomplishments in this sport. To present an adequate level of knowledge and skills in RG, as well as introduce the possibilities of applying RG exercises in other sports.			
Course outcome: Qualify students to present and apply RG exercises through acquired knowledge and skills, and with it, increase general motor abilities of children and young athletes.			
Contents description: <i>Theoretical instruction</i> Course idea and content. Literature. The development of RG as tool of education. The development of RG as a branch of sport. Classification and basic exercises technique in RG – exercises without apparatus and with apparatus (rope, hoop, ball). Terminology in RG. Teaching methods in RG - exercises without apparatus and with apparatus. Basic principles of individual and group composition. <i>Practical classes:</i> The execution technique and teaching methods of exercises without apparatus. The execution technique and teaching methods of exercises with apparatus (rope, hoop, ball). Practical application of individual work on connecting body elements technique and apparatus elements technique into short and long exercises.			
References: Radisavljević, L. (1992). Ritmičko-sportska gimnastika (Rhythmic-sports gymnastics). Faculty of physical culture, Belgrade. Radisavljević, L. (1995). Ritmičko-sportska gimnastika u školi (Rhythmic-sports gymnastics in school). Faculty of physical culture, Belgrade. Radisavljević, L. and Moskovljević, L. (2011). Osnove ritmike (Basics of rhythmic), in: B. Jevtić, J. Radojević, I. Juhas and R. Ropret. Children's sport-from practical to academic fields, 395-409, Faculty of sport and physical education, Belgrade			
No. of active classes			Other classes:
Lectures: 1	Exercises/ Practical classes: 2	Other forms of teaching:	
Teaching method Theoretical and practical classes, essays, consultations, colloquiums.			
Knowledge assessment (maximum score 100)			
Exam prerequisites	points	Final examination	points
Class Activities	15	Written examination	15
Practical instruction		Practical examination	25
Preliminary exam / Colloquium	30	Oral examination	
Seminar papers	15	

