

26301 - Rhythmic gymnastic sports

Syllabus Information

Academic Year: 2019/20

Subject: 26301 - Rhythmic gymnastic sports

Faculty / School: 229 - Facultad de Ciencias de la Salud y del Deporte

Degree: 295 - Degree in Physical Activity and Sports Science

ECTS: 6.0

Year: 1

Semester: Second semester

Subject Type: Compulsory

Module: ---

1.General information

1.1.Aims of the course

This is a 6 ECTS course. The objectives are: a student approach to rhythmic and gymnastic activities, to develop appropriate progressions in learning activities, design teaching processes to learn coherently and develop strategies in the classroom context.

1.2.Context and importance of this course in the degree

1.3.Recommendations to take this course

2.Learning goals

2.1.Competences

2.2.Learning goals

2.3.Importance of learning goals

3.Assessment (1st and 2nd call)

3.1.Assessment tasks (description of tasks, marking system and assessment criteria)

4.Methodology, learning tasks, syllabus and resources

4.1.Methodological overview

The methodology followed in this course is oriented towards achievement of the learning objectives. A wide range of teaching and learning tasks are implemented, such as theory sessions, practice sessions and seminar to teach dance, rhythmic gymnastics, men's artistic gymnastics and women's artistic gymnastics.

Students are expected to participate actively in the class throughout the semester.

Class notes will be available in the book "Deportes rítmico gimnásticos". Further information regarding the course will be provided on the first day of class.

4.2.Learning tasks

The course includes the following learning tasks:

- Theory sessions (12 hours). Theoretical contents of these disciplines, a small historical review, how are routines on different apparatus, the basic elements (definition, methodology and learning progressions) and the designs the Code of Points that regulates all aspects of competition.
- Practice sessions (40 hours). Each week there are two 90-minute sessions, one of them on rhythmic gymnastics and dance, and the other on artistic gymnastic tasks. Also, students works with problem-solving tasks.

- Practice sessions in seminars (8 hours). Acrobatic gymnastics activities and project-based learning are carried out.

4.3.Syllabus

The course will address the following topics:

Theory sessions

- Theoretical contents of these disciplines, a small historical review, how are routines on different apparatus, the basic elements (definition, methodology and learning progressions) and the designs the Code of Points that regulates all aspects of competition.

Practice sessions and seminars

- Dance: The basic positions and elements (cou de pied, passé, pliés, battements, jetés, tendus, rond de jambres...). Dance has its own content which must be understood and applied to be proficient in the subject. The elements of dance are the foundational concepts and vocabulary for developing movement skills: leaps, pivots, balances.
- Rhythmic gymnastics: students make short choreography with pivots, leaps, balances and flexibility movements (in group). They manipulate at the same time one apparatus: ball, ribbon, hoop, clubs or rope.
- Artistic gymnastics: acrobatic skills in floor exercise (rolls, cartwheel, handstand, round off, back roll into handstand, flic flac). In the seminar sessions we learn acrobatic gymnastic activities and analyse how gymnastic elements are performed.
- Aerobic, zumba and step.

4.4.Course planning and calendar

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the "Facultad de Ciencias de la Salud y del Deporte", "Grado en Ciencias de la Actividad Física y el Deporte", website <http://fccsyd.unizar.es/>

Provisional course planning

- The course lasts for 15 weeks. Each week there is a theory session, a practice session of rhythmic gymnastics and dance, and another practice session of artistic gymnastics.
- The order of learning apparatus rhythmic gymnastics is: ball, rope, hoop, clubs and ribbons.
- The order of learning corporally elements is: displacements, jumps, balances and turns.
- In artistic gymnastics we mainly perform acrobatic elements of floor exercise.
- In May, the presentation of the project.
- In June, the choreographies of rhythmic gymnastics, elements and acrobatic links are performed for assessment.

4.5.Bibliography and recommended resources

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- Estapé Tous, Elisa. La acrobacia en gimnasia artística : su técnica y su didáctica / Elisa Estapé Tous . - 1a. ed. Barcelona : INDE, 2002
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