

## 26301 - Rhythmic gymnastic sports

### Syllabus Information

**Academic year:** 2024/25

**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

It is a subject with a high practical component that aims to allow the student to experience gymnastic situations of a rhythmic and acrobatic nature and dance activities, elaborate progressions and learning processes, learn about the appropriate aids and to work on strategies in the context of the classroom.

The teaching of this subject is aligned with all the Sustainable Development Goals (SDGs) of the United Nations "through the interdisciplinary teaching innovation project entitled "Let's make the SDGs dance".

In addition, during the teaching, it provides training and competence to contribute in some way to the following SDGs: 2. Wellness and Health, 4. Quality education, 5. Gender equality.

In this subject, correctness in the format and writing of all tests and written documents will be required and will have an impact on the grade.

### 2. Learning results

- Perform with fluency learning situations related to rhythmic and gymnastic activities, executing correctly basic technical elements of rhythmic gymnastics and artistic gymnastics, working in group, respecting the suggestions and opinions of the rest of the classmates, using the differences in abilities.
- Design, plan and program gymnastic and rhythmic teaching and learning processes, analysing the placement of the material and the aids to provide safety in the gymnastic elements, as well as identify the health risks of the inadequate practice of certain exercises.
- Express in writing the basic rules of rhythmic gymnastics sports, apply them to a project and be able to judge and evaluate individual technical elements and group choreographies.

### 3. Syllabus

Unit 1. Historical context of dance and rhythmic-gymnastic sports: origins, schools, evolution of gymnastic activities, the International Gymnastics Federation.

Unit 2. Dance: basic positions, basic techniques, dance in gymnastics training, union of dance, movement and music.

Unit 3. Rhythmic gymnastics: groups of body elements and their teaching-learning methodology, groups of elements of apparatus and teaching-learning methodology, regulatory aspects of competitions, psycho-pedagogical bases.

Unit 4. Artistic gymnastics: graphical representation, modalities, aids and supervision, materials, acrosport and parkour, progressions of basic techniques, psycho-pedagogical bases.

### 4. Academic activities

- Master classes: 15 hours

Theoretical-practical classroom sessions in which the contents of the subject will be explained.

- Problems and cases and laboratory practices: 45 hours

Practical face-to-face sessions held in large groups or in smaller groups at the Rio Isuela sports center.

- Teaching assignments: 24 hours
- Study of contents and individual or group practice: 60 hours

- Assessment tests. 6h

## 5. Assessment system

Students have a global evaluation with different theoretical and practical tests. If the student attends regularly (minimum 85% of the practices) some practical evaluation tests can be brought forward and carried out on the date proposed during the semester. In any case, they can be made or delivered on the date of the overall test of the official calendar. The grade will be obtained from the result of averaging three blocks of contents provided that a 5.0 is exceeded in each one:

- Theoretical-practical contents (40%)
- Artistic gymnastics and acrobatic activities (30%)
- Contents of gymnastics and rhythmic activities and dance (30%)

The student who does not attend regularly will not have the option of voluntary work to raise grade and will have to answer development questions in the theoretical exam. For students who attend regularly, a grade equal to or higher than 4.5 in one of the three content blocks will be accepted.

Grades are not kept for subsequent years

Assessment tests.

Test 1. Written exam with multiple-choice and short questions to be developed. (40%)

Test 2. Compulsory elements of artistic gymnastics: side wheel, maintained inverted support, fifth and flying element.

(12%)

Test 3. Linking of acrobatic elements of artistic gymnastics on mats, taking into account the difficulty and execution.

(12%)

Test 4. Acrosport. (6%)

Test 5. Group and individual choreographies with gymnastic apparatus. They must incorporate the mandatory elements and the requirements previously stipulated for each device. Variety, rhythm, technical execution, difficulty and originality will be valued. The grade is individual, taking into account, where appropriate, group work.

Some will be face-to-face and others in video format. (30%)

Fraud or total or partial plagiarism in any of the evaluation tests will result in not passing the subject with the minimum grade, in addition to the disciplinary sanctions adopted by the Guarantee Committee for these cases.