

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM

COURSE TITLE:

ARTISTIC GYMNASTICS

COURSE CODE:

N134

CREDITS (E.C.T.S.)

2

RESPONSIBLE FOR THE COURSE:

NAME	PASCHALIS KIRIALANIS		
POSITION	ASSISTANT PROFESSOR		
SECTOR	TRAINING		
OFFICE	B2-23		
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CO-INSTRUCTORS			

SEMESTER:

1ST 2ND 3RD 4TH
 5TH 6TH 7TH 8TH

COURSE TYPE:

OBLIGATORY
 DIRECTION
 SPECIALIZATION
 PREREQUIZITE FOR SPECIALIZATION
 ELECTIVE (*OPEN*)

HOURS (per week):

2

DIRECTION

SPECIALIZATION

(only for 3rd & 4th year courses)

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SPECIALIZATION *(only for 3rd & 4th year courses)*

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LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*acquired skills & learning outcome*)

Acquisition with gymnastics. Development of basic capacities of gymnastics. Teaching the methods, right techniques, and how to help and support of the basic gymnastics elements – practicing and training.

COURSE CONTENTS (*outline – titles of lectures*)

1. Strike up an acquaintance with the gymnastics lesson-history of gymnastics
2. Basic kinetic movements in gymnastics
3. Acquaintance to the equipments. Basic positions and grasps from support and hang position
Methods of teaching, basic elements of techniques and supporting. Practice of the beyond exercises:
4. Roll up to the floor-about landing
5. Shoulder rest and headstand - Inverted hang with straight body and in pike position on the low rings.
6. Groups of vaulting exercises-phases in vaulting exercise- Diagonal volts-flank dismount to the low horizontal bar
7. Generally about balance - basic movements to the beam-. Straddle and squat mount from the balance beam- Straddle and squat dismount from the balance beam
8. Straddle vault
9. Upward circle to the uneven bars..Upward circle to the low and high horizontal bar. Mount on the uneven bars with front support- Dismounting from front support at the uneven bars.
10. Backward roll to the floor- Basic jumps on trampoline
11. The Squat vault over the vault
12. Handstand. Rolling from handstand.
13. Cartwheel

TEACHING METHOD (*lectures – labs – practice etc*)

This course includes 13 two-hour lectures on topics related to motor learning theories and applications.

ASSESSMENT METHOD(-S)

Assessments includes practice and theories

PRACTICE PART (70%)

1. Intermediate practical exams (20%)
2. Performance of the examine routines (50%)

THEORETICAL PART (30%)

3. Written tests related to the subject (10%)
4. Written exams in techniques-methods and rules (30%)

LEARNING OUTCOMES

Upon the completion of this course the student will be able to:

1. Know the history of gymnastics and the basic rules for judging gymnastics
2. Know and identify the techniques of basic gymnastics exercises and also the right methods of teaching them
3. Be able to provide the necessary assistance and spotting for the safe and correct performance of gymnastics exercises.
4. Performe the basic exercises of gymnastics, at a satisfactory level

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) They will know the history of gymnastics and the basic rules for judging gymnastics	Lectures, demonstration and commentary of digital material, study	Intermediate inspections with written tests for knowledge assessment	10
2) They will know and identify the techniques of basic gymnastics exercises and also the right methods of teaching them	Lectures, study, group work practice	Intermediate checks with evaluation α) intermediate practical teaching, β) evaluation of written teaching plan, γ) final examinations	15
3) They will Be able to provide the necessary assistance and spotting for the safe and correct performance of gymnastics exercises.	Lectures, study, group work practice	Intermediate checks with evaluation α) intermediate practice exams β) final examinations	15
4) They will Be able to pperform the basic exercises of gymnastics, at a satisfactory level	practice and study	inspections (checks) with appropriate motor skills tests	20
		TOTAL	60

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. – ΚΥΡΙΑΛΛΑΝΗΣ Π.-ΣΑΤΡΑΤΖΕΜΗΣ Γ. ΕΝΟΡΓΑΝΗ ΓΥΜΝΑΣΤΙΚΗ -2011-ΑΘΗΝΑ
2. – ΚΑΜΠΙΩΤΗΣ ΣΠΥΡΙΔΩΝ --ΑΡΧΕΣ ΚΑΙ ΣΤΟΙΧΕΙΑ ΤΗΣ ΕΝΟΡΓΑΝΗΣ ΓΥΜΝΑΣΤΙΚΗΣ (ΘΕΩΡΙΑ ΚΑΙ ΠΡΑΞΗ)- ΤΕΛΕΘΡΙΟΝ-2004 -ΑΘΗΝΑ
3. – ΚΑΪΜΑΚΑΜΗΣ ΒΑΣΙΛΕΙΟΣ--ΕΝΟΡΓΑΝΗ ΓΥΜΝΑΣΤΙΚΗ Η -ΕΚΔΟΣΕΙΣ ΜΑΙΑΝΔΡΟΣ-2003-ΘΕΣ/ΝΙΚΗ
4. --ΜΙΛΤΙΑΔΗΣ ΠΡΩΙΟΣ- ΔΙΔΑΚΤΙΚΗ ΤΗΣ ΕΝΟΡΓΑΝΗΣ ΓΥΜΝΑΣΤΙΚΗΣ -ΟΛΥΜΠΙΟΣ -2011-ΘΕΣ/ΝΙΚΗ