

26301 - Rhythmic gymnastic sports

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	295 - Degree in Physical Activity and Sports Science
ECTS	6.0
Course	1
Period	Second semester
Subject Type	Compulsory
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

5.2.Learning activities

5.3.Program

In that subject there are theoretical, practical and seminar sessions to dance, rhythmic gymnastics, men's artistic gymnastics and women's artistic gymnastics.

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There are theoretical notion to 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.

In the practical and seminar sessions:

- Dance: The basic positions and elements (*c ou 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: student 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 elements in floor exercise (rolls, cartwheel, handstand, round off, back roll into handstand, flic flac). In the seminar sessions we learn acrobatic gymnastic activity and we analysis our gymnastic elements performed.

5.4.Planning and scheduling

5.5.Bibliography and recomended resources