

26301 - Rhythmic gymnastic sports

Información del Plan Docente

Academic Year	2017/18
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.Introduction

1.2.Recommendations to take this course

1.3.Context and importance of this course in the degree

1.4.Activities and key dates

2.Learning goals

2.1.Learning goals

2.2.Importance of learning goals

3.Aims of the course and competences

3.1.Aims of the course

3.2.Competences

4.Assessment (1st and 2nd call)

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

5.Methodology, learning tasks, syllabus and resources

5.1.Methodological overview

5.2.Learning tasks

5.3.Syllabus

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.Course planning and calendar

5.5.Bibliography and recommended resources