

DEMOCRITUS UNIVERSITY OF THRACE
DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

UNDERGRADUATE PROGRAM OF STUDY

COURSE TITLE:

RHYTHMIC GYMNASTICS

COURSE CODE:

N031

ECTS CREDITS

3

RESPONSIBLE FOR THE COURSE:

NAME	Helen Douda		
POSITION	Associate Professor		
SECTOR	Sports Training Theory and Application		
OFFICE	B ₂ -8		
TEL. / E-MAIL	2531039715	edouda@phyed.duth.gr	
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

(only for 3rd & 4th year courses)

ATHLETIC TRAINING	RHYTHMIC GYMNASTICS
-------------------	---------------------

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

RHYTHMIC GYMNASTICS

LANGUAGE OF TEACHING:

GREEK

ENGLISH

AIM OF THE COURSE (*content and acquired skills*)

This course is designed to provide female students for specialization in Rhythmic Gymnastics and aims to familiarize with the basic principles of technical exercises with or without manipulation of the five apparatus (rope, hoop, ball, clubs, ribbon). The teaching of the fundamental body movements with or without manipulation of the five apparatus also combined with music and the development of specific components of fitness such as hip flexibility, jumping ability, balance etc.

COURSE CONTENTS (*outline – titles of lectures*)

Lecture 1 : Characteristics of Rhythmic Gymnastics - Rhythmical movements

Lecture 2 : Body movements: waves, balances, flexibility exercises

Lecture 3 : Body movements: pivots-turns, jumps and leaps

Lecture 4 : Apparatus handling technique with ball

Lecture 5 : Ball exercises combinations with musical accompaniment

Lecture 6 : Apparatus handling technique with rope

Lecture 7 : Rope exercises combinations with musical accompaniment

Lecture 8 : Apparatus handling technique with hoop

Lecture 9 : Hoop exercises combinations with musical accompaniment

Lecture 10: Apparatus handling technique with ribbon

Lecture 11: Ribbon exercises combinations with musical accompaniment

Lecture 12: Apparatus handling technique with clubs

Lecture 13: Clubs exercises combinations with musical accompaniment

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

Lectures and practical applications.

ASSESSMENT METHOD(-S)

1. Final written examination (30%)
2. Practical examination in compulsory exercise combination with and without apparatus (50%)
3. Written assignments of cognitive assessment (10%)
4. Written assignments (10%)

LEARNING OUTCOMES

Upon the completion of this course the female students will be able to:

1. Know the fundamental aspects of Rhythmic Gymnastics.
2. Perform at a satisfactory level of basic skills of the individual technique of the sport exercises with five apparatus (rope, hoop, ball, clubs, ribbon).
3. Identify and produce the basic principles of teaching the Rhythmic Gymnastics technique.
4. Design a routine with music accompaniment by the five apparatus (rope, hoop,

ball, clubs, ribbon) in novice gymnasts.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1. The students will know the fundamental aspects of Rhythmic Gymnastics.	Lectures, demonstrations and commentary of digital material, study	Written assignments of cognitive assessment	10
2. Perform at a satisfactory level of basic skills of the individual technique of the sport exercises with five apparatus (rope, hoop, ball, clubs, ribbon).	Practical exercises, practice, study	Written assignments of movements assays	30
3. Identify and produce the basic principles of teaching the Rhythmic Gymnastics technique.	Lectures, demonstrations and commentary of digital material, study	Practical examination in compulsory exercise combination	10
4. Design a routine with music accompaniment by the five apparatus (rope, hoop, ball, clubs, ribbon) in novice gymnasts.	Practical exercises, preparation of individual work	Final written examination	40
		TOTAL	90

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Andreopoulou E. (2002). *Rhythmic Gymnastics*, Telethron Publications, Athens..