

**DEMOCRITUS UNIVERSITY OF THRACE**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE**

*UNDERGRADUATE PROGRAM OF STUDY*

**COURSE TITLE:**

Gymnastics
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**COURSE CODE:**

N114
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**ECTS CREDITS**

4
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**RESPONSIBLE FOR THE COURSE:**

NAME	GIANNAKOPOULOS KONSTANTINOS		
POSITION	ASSISTANT PROFESSOR		
SECTOR	SPORTS TRAINING THEORY AND APPLICATION		
OFFICE	B2-17		
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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):**

4
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**DIRECTION**

*(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**SPECIALIZATION** *(only for 3<sup>rd</sup> & 4<sup>th</sup> year courses)*

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**LANGUAGE OF TEACHING:**

GREEK

ENGLISH

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

The aim of the course is to understand the basic concepts in respect to the function of the gymnastics exercises and the applications of the gymnastics on physical education and sports. The ability of the students to perform all the gymnastic exercises easily and to apply the proper exercise programmes in each case (physical education sport for all, competitive sports).

### **COURSE CONTENTS** (*outline – titles of lectures*)

1. Historical review of the gymnastics - the gymnastics exercise.
2. Assessment of physical abilities.
3. Terminology of the gymnastic exercises.
4. Movements and muscle involvement during exercises.
5. Isotonic and isometric performance of the exercises - general warm-up.
6. First practical assessment.
7. Stretching.
8. Improvement of the physical abilities with calisthenics.
9. Cooperative exercises.
10. Gymnastic games.
11. Exercises with rope, stick, medicine balls, hoop, rubber bands.
12. Circuit training (exercise selection, organization).
13. Second practical assessment.

### **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)**

- Theoretical examination 35%
- Practical assessment 30%
- Written project 15%
- Physical fitness test 20%

### **LEARNING OUTCOMES**

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

1. Know and understand the basic elements of the gymnastic exercises Physiology and Kinesiology.
2. Execute in satisfactory level the various kinds of physical exercises.
3. Plan an exercise programme with determinated targets that falls within the scope of physical educations and sports activities.
4. Use the appropriate terminology during application of specific exercise programmes.

### LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
1) They will understand the basic elements of the gymnastic exercises Physiology and Kinesiology.	Lectures, demonstration & annotation digital material, study.	Intermediate examination with practical cognitive evaluation and final written examinations.	30
2) They will able to execute in satisfactory level the various kinds of physical exercises.	Practical exercises, practice & study, tutorial exercises.	Intermediate examinations with appropriate practical examinations and performance in physical ability tests.	40
3) They will able to plan an exercise programme with determinated targets that falls within the scope of physical educations and sports activities.	Lectures, study, individual project.	Intermediate examination with evaluation written project.	30
4) They will able to use the appropriate terminology during application of specific exercise programmes.	Lectures, Practical exercises, study.	Intermediate examinations with evaluation in practical teaching.	20
		<b>TOTAL</b>	<b>120</b>

### OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. – K. THEODORAKOU «GYMNASTICS - A MULTILATERAL APPROACH » PUBL. «TELETHRIO», ATHENS 2010.
2. – A. ANASTASIADIS, D. GIDARIS . « THE GYMNASTICS IN EDUCATION», THESSALONIKI 1993.