

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

*UNDERGRADUATE PROGRAM*

**COURSE TITLE:**

|                              |
|------------------------------|
| TEACHING ARTISTIC GYMNASTICS |
|------------------------------|

**COURSE CODE:**

|      |
|------|
| N144 |
|------|

**CREDITS (E.C.T.S.)**

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|---|
| 2 |
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**RESPONSIBLE FOR THE COURSE:**

|                |                      |                        |
|----------------|----------------------|------------------------|
| NAME           | PASCHALIS KIRIALANIS |                        |
| POSITION       | ASSISTANT PROFESSOR  |                        |
| SECTOR         | TRAINING             |                        |
| OFFICE         | B2-23                |                        |
| TEL. / E-MAIL  | 25310-21765          | pkiriala@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**

**SPECIALIZATION**

*(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** (*acquired skills & learning outcome*)

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

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

1. Basic swing in hang with all kinds of grips to the horizontal bar, Rings and Parallel Bars
  2. Basic swing from support position to the Parallel Bars and side horse
  3. Lecture in “Teaching gymnastics (pre school-junior school and high school)
  4. Lecture of how to organize and write programs (lessons) to all stages of education
- Organizing and planning gymnastics lessons from groups of students with a help of the teacher with themes of:
5. Roll up-rolling.
  6. Shoulder rest and headstand
  7. Groups of vaulting exercises-phases in vaulting exercise- Diagonal vaults
  8. Straddle vault
  9. Backward roll
  10. The Squat vault over the vault
  11. Handstand. Rolling from handstand.
  12. Cartwheel
  13. Gymnastics competition between students organized by the students

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

This course includes 12 two-hour lectures on topics related to motor learning theories and applications.

**ASSESSMENT METHOD(-S)**

Assessments include practice and theories

**PRACTICE PART (70%)**

1. Plans for gymnastics lessons-Teaching gymnastics (30%)
2. Performance of the examine routines (40%)

**THEORETICAL PART (30%)**

4. Written exams

**LEARNING OUTCOMES**

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

1. Know and identify the techniques of basic gymnastics exercises and also the right methods of teaching them
  2. Be able to provide the necessary assistance and spotting for the safe and correct performance of gymnastics exercises.
  3. Perform the basic exercises of gymnastics, at a satisfactory level
- make plans and programs for the gymnastics lessons at the school 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 and identify the techniques of basic gymnastics exercises and also the right methods of teaching them<br>.        | Lectures, study, group work practice    | Intermediate inspections with written tests for knowledge assessment  | 10                                |
| 2) They will Be able to provide the necessary assistance and spotting for the safe and correct performance of gymnastics exercises. | Practical exercises, training and study | Intermediate checks with evaluation α) intermediate practical teaching, β) evaluation of written teaching plan, γ) final examinations | 15                                |
| 3) They will Be able to performe the basic exercises of gymnastics, at a satisfactory level<br>.                                    | Lectures, study, group work practice    | Intermediate checks with evaluation α) intermediate practice exams β) final examinations  | 15                                |
| 4) They will Be able to make planes and programs for the gymnastics lessons at the school level<br>.                                | practice and study                      | inspections (checks) and final examinations   | 20                                |
|   |   | <b>TOTAL</b>  | <b>60</b>                         |

#### **OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. – ΚΥΡΙΑΛΑΝΗΣ 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