

## COURSE OUTLINE COACHING AND TEACHING OF ARTISTIC GYMNASTICS

### 1. GENERAL

<b>SCHOOL</b>	PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY		
<b>DEPARTMENT</b>	PHYSICAL EDUCATION AND SPORT SCIENCE		
<b>LEVEL OF STUDIES</b>	ISCED level 6 – Bachelor's or equivalent level		
<b>COURSE CODE</b>	C017	<b>SEMESTER</b>	3 <sup>rd</sup> and 4 <sup>rd</sup>
<b>COURSE TITLE</b>	COACHING AND TEACHING OF ARTISTIC GYMNASTICS		
<b>TEACHING ACTIVITIES</b> <i>If the ECTS Credits are distributed in distinct parts of the course e.g. lectures, labs etc. If the ECTS Credits are awarded to the whole course, then please indicate the teaching hours per week and the corresponding ECTS Credits.</i>		<b>TEACHING HOURS PER WEEK</b>	<b>ECTS CREDITS</b>
		2	3
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.			
<b>COURSE TYPE</b> <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SCIENTIFIC AREA		
<b>PREREQUISITES:</b>	No		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek English (Erasmus students)		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	Yes		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02395/">https://eclass.duth.gr/courses/KOM02395/</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b> <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i>	
<p>Upon successful completion of the course students will be able to:</p> <ul style="list-style-type: none"> <li>• <i>Understand the sport of Artistic Gymnastics.</i></li> <li>• <i>Develop the necessary motor skills to engage in the sport of Artistic Gymnastics.</i></li> <li>• <i>Understand the technique, methodology of teaching, and assistance for the basic exercises in Artistic Gymnastics.</i></li> <li>• <i>Perform the basic exercises of Artistic Gymnastics at a satisfactory level.</i></li> <li>• <i>Be aware of the safe use and utilization of Artistic Gymnastics apparatus in school and mass sports.</i></li> <li>• <i>Design fitness programs focused on Artistic Gymnastics within the context of Physical Education in all educational levels</i></li> </ul>	
<b>General Skills</b> <i>Name the desirable general skills upon successful completion of the module</i>	
<i>Search, analysis and synthesis of data and information,</i> <i>ICT Use</i> <i>Adaptation to new situations</i> <i>Decision making</i> <i>Autonomous work</i> <i>Teamwork</i> <i>Working in an international environment</i> <i>Working in an interdisciplinary environment</i> <i>Production of new research ideas</i>	<i>Project design and management</i> <i>Equity and Inclusion</i> <i>Respect for the natural environment</i> <i>Sustainability</i> <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i> <i>Critical thinking</i> <i>Promoting free, creative and inductive reasoning</i>

- *Search, analysis and synthesis of data and information, ICT Use*
- *Adaptation to new situations*
- *Decision making*
- *Autonomous work*
- *Teamwork*
- *Working in an interdisciplinary environment*
- *Project design and management*
- *Equity and Inclusion*
- *Demonstration of social, professional and moral responsibility and sensitivity to gender issues*
- *Critical thinking*
- *Promoting free, creative and inductive reasoning*

### 3. COURSE CONTENT

1. *Familiarization with the sport of Artistic Gymnastics and acquaintance with the gymnastic apparatus*
2. *Teaching of the somersault (forward roll) on the floor and its variations*
3. *Teaching of backward somersaults (backward roll) with tucking and with straddle.*
4. *Teaching of candlestick exercise and tripod headstand*
5. *Teaching of handstand*
6. *Teaching of cartwheel*
7. *Balance exercises in a playful form – Basic exercises on the balance beam*
8. *Teaching of swings on bars and in hang*
9. *Teaching of exercises for familiarization with jumping*
10. *Teaching of tuck jump*
11. *Teaching of straddle jump*
12. *Designing teaching programs for Artistic Gymnastics within the context of Physical Education at all educational levels*
13. *Designing Artistic Gymnastics programs for recreational sports*

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Face to face Lectures and practical applications as well as distance learning	
<b>USE OF INFORMATION &amp; COMMUNICATIONS TECHNOLOGY (ICT)</b> <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i>	Use of ICT in Teaching	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.  Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research &amp; analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.  The supervised and unsupervised workload per</i>	<b>Activity</b>	<b>Workload/semester</b>
	Lectures	26
	Field Exercise	33
	Study and individual works	13
	Exams	3
	Total	<b>75</b>

activity is indicated here, so that total workload per semester complies to ECTS standards.	
<p><b>STUDENT EVALUATION</b></p> <p><i>Description of the evaluation process</i></p> <p><i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i></p> <p><i>Please indicate all relevant information about the course assessment and how students are informed</i></p>	<ul style="list-style-type: none"> <li>• Practical examination (50%)</li> <li>• Final written examination (40%)</li> <li>• Practical tests and physical ability tests (10%)</li> </ul>

## 5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> <li>1. KYRIALANIS P., SATRAZEMIS G. (2011). <i>Artistic Gymnastics - Athens.</i></li> <li>2. NTALLAS G. (2011). <i>Men's and Women's Artistic Gymnastics - MARIA PARIKOU &amp; CO. Ltd.</i></li> <li>3. KAIMAKAMIS V. (2017). <i>Artistic Gymnastics (VIII) - COPY CITY I.K.E.</i></li> <li>4. PROIOS M. (2021). <i>Teaching Artistic Gymnastics - TSIARTSIANIS PRINT AND BIND S.A.</i></li> <li>5. SIATRAS TH. (2016). <i>Artistic Gymnastics (Revised Edition), UNIVERSITY STUDIO PRESS.</i></li> <li>6. MYLOISIS D. (2022). <i>Artistic Gymnastics in Preschool and School Age: A Modern Child-Centered Approach, KYRIAKIDI PUBLISHING S.A.</i></li> </ol>
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## ANNEX OF THE COURSE OUTLINE

### Alternative ways of examining a course in emergency situations

<b>Teacher (full name):</b>	Styliani Karakyriou
<b>Contact details:</b>	<a href="mailto:skarakir@phyed.duth.gr">skarakir@phyed.duth.gr</a>
<b>Supervisors:</b>	NO
<b>Evaluation methods:</b>	Written examination with distance learning methods
<b>Implementation Instructions:</b>	<p>The examination in the course will be carried out in subgroups of users in the e-class, depending on the number of participants in the course, on the day according to the examination program announced by the Secretariat.</p> <p>The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts of those who have registered for the course and have learned the terms of distance methods.</p> <p>Students will have to log in to the examination room through their institutional account, otherwise they will not be able to participate. They will also take part in the examination with a camera, which they will have open during the examination. Before the start of the exam, students will show their identity to the camera, so that they can be identified.</p> <p>Each student should answer multiple choice questions, free text development, critical thinking. Each of the questions is graded from 0.2 to 2.0 points depending on the question category.</p>