

COURSE OUTLINE COACHING AND TEACHING RHYTHMIC GYMNASTICS

1. GENERAL

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| SCHOOL | PHYSICAL EDUCATION, SPORT SCIENCE AND OCCUPATIONAL THERAPY | | |
| DEPARTMENT | PHYSICAL EDUCATION AND SPORT SCIENCE | | |
| LEVEL OF STUDIES | ISCED level 6 – Bachelor's or equivalent level | | |
| COURSE CODE | C021 | SEMESTER | 3 rd and 4 th |
| COURSE TITLE | COACHING AND TEACHING RHYTHMIC GYMNASTICS | | |
| TEACHING ACTIVITIES <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> | | TEACHING HOURS PER WEEK | ECTS CREDITS |
| | | 2 | 3 |
| Please, add lines if necessary. Teaching methods and organization of the course are described in section 4. | | | |
| COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i> | Scientific Area | | |
| PREREQUISITES: | No | | |
| TEACHING & EXAMINATION LANGUAGE: | Greek English (Erasmus students) | | |
| COURSE OFFERED TO ERASMUS STUDENTS: | Yes | | |
| COURSE URL: | https://eclass.duth.gr/courses/KOM02362/ | | |

2. LEARNING OUTCOMES

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| Learning Outcomes <i>Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.</i> | |
| <p>Upon the completion of this course, students will be able to:</p> <ul style="list-style-type: none"> • Know the fundamental aspects of coaching Rhythmic Gymnastics. • Perform at a satisfactory level of basic skills of the individual technique of the sport exercises with five apparatus (rope, hoop, ball, clubs, ribbon). • Identify and produce the basic principles of teaching the Rhythmic Gymnastics technique. • Design a routine with music accompaniment by the five apparatus (rope, hoop, ball, clubs, ribbon) in novice gymnasts. | |
| General Skills <i>Name the desirable general skills upon successful completion of the module</i> | |
| <i>Search, analysis and synthesis of data and information, ICT Use Adaptation to new situations Decision making Autonomous work Teamwork Working in an international environment Working in an interdisciplinary environment Production of new research ideas</i> | <i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability Demonstration of social, professional and moral responsibility and sensitivity to gender issues Critical thinking Promoting free, creative and inductive reasoning</i> |
| <ul style="list-style-type: none"> • 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. *Characteristics of Rhythmic Gymnastics - Rhythmical movements*
2. *Body movements. waves, balances, flexibility exercises*
3. *Body movements. pivots-turns, jumps and leaps*
4. *Apparatus handling technique with ball*
5. *Ball exercises combinations with musical accompaniment*
6. *Apparatus handling technique with rope*
7. *Rope exercises combinations with musical accompaniment*
8. *Apparatus handling technique with hoop*
9. *Hoop exercises combinations with musical accompaniment*
10. *Apparatus handling technique with ribbon*
11. *Ribbon exercises combinations with musical accompaniment*
12. *Apparatus handling technique with clubs*
13. *Clubs exercises combinations with musical accompaniment*

4. LEARNING & TEACHING METHODS - EVALUATION

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| TEACHING METHOD <i>Face to face, Distance learning, etc.</i> | Face to face Lectures and practical applications as well as distance learning | |
| USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) <i>Use of ICT in Teaching, in Laboratory Education, in Communication with students</i> | Use of ICT in Teaching | |
| TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail. Lectures, Seminars, Laboratory Exercise, Field Exercise, Bibliographic research & analysis, Tutoring, Internship (Placement), Clinical Exercise, Art Workshop, Interactive learning, Study visits, Study / creation, project, creation, project. Etc.</i> <i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i> | Activity | Workload/semester |
| | Lectures | 26 |
| | Field Exercise | 25 |
| | Study and individual works | 10 |
| | Interactive learning and analysis of digital material | 11 |
| | Exams | 3 |
| STUDENT EVALUATION <i>Description of the evaluation process</i> <i>Assessment Language, Assessment Methods, Formative or Concluding, Multiple Choice Test, Short Answer Questions, Essay Development Questions, Problem Solving, Written</i> | Total | |
| | <ul style="list-style-type: none"> • Final written examination (40%) • Practical examination in compulsory exercise combination with and without apparatus (50%) • Written assignments (10%) | |

Assignment, Essay / Report, Oral Exam,
Presentation in audience, Laboratory Report,
Clinical examination of a patient, Artistic
interpretation, Other/Others

Please indicate all relevant information about
the course assessment and how students are
informed

5. SUGGESTED BIBLIOGRAPHY

1. Palmer C.H. (2017). *Teaching Rhythmic Gymnastics*. Edited by: E. Giannitsopoulou, Translated by: E. Kosmidou, University Studio Press Publications, Thessaloniki.

ANNEX OF THE COURSE OUTLINE

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Alternative ways of examining a course in emergency situations

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| Teacher (full name): | Helen Douda, Professor |
| Contact details: | edouda@phyed.duth.gr |
| Supervisors: (1) | NO |
| Evaluation methods: (2) | Written examination with distance learning methods |
| Implementation Instructions: (3) | <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 accepted 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 will be on 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> |