COURSE OUTLINE RHYTHMIC GYMNASTICS TRAINING PLAN

1. GENERAL

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	C672	**SEMESTER**	**5th**
COURSE TITLE	RHYTHMIC GYMNASTICS TRAINING PLAN		

TEACHING ACTIVITIES *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.*	**TEACHING HOURS PER WEEK**	**ECTS CREDITS**
	3	6
Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.		

COURSE TYPE *Background, General Knowledge, Scientific Area, Skill Development*	Scientific Area
PREREQUISITES:	No
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)
COURSE OFFERED TO ERASMUS STUDENTS:	Yes
COURSE URL:	https://eclass.duth.gr/courses/KOM02231/

2. LEARNING OUTCOMES

Learning Outcomes

Please describe the learning outcomes of the course: Knowledge, skills and abilities acquired after the successful completion of the course.

Upon completion of the course, students will be able to:

- *Know the applied knowledge of coaching in Rhythmic Gymnastics*
- *Plan Rhythmic Gymnastics training plans in the various competition categories (juniors, seniors)*
- *Perform the technique of exercises with the rope at a satisfactory level*
- *Know the teaching of specialized exercises with the rope*
- *Design a choreographed program with the rope, accompanied by music*
- *This course is designed to provide students for specialization in Rhythmic Gymnastics and aims to:*
- *teach the specialized principles of the training process in order to improve the performance of athletes in all level. The topics are:*
- *the specific characteristics and the rules of the coaching process of Rhythmic Gymnastics*
- *the process of detection, evaluation and selection of athletes*
- *the energy requirements during training and competition*
- *the biological adaptations of specialized training on anthropometric characteristics of athletes*
- *the planning of Rhythmic Gymnastics training (multi-year plan, annual cycle, mid-cycle, micro-cycle, training unit)*

- *the methods of developing the physical abilities of female athletes*
- *each the technical analysis of the exercises and the design of individual programs with the rope according to the code of points.*

General Skills

Name the desirable general skills upon successful completion of the module

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
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

- *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. *Principles of training planning in Rhythmic Gymnastics*
2. *Contents and methods of Rhythmic Gymnastics training*
3. *Elements of training load in Rhythmic Gymnastics*
4. *Biological adaptations of training in Rhythmic Gymnastics athletes*
5. *The syndrome of the female athletic triad I: Energy availability and body weight management of Rhythmic Gymnastics athletes*
6. *The syndrome of the female athletic triad II: Hormonal and nutritional disorders of Rhythmic Gymnastics athletes*
7. *Selection in Rhythmic Gymnastics-Part I: Kinanthropometry*
8. *Selection of Rhythmic Gymnastics-Part II: Field measurements and evaluation of physical abilities of Rhythmic Gymnastics athletes*
9. *Rhythmic Gymnastics training planning*
10. *Structure of a Rhythmic Gymnastics training unit*
11. *Athletic preparation – Part I: Speed - Balance - Neuromuscular coordination*
12. *Athletic preparation - Part II: Strength - Endurance*
13. *Athletic preparation - Part III: Agility – Range of motion - Flexibility*

Teaching advanced and experiential learning courses (Field exercises)

1. *Technical analysis of exercises with the rope (handles, swings, skips/hopes)*
2. *Technical analysis of exercises with the rope (rotations, figure 8)*

3. *Technical analysis of exercises with the rope (wrapping, mills, echappe)*
4. *Technical analysis of exercises with the rope (spirals)*
5. *Technical analysis of exercises with the rope (jumps)*
6. *Technical analysis of exercises with the rope (throws)*
7. *Rope exercise combinations I*
8. *Rope exercise combinations II*
9. *Video analysis of difficulty of exercises with the rope*
10. *Video analysis of artistic faults with rope*
11. *Design of an individual program with the rope - Choreography elements*
12. *Design of an individual program with the rope accompanied by music*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD *Face to face, Distance learning, etc.*	Face to face Lectures and practical applications as well as distance learning
USE OF INFORMATION & COMMUNICATIONS TECHNOLOGY (ICT) *Use of ICT in Teaching, in Laboratory Education, in Communication with students*	Use of ICT in Teaching, MsTeams/ e-class, webmail
TEACHING ORGANIZATION *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.* *The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.*	

Activity	***Workload/semester***
Lectures	39
Field Exercise	50
Study and individual works	33
Interactive learning and analysis of digital material	25
Exams	3
Total	**150**

STUDENT EVALUATION *Description of the evaluation process* *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* *Please indicate all relevant information about the course assessment and how students are informed*	Final written examination (50%) Practical examination in compulsory exercise combination with rope (40%) Written assignments of a training planning (10%)

5. SUGGESTED BIBLIOGRAPHY

1. Nadejda Jastrjembskaia & Yuri Titov (1999). *Rhythmic Gymnastics,* Translated by Giannitsopoulou E. & Zisi V., Human Kinetics Inc.
2. Papanikolaou Chariklia (2009). *With music with motion: toys for music-kinetic education* (Book with 2 CDs), MOTIVO PUBLISHING SA, Athens.

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

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)	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. 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. 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. 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.