

COURSE OUTLINE TECHNICAL PREPARATION AND CODE OF POINTS IN RHYTHMIC GYMNASTICS

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	C673	SEMESTER	5th
COURSE TITLE	TECHNICAL PREPARATION AND CODE OF POINTS IN 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
		3	6
<i>Please, add lines if necessary. Teaching methods and organization of the course are described in section 4.</i>			
COURSE TYPE <i>Background, General Knowledge, Scientific Area, Skill Development</i>	SPECIALIZATION		
PREREQUISITES:	YES		
TEACHING & EXAMINATION LANGUAGE:	GREEK ENGLISH (ERASMUS STUDENTS)		
COURSE OFFERED TO ERASMUS STUDENTS:	YES		
COURSE URL:			

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 the completion of this course the female students will be able to:

- *know the regulations concerning the organization of the competitions, the evaluation procedure, the ranking of the athletes, the artistic value of the compositions and the penalties on individual programs with the five apparatus (rope, hoop, ball, clubs, ribbon)*
- *perform, in accordance with the code of points, the competitive routines without and with apparatus (rope, hoop, ball, clubs, ribbon)*
- *identify and produce applied knowledge of the regulations of the sport.*
- *design an individual program with musical accompaniment using the five apparatus (rope, hoop, ball, clubs, ribbon) in accordance with the code of points*
- *This course covers aspects of special regulations and basic principles*

concerning the judging requirements that are important to female students, who specialized in Rhythmic Gymnastics. The modules are designed to teach students the evaluation process of competitive routines, the technical and artistic value of the compositions, the various penalties of individual and group routines that are useful to create a competitive routine. The theoretical knowledge is combined with the practical implementation of regulations via video analysis of competitive routines at five apparatus (rope, hoop, ball, clubs, ribbon).

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
- Production of new research ideas
- 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. Introduction in rules and codes (General rules of individual competitions).
Judges panels of FIG Individual Competitions
2. Video-analysis of Organization of Competitions
3. Individual exercises - Difficulty overview – Difficulty of body (DB)
4. Apparatus technical groups
5. Dynamic elements with rotation (R)
6. Difficulty of apparatus (DA)
7. Groups of body movement elements (jumps and leaps). Video-analysis of technical value of difficulties of jumps and leaps
8. Groups of body movement elements (balances). Video-analysis of technical value of difficulties of balances
9. Groups of body movement elements (pivots). Video-analysis of technical

value of difficulties of pivots

10. *Individual exercises – Execution (E). Evaluation by the Execution Jury*

Explanations for execution penalties. Body movements

11. *Individual exercises –Artistry (A)*

12. *Dance steps combinations (S)*

13. *Apparatus program. Technical program for Juniors - Individual Exercises*

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	Face to face lectures and practical applications	
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 and Communication with students <ul style="list-style-type: none"> digital slides video MsTeams/ e-class, webmail 	
TEACHING ORGANIZATION <i>The ways and methods of teaching are described in detail.</i> <i>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	39
	Field Exercise	40
	Study and written assignments	65
	Written assignments of cognitive assessment	3
	Final examinations	3
	Total	150
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 Assignment, Essay / Report, Oral Exam, Presentation in audience, Laboratory Report, Clinical examination of a patient, Artistic interpretation, Other/Others</i> <i>Please indicate all relevant information about the course assessment and how students are informed</i>	Final written examination (40%) Practical examination (30%) Intermediate evaluation with written assignments of cognitive assessment (15%) Written assignment (15%)	

5. SUGGESTED BIBLIOGRAPHY

1. *Fédération Internationale de Gymnastique (2024). Code of Points 2025-2028 in Rhythmic Gymnastics, Lausanne.*
2. *Polymenopoulou K., Karadimou K., Pollatou E. (2008). Rhythmic exercises in Physical Education, Patakis Publisher, Athens.*
3. *Theodorakou K. (2013). Creative Gymnastics, Parikou Publisher, Athens.*

ANNEX OF THE COURSE OUTLINE

Alternative ways of examining a course in emergency situations

Teacher (full name):	Alexandra Avloniti, Associate Professor
Contact details:	alavloni@phyed.duth.gr
Supervisors: (1)	NO
Evaluation methods: (2)	Written Assignment (25%). Mid-term exams with written cognitive assessment tests (15%). Written examination with distance learning methods (60%).
Implementation Instructions: (3)	<p>The written assignment should be submitted via e-class on a specified date.</p> <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. The exam will be conducted through Teams. The link will be sent to students via e-class exclusively to the institutional accounts and they will have informed them of 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 0.5 to 2.0 points depending on the question category.</p>