

COURSE OUTLINE TEACHING OF RHYTHMIC GYMNASTICS PROGRAMS FOR ALL

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	C674	SEMESTER	6 th
COURSE TITLE	TEACHING OF RHYTHMIC GYMNASTICS PROGRAMS FOR ALL		
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>	Scientific Area		
PREREQUISITES:	No		
TEACHING & EXAMINATION LANGUAGE:	Greek English (Erasmus students)		
COURSE OFFERED TO ERASMUS STUDENTS:	Yes		
COURSE URL:	https://eclass.duth.gr/courses/122/		

2. LEARNING OUTCOMES

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 completion of the course, students will be able to:</p> <ul style="list-style-type: none"> • -Teach Rhythmic Gymnastics programs for all, with or without apparatus, in the school environment, as well as for people with disabilities, • Know the choreographic preparation and teaching of the technical analysis of exercises with clubs • Design an individual or group for all Rhythmic Gymnastics programs with musical accompaniment, with or without an apparatus or with the same apparatus (e.g. 5 balls) or with different types of apparatus (e.g. 2 ribbons and 3 hoops). • Perform technique exercises at a satisfactory level with all apparatus (hoop, rope, ball, clubs, ribbon) • Know the teaching of specialized exercises with the clubs • Design a choreographed program with the clubs using musical accompaniment 	
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</i>	<i>Project design and management Equity and Inclusion Respect for the natural environment Sustainability</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>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>
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<ul style="list-style-type: none"> • <i>Search, analysis and synthesis of data and information, ICT Use</i> • <i>Adaptation to new situations</i> • <i>Decision making</i> • <i>Autonomous work</i> • <i>Teamwork</i> • <i>Working in an interdisciplinary environment</i> • <i>Project design and management</i> • <i>Equity and Inclusion</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>
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3. COURSE CONTENT

1. *The usefulness of Choreographic Preparation in Gymnastics*
 2. *Internal regulations & guidelines for the evaluation of "Gymnastics for All" programs*
 3. *Teaching of Rhythmic Gymnastics for all programs in the school: Part I*
 4. *Teaching of Rhythmic Gymnastics for all programs in the school: Part II*
 5. *Teaching of Rhythmic Gymnastics for all programs in the school: Part III*
 6. *Choreographic preparation of Gymnastics for all without apparatus*
 7. *Composition of a Gymnastics for all program without an apparatus using musical accompaniment*
 8. *Design of group programs with the same type of apparatus using musical accompaniment*
 9. *Design of group programs with different types of apparatus using musical accompaniment*
 10. *Teaching of Rhythmic Gymnastics for all programs for people with disabilities - Part I*
 11. *Teaching Rhythmic Gymnastics for all programs to people with disabilities - Part II*
 12. *Teaching Rhythmic Gymnastics for all programs to people with disabilities - Part III*
 13. *Teaching Rhythmic Gymnastics for all programs to people with disabilities - Part IV*
- Teaching advanced and experiential learning courses (Field exercises)*
1. *Technical analysis of club's exercises (grips, swings in combination with rhythmic step, circles, rotations)*
 2. *Technical analysis of club's exercises (figures of eight)*
 3. *Technical analysis of club's exercises (mills)*

4. Technical analysis of club's exercises (rolls)
5. Technical analysis of club's exercises (asymmetrical movements)
6. Technical analysis of club's exercises (throws)
7. Club's exercise combinations I
8. Club's exercise combinations II
9. Design of an individual club's program with music accompaniment
10. Design of a group club's program with music accompaniment I
11. Design of a group club's program with music accompaniment II
12. Organizational analysis team competitions based on the Code of Point

4. LEARNING & TEACHING METHODS - EVALUATION

TEACHING METHOD <i>Face to face, Distance learning, etc.</i>	<p>Face to face Lectures and practical applications as well as distance learning</p> <p>Practical application with live implementation of exercise programs with clubs.</p> <p>Practical application of group programs with same apparatus (e.g. 5 balls) or with different types of apparatus (e.g. 3 hoops and 2 ribbons)</p> <p><i>Note: In the case of distance teaching, for the practical application modules, technical analysis of the exercises is provided through video viewing, recording and sending via e-class of training plans by the students and dynamic interaction through commentary and group sessions on how to design, guide and implement group programs in simulated conditions</i></p>	
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, 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	50
	Study and individual works	33
	Interactive learning and analysis of digital material	25
	Exams	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 (50%) Practical examination in exercise programs with clubs (50%)	

5. SUGGESTED BIBLIOGRAPHY

1. Karpenko LA, Winner IA, Bristrova IB, Naklonov GI, Ruba OG, Sivitsky BA, Steoanova IA, Teriochina P.N. (2007). *Rhythmic Gymnastics (Special Coaching, Choreography-Directing, Rhythmic Education)*, Edited by Greek Edition: Tsopani Despina, TELETHRION Publications, 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)	Final written internship
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>