

# COURSE OUTLINE APPLIED TEACHING OF RHYTHMIC GYMNASTICS SPECIALIZATION

## 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>	C675	<b>SEMESTER</b>	7 <sup>th</sup> or 8 <sup>th</sup>
<b>COURSE TITLE</b>	APPLIED TEACHING OF RHYTHMIC GYMNASTICS SPECIALIZATION		
<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	6
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>	Skill Development		
<b>PREREQUISITES:</b>	NO		
<b>TEACHING &amp; EXAMINATION LANGUAGE:</b>	Greek		
<b>COURSE OFFERED TO ERASMUS STUDENTS:</b>	NO		
<b>COURSE URL:</b>	<a href="https://eclass.duth.gr/courses/KOM02231/">https://eclass.duth.gr/courses/KOM02231/</a>		

## 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.*

After successful completion of the course, participants will be able to:

- Know how to teach individual and group exercise programs using various apparatus of Rhythmic Gymnastics
- Have expertise and experience in teaching the skills they applied
- Organize, teach and present choreographed individual or group exercise programs using music accompaniment on the various apparatus of the sport (rope, hoop, ball, clubs, ribbon)
- The course "Applied Teaching of the Rhythmic Gymnastics Specialization" aims to provide the opportunity for participants attending the Rhythmic Gymnastics Specialization to gain experience and expertise in teaching, organizing and presenting individual and group programs and to apply the specialized knowledge learned by designing choreographed compositions accompanied by music with the five apparatus of Rhythmic Gymnastics (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*

*Project design and management  
Equity and Inclusion*

<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>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>
<ul style="list-style-type: none"> <li>• <i>Search, analysis and synthesis of data and information, ICT Use</i></li> <li>• <i>Adaptation to new situations</i></li> <li>• <i>Decision making</i></li> <li>• <i>Autonomous work</i></li> <li>• <i>Teamwork</i></li> <li>• <i>Working in an interdisciplinary environment</i></li> <li>• <i>Project design and management</i></li> <li>• <i>Equity and Inclusion</i></li> <li>• <i>Demonstration of social, professional and moral responsibility and sensitivity to gender issues</i></li> <li>• <i>Critical thinking</i></li> <li>• <i>Promoting free, creative and inductive reasoning</i></li> </ul>	

### 3. COURSE CONTENT

<ol style="list-style-type: none"> <li>1. <i>Applied Teaching in individual compositions without apparatus</i></li> <li>2. <i>Applied Teaching in group compositions without apparatus</i></li> <li>3. <i>Applied Teaching in individual compositions with ball</i></li> <li>4. <i>Applied Teaching in group compositions with ball</i></li> <li>5. <i>Applied Teaching in individual compositions with rope</i></li> <li>6. <i>Applied Teaching in group compositions with ropes</i></li> <li>7. <i>Applied Teaching in individual compositions with hoop</i></li> <li>8. <i>Applied Teaching in group compositions with hoops</i></li> <li>9. <i>Applied Teaching in individual compositions with ribbon</i></li> <li>10. <i>Applied Teaching in group compositions with ribbons</i></li> <li>11. <i>Applied Teaching in individual compositions with clubs</i></li> <li>12. <i>Applied Teaching in group compositions with clubs</i></li> <li>13. <i>Applied Teaching in compositions combining different types of apparatus</i></li> </ol>
--

### 4. LEARNING & TEACHING METHODS - EVALUATION

<b>TEACHING METHOD</b> <i>Face to face, Distance learning, etc.</i>	Field practical applications	
<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, MsTeams/ e-class, webmail	
<b>TEACHING ORGANIZATION</b> <i>The ways and methods of teaching are described in detail.</i> <i>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.</i>	<b>Activity</b>	<b>Workload/semester</b>
	Applied Teaching – Practical application	39
	Organization of sports activities	50
	Study and preparation of individual teaching plans	30

<i>The supervised and unsupervised workload per activity is indicated here, so that total workload per semester complies to ECTS standards.</i>	Analysis and commentary of digital material	28
	Exams	3
	<b>Total</b>	<b>150</b>
<b>STUDENT EVALUATION</b> <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 report (100%)	

## 5. SUGGESTED BIBLIOGRAPHY

<ol style="list-style-type: none"> <li>1. Pollatou Elizana (2012). <i>Composition of Fitness Programs for Everyone from the conception of the idea to the final presentation</i>, EPIKENTRO Publications, Thessaloniki.</li> <li>2. Karin Martin, Ulla Ellermann (2001). <i>Versatile Rhythmic Education</i>, SALTO Publications, Thessaloniki.</li> </ol>
--

## ANNEX OF THE COURSE OUTLINE

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

<b>Teacher (full name):</b>	Helen Douda, Professor
<b>Contact details:</b>	<a href="mailto:edouda@phyed.duth.gr">edouda@phyed.duth.gr</a>
<b>Supervisors: (1)</b>	NO
<b>Evaluation methods: (2)</b>	Final written internship
<b>Implementation Instructions: (3)</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 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>