



COURSE DATA

Data Subject

Code	33209
Name	Gymnastics
Cycle	Grade
ECTS Credits	6.0
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. Period	year
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	1	First term
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Faculty of Physical Education and Sport Sciences	1	First term

Subject-matter

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	8 - Foundations of individual sports	Obligatory
1331 - Degree in Physical Activity and Sport Sciences (Ont)	8 - Fundamentos de los Deportes Individuales	Obligatory

Coordination

Name	Department
SANCHIS BERTOMEU, JOSE FRANCISCO	122 - Physical and Sports Education

SUMMARY

Its aim is to place the subject within the body of research of the degree offering learners a knowledge of the sport gymnastics that allows use in a professional environment.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

This subject does not require previous knowledge.

1312 - Degree in Physical Activity and Sport Sciences

- Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.
- Know and understand the fundamentals of game play and sport.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.
- Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.
- Plan, implement and evaluate the motor skills training process at its different levels and practice environments.
- Select and know how to use sports material and equipment, suitable for each type of activity and population.
- Know and understand the historical evolution of individual sports (athletics, gymnastics and swimming).
- Know and understand the regulations of individual sports (athletics, gymnastics and swimming).
- Know and understand the technical and tactical fundamentals of individual sports (athletics, gymnastics and swimming).
- Know and understand the teaching fundamentals of individual sports (athletics, gymnastics and swimming).
- Know and understand the areas of application of individual sports (athletics, gymnastics and swimming).
- Apply information and communication technologies (ICT) to the field of individual sports.
- Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.



- C.1 Knowing and understanding the historical development of individual sports (Athletics, Gymnastics and Swimming)
- C.2 Knowing and understanding the regulatory aspects of individual sports (Athletics, Gymnastics and Swimming)
- C.3 Knowing and understanding the technical and tactical foundations of individual sports (Athletics, Gymnastics and Swimming)
- C.4 Knowing and understanding the educational foundations of individual sports (Athletics, Gymnastics and Swimming)
- C.5 Knowing and understanding the scopes of individual sports (Athletics, Gymnastics and Swimming)
- C.6 Applying information technology (ICT) into the realm of individual sports
- C.7 Developing leadership skills, interpersonal and teamwork.
- C.8 Applying fundamental rights and equal opportunities for men and women, the principles of equal opportunity and universal access for disabled people and the values of a culture of peace and democratic values.

DESCRIPTION OF CONTENTS

1. Introduction to Gymnastics: History and Concept.

- 1.1.- History: Historical background. Origin and evolution of G.D. Current situation at International, National and Community Valenciana level.
- 1.2.- Concept of SG and the different modalities of gymnastics and Sports Gymnastics Activities. Fundamental characteristics.

2. Fundamentals of Sports Gymnastics. Areas and levels of enforcement in today's society. Agencies that regulate them. Material means for their practice.

- 2.1 .- SG Sports Fundamentals. Motor F. Concept. Types: Physical and Aesthetic. Regulations F. Concept. Tech F. Concept. Tactical F. Concept. Psychological F. Concept. Evolutionary Psychology: Gymnast formation phases . Applied Psychology sessions to P E, training and competition.
- 2.2 .- Scope and application levels. The gymnastic activities in the PE and its multiple dimensions. Scope and Application levels.
- 2.3 .- Regulators: federations, municipalities, schools and public schools.
- 2.4 .- Installations and materials for practice: Installation, Room and Equipment Assistant (Safety and facilitator).

3. Structure, classification and representation of gymnastic exercises based on gymnastics specific motor skills.

- 3.1.- Structure of the gymnastics gesture: Characteristics. Types of gestures: (external appearance of the gesture). Phases of gymnastic exercise.
- 3.2.- Classification of gymnastic moves.
- 3.3.- Representation and nomenclature of gymnastics.



4. Warm up exercises in Gymnastics.

- 4.1 .- Overview warm up exercises.
- 4.2 .- The number and profile of warm up exercises in the gym.
- 4.3 .- Types of warming up exercises for different areas and levels of implementation.
- 4.4 .- The warming up over the different periods of training.
- 4.5 .- The warming up in the different gymnastics modalities.
- 4.6 .- Warm up exercises as a means of fitness and technical skills in the Gymnastics.

5. The Dance in Gymnastics.

- 5.1 .- Importance of Dance in SG. 5.2 .- The Classical Dance in the SG: Basic Technical Aspects. 5.2.1 .- General Concepts and Terminology. 5.2.2 .- Basic Positions of legs and arms. 5.2.3 .- Bar Exercises. 5.2.4 .- Center Exercises. 5.2.5 .- Links and combinations. 5.3 .- The classical dance as a means of fitness and technical preparation in the SG.

6. The Women's and Men Artistic Gymnastics.

- 6.1 .- Technical and methodological fundamentals of gymnastic elements in floor exercises. 1 .-Basic Positions. 2 .- Balance elements: Plates and invested. 3 .- Lower Evolution: Displacement, turns, jumps. 4 .- Greater Evolution or Acrobatics: cartwheel, dump the hands forward, forward and side flips, back rotations and flips back. 5 .- Tumbling. 6 .- Links, choreography and composition of a floor exercise. Familiarity with various MAG specific routines: Floor exercises, Vaulting, rings, pommel horse, parallel bars and horizontal bar and the WAG: Floor, Vaulting table and Beam through the general routes. 6.2 .- General Rules of Competition in AG. 6.2.1 .- Purpose of the Code of Points and Types of Competitions. 6.2.2 .- The judges and their organization. 6.2.3 .- Rating for each modality: Womens and men AG. 6.2.4 .- Characteristics of the different routines: Floor, Vaulting , pommel horse, rings, parallel, horizontal bar, beam and uneven bars. 6.2.5 .- Composition and performance basic criteria of the Competition Exercises for Mag and WAG based on the Code of Points.

7. Gymnastic activities with elastic support: The Trampoline and Minitramp.

- 7.1 .- General aspects: historical references and Regulations of competition. 7.2 .- Technical basis of the springboard or trampoline, double Minitramp and Minitramp. 7.2.1 .- Trampoline: Vertical jumps in different positions, falls, jumps with rotation and rotation jumps and falls. 7.2.2 .- Minitramp and Double Minitramp: Vertical jumps without turning, vertical jump without turning to rebound from a minitramp to another, and vertical jumps combination in different positions. 7.3 .- Methodological fundamentals: Security measures and content and sequence specific didactic. 7.4 .- The importance of the use of elastic support gymnastic activities in the curriculum of physical education and their transfer to other sports. 7.5 .- Basic criteria for the composition and performance of the Exercises Competition for Trampoline and Minitramp code based on the score.



8. Cooperative Gymnastic Activities: Acrobatics.

8.1 .- General aspects: historical references and Regulations of competition. 8.2 .- Technical and methodological fundamentals of gymnastic elements in the Acrobatic Gymnastics: Holds, Characteristics and profile, top and bases and Repertoire of elements for different types of competition: pairs, womens groups and men groups. 8.3 .- Basic criteria for Exercises Competition in Acrobatics based on the Code of Points: Overview of the Code of Points and composition requirements for Static exercises (Balance), Dynamic (Tempo) and combined in different forms of competition. 8.4 .- The importance of the use and organization of cooperatives gymnastic activities in the curriculum of Physical Education.

9. The rhythmic gymnastics.

9.1 .- Technical and methodological fundamentals of body movements and also technical groups in apparatus: Ball, Rope, Hoop, Clubs and Ribbon. Exercises and Games (individual and group). 9.2 .- Introduction to the collective work: no apparatus (space-body relationship through work in pairs, trios, quartets and groups: Synchronicity, The contrast, the succession, the chains) and apparatus: Working couples, individual work with two apparatus, Group work with one or more apparatus: rhythm exercises with balls and clubs, group exercises with ropes and great ribbon pictures exercises . 9.3 .- Choreography group. 9.4 .- General Rules of Competition in RG. 9.4.1 .- Purpose of the Code of Points and Types of Competitions. Practicable. Apparatus. Gymnasts. Discipline. 9.4.2 .- The judges and organization. 9.4.3 .- Score for each category: Individual and Sets RG. 9.4.4 .- Body movements: Body and Technical Difficulties Groups. 9.4.5 .- Characteristics of different apparatus: Ball, Rope, Hoop, Clubs and Ribbon. 9.4.6 .- musical accompaniment. 9.4.7 .- Duration of the Exercises. 9.4.8 .- Apparatus (contacts, lost, broken). 9.4.8 .- Basic criteria for the composition and performance of the Exercises Competition for Individual and Groups RG based on the Code of Points.

10. The German Wheel or Rhönräd.

10.1 .- General Principles: Historical references and Regulations of competition. 10.2 .- Technical and methodological fundamentals of gymnastic elements with German Wheel: Dams feet and hands. Straight or Geraneturnen bearings. Spiral or Spiraleturnen bearings. Jumps or Sprung and Games. 10.3 .- Proposals and educational organization in different application areas on Rhönräd or German Wheel.

11. The aerobics.

11.1 .- Technical and methodological fundamentals of Groups of difficulties: dynamic strength, static strength, jumps / leaps and flexibility / balance. 11.2 .- Introduction to Individuals, Pairs, Trios and Groups work. Exercises and Games. 11.3 .- General Rules of Competition in Aerobics.



12. Other alternative gymnastics

12.1.- The Rope Skipping.

12.1.1.- Technical and methodological fundamentals of Exercises: individual rope, double rope and a large rope. Specific adapted games. 12.1.2 .- The importance of the use and organization of the Rope Skipping in the curriculum of Physical Education.

12.2.- Aerial Acrobatic Gymnastic Activities.

12.2.1.- Technical and methodological fundamentals of the Exercises with: aerial hoop, aerial silk, trapeze, straps, net, hammock, aerial pole, spiral and the latest trends. Specific adapted games.

12.2.2.- Importance of the use and organization of Aerial Acrobatic Gymnastic Activities in the Physical Education curriculum.

13. Choreography Principles training in Gymnastics

13.1.- Basics choreographic elements: Studying Exercises (Mounting or choreography). Concept of Element, Link, Merge, Series, Part and Whole.

13.2.- Importance of the musical aspect and / or rhythm in the composition and execution of Exercises.

13.3.- Sequence for the choreography construction.

14. Educational Principles of Planning and Programming Gymnastics.

14.1 .- Elements of Teaching-Learning process for scheduling and planning Gymnastics: Analysis of the baseline. Defining Objectives. Content Selection. Instructional Procedures: Teaching styles and Strategy practice. Teaching techniques and educational intervention and evaluation. 14.2 .- The session in different scopes, School Initiation and High Performance.

WORKLOAD

ACTIVITY	Hours	% To be attended
Classroom practices	60,00	100
	0,00	100
Attendance at events and external activities	10,00	0
Development of group work	10,00	0
Development of individual work	10,00	0
Study and independent work	15,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	20,00	0
Preparing lectures	4,00	0
Preparation of practical classes and problem	2,00	0
TOTAL	136,00	



TEACHING METHODOLOGY

The development of the course is structured around two hours, twice a week. Gymnastics from a sporting point of view has several modes of competition: Acrobatic, womens artistics, mens artistics, Rhythmic, Trampoline, Minitramp, Aerobic, etc.. This, coupled with its high technical content, requires a conscious active participation in practical classes . In addition, the practical needs theoretical support, so that in almost all sessions will the theoretical and the practical complement.

In the practical sessions the professor teaches and proposed the work that students have to develop, whereas, before completing the course, students hone their skills through individual and cooperative work in small groups in an autonomous way, under teacher supervision (preparation of 4 practices with the presence of the teacher and the rest as self homework). The 90% of the total is dedicated to the acquisition of specific skills of gymnastics from a sports point of view, the remaining 10% is dedicated to the exhibition and group discussion of theoretical aspects. Also, along the course, the work and participation in theoretical and practical activities will be proposed by the teacher, giving appropriated guidelines. ICT are often used as tools for developing these theoretical activities and some theoretical and practical aspects, and virtual classroom will be a constant line of communication between the teacher and the students.

EVALUATION

FIRST CALL

The evaluation system will be carried out taking into account theoretical and practical aspects, work proposed in class, attendance, punctuality, attitude, collaboration and participation in activities. The qualification of the subject will be in continuous modality and in final modality.

The **continuous evaluation** will be formed by the sum of the following parts:

a) **Attendance**, punctuality, attitude and collaboration, regarding practical classes: Maximum value 1 point.

Attendance with active participation in practical classes is very important. Those students who do not meet 80% attendance will not be eligible for continuous assessment, having to be assessed for the entire subject in final assessment mode. In this case, in the final evaluation, the marks of the partial evaluations will not be saved in order to be eligible for approval.

b) **Practical exam**: Maximum value 2 points.

Eliminatory if 1 point out of 2 is obtained. This exam assesses aspects related to the quality of execution and the choreographic idea of the Exercises. The test to be evaluated will consist of a Group Exercise or Choreography (exceptionally Individual), mixing some or all of the gymnastic modalities, with or without gymnastic apparatus.



In order to be able to take the practical exam, it will be necessary to have passed the different PARTIAL PRACTICAL TESTS that the teacher will propose throughout the course and that will deal with mastery of the most characteristic motor skills of each specialty. Special incidence will be made on Artistic Gymnastics skills. These partial tests will have the qualification of PASS OR FAIL.

c) **Theoretical exam:** Maximum value 2 points.

Content: everything indicated and taught, at a theoretical and practical level, by the teacher, since the same teacher will select, from the entire syllabus, those topics that she decides to teach during the course. Eliminary if you get 1 point out of 2.

This written exam assesses aspects related to theoretical support and the theory of practice through multiple choice questions, short questions and/or development questions. This test may consist of one or several improvised tests throughout the course. They may also have an eliminary character. Spelling mistakes and the omission of accents may lead to failure of this exam at the discretion of the teacher (two serious errors and/or the omission of more than three accents, or even one fault may lead to a deduction of 0.10 p and that of an accent 0.05 p).

d) **Daily tokens:** Maximum value 2 points.

They will be carried out for the periodic control of the practical sessions and so that the student has a written document of their own experience throughout the course. The cards will be mandatory and will be done individually or in pairs at the discretion of the teacher. They must be delivered compulsorily within the deadlines that will be determined at the beginning of the semester. Each of the deliveries will contain all the previously corrected, old and new cards. In each correction, the teacher will give the students a spreadsheet where the student will be able to follow the valuations of it. This form should always be next to the cards.

The elaboration of the cards, in pairs, must be a joint work between the couple, with which the contribution, the connection and the cooperation between them will be valued. The cards where a lack of connection is detected (format, letter, drawings...), will be valued negatively.

e) **Practice Book:** Maximum value 3 points.

The / a student / a individually will have this notebook prepared by the teachers of the subject, with a content of 14 practices that she must carry out throughout the semester.

Each practice will be related to the theoretical topics or notes of the subject that will be taught in class and that students will have at their disposal in photocopies and/or through different documents in the virtual classroom as tools to carry them out.

Each practice will contain mandatory and/or voluntary activities. The value of each activity will be marked in the description of each of them. In this way, the student will be able to achieve 3 points if he performs all the activities in which the correct sum of all of them allows him to reach said score and in no case may this score be exceeded.

The student will have to make several deliveries of the Practice Notebook throughout the semester to his/her teacher as he/she requests it for review and evaluation.



The completion of the work and activities, both mandatory and voluntary, will at all times be supervised by the teacher of the subject, who must be presented with the previous idea of the same and the successive reports on its development. Any work or activity presented at the end of the course that has not been tutored will not be valued. They will be carried out in accordance with the standards specified in a document called "Work and activities regulations" (attaching said regulations in an annex to the works as proof that the student knows them) and within the deadlines set by the teachers. The process and the quality of the work will be valued mainly.

All works will have an identification code. Some works, due to their length, must be delivered in documents attached to the Practice Notebook, with covers with identical characteristics to the notebook but always with the assigned code, practice number, job title or activity in question. They will be delivered electronically, in old computer versions and on printed paper. The regulations will specify how to name and mark the deliveries of electronic support.

STUDENTS SHOULD KNOW THAT THERE IS A SUBJECT NOTES DOCUMENT AND A PRACTICE NOTEBOOK AT THEIR DISPOSAL.

The maximum grade to which the student can choose is 10 points. Outstanding grades with 10 p. and Honors are reserved for students who obtain the highest grades objectively valued among the entire group.

In the **continuous evaluation**, the student will obtain various qualifications based on the tests and assignments that will be carried out throughout the course. The requirements to carry out the continuous evaluation will be:

- Having given the teacher the personal identification card before the end of the first month of the course.
- Have attended 80% of the total classes, at the end of the course.
- Having carried out all the tests at the time, as well as having delivered the appropriate work within the corresponding deadlines.
- Have passed each of the minimums of the Theoretical and Practical exams (have passed them).

Students who carry out the continuous evaluation, even having passed the Theoretical and Practical tests, must reach a minimum of 5 points to pass the subject.

Students who do not follow the continuous assessment in the first call will have to take the **final assessment**.

The final evaluation will consist of the sum of the following parts:

- a) **Practical exam:** Maximum value 3 points.
- b) **Theoretical exam:** Maximum value 2 points.
- c) **Daily tokens:** Maximum value 2 points.



e) **Practice Book:** Maximum value 3 points.

In the final evaluation the student will lose all rights to recover their grades obtained throughout the continuous evaluation.

The student with the pending subject from previous academic years will lose all rights to recover their grades obtained throughout the continuous or final evaluation of previous calls.

SECOND CALL

In second call the evaluation of the subject will be in continuous modality and in final modality.

The continuous evaluation will be formed by the sum of the following parts:

- a) **Attendance**, punctuality, attitude and collaboration, regarding practical classes: Maximum value 1 point.
- b) **Practical exam:** Maximum value 2 points.
- c) **Theoretical exam:** maximum value 2 points.
- d) **Daily tokens:** Maximum value 2 points.
- e) **Practice Book:** Maximum value 3 points.

Students who carry out the continuous evaluation, even having passed the Theoretical and Practical tests, must reach a minimum of 5 points to pass the subject.

Students who do not follow the continuous assessment in the second call will have to take the final assessment.

The final evaluation will consist of the sum of the following parts:

- a) **Practical exam:** Maximum value 3 points.
- b) **Theoretical exam:** Maximum value 2 points.
- c) **Daily tokens:** Maximum value 2 points.
- e) **Practice Book:** Maximum value 3 points.

In the final evaluation the student will lose all rights to recover their grades obtained throughout the continuous evaluation.



The student with the pending subject from previous academic years will lose all rights to recover their grades obtained throughout the continuous or final evaluation of previous calls.

VERY IMPORTANT NOTE:

- 1.- Possessing a minimum level of Spanish grammar for a future Graduate is essential, therefore, both in written exams and in written assignments, spelling mistakes will be deducted from the final grade of each assignment or exam at a rate of 0.10 points for each fault and 0.05 points for each accent.
- 2.- "The literal, total or partial copy of other people's works, presenting them as their own, is considered unacceptable conduct in the academic field. On the other hand, and by the Intellectual Protection Law, total or partial reproductions of the works are usually prohibited. third-party works, and its non-compliance may give rise to the corresponding offenses or criminal offenses".

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