

**COURSE DATA****Data Subject**

Code	33209
Name	Gymnastics
Cycle	Grade
ECTS Credits	6.0
Academic year	2020 - 2021

Study (s)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Faculty of Physical Education and Sport Sciences	1	Other cases
1331 - Degree in Physical Activity and Sport Sciences (Ontinyent)	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 (Ontinyent)	8 - Fundamentos de los Deportes Individuales	Obligatory

Coordination

Name	Department
MARTINEZ MARTINEZ, MARIA CONSUELO	122 - Physical and Sports Education
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.

OUTCOMES

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.



LEARNING OUTCOMES

Derivatives of skills.

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 Rhönrad.

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 Rhönrad 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: The Rope Skipping.

12.1 .- Technical and methodological fundamentals of Exercises: individual rope, double rope and a large rope. 12.2 .- The importance of the use and organization of the Rope Skipping in the curriculum of Physical Education.

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 ANNOUNCEMENT

The evaluation system will take into account theoretical, practical work proposed in class, attendance, punctuality, attitude, cooperation and participation in activities. The rating of the course will be continuous and formed by the sum of the following parts:

a) Attendance, punctuality, attitude, collaboration on practical classes: Maximum value 1 point. It is mandatory to have participated in 80% of the practices at least as resolution of the Board of Department of Physical Education and Sports, to pass the course is mandatory to carry out at least 80% of practices in both ordinary call as extraordinary. "The active assistance to the practical classes is compulsory. Lack of assistance to over 20% of practical classes prevent consideration, in the ordinary call as in the extraordinary, having to complete them to pass the course."

b) Practical Examination: Maximum value 2 points. Qualifying from 1 point on 2. This test assesses the quality aspects of performance and choreographic idea of the Exercises. The test to be evaluated consist of a Group Exercise or choreography (exceptionally Individual) and can use any of the gymnastics disciplines unilaterally or mixing some or all of them, with or without gymnastic equipment. To perform the practical test it's compulsory to pass the different TESTING PARTIAL PRACTICES that the teacher will propose during the course and that will focus on the mastery of more characteristics motor skills of each specialty. There will be special emphasis on the skills of artistic gymnastics. These tests will have the qualification of pass or fail.

c) Theoretical Exam: Maximum value of 2 points. Content: all of the theoretical and practical contents given by the teacher, selected from all the issues included in this guide. Qualifying from 1 point over 2 p. The written test assesses aspects of the theoretical support to the theory and practice through multiple choice questions, short answers and / or development. This test may consist of one or more improvised along the way. They may also be qualifying. The spelling and the omission of accents may involve the suspense of this test (two serious errors and / or omission of more than three accents, or even a failure can be a deduction of 0.10 p. and an accent p 0.05).

d) Practice Notebook: Maximum value 3 points. The individual student will have this book written by teachers of the subject, containing 14 practices to be carried out throughout the semester. Each practice will be related to the theoretical taught in class and will be available in photocopies and / or through various documents in the virtual classroom as tools for their realization.

Each practice will consist of two levels of activities, some mandatory and some voluntary. The value of each activity will be marked in the description. Thus the student can reach 4 points if he performs all the activities that enable him to achieve that score. The student must take three deliveries of his Practice Notebook throughout the semester, as this is requested for review and periodic evaluation from their teacher.

The completion of the work and activities both mandatory and voluntary will have the guidance of the teacher, to whom must be presented the idea and the successive reports of its development. Any work or activity course presented at the end without the teacher guidance will not be allowed or assessed. Any work or activity must be conducted in accordance with the standards specified in a document called "Standards of work and activities" (attaching those rules in an annex of the work as proof that the student knows it is required) and within the time limits. The written work process and quality are the main factors for the assessment.



All work will have an identification code. Some jobs, by extension, must be delivered as attached documents to the lab notebook, with identical features covers of the notebook but always with the assigned code, number of practice, job title or activity. Electronically and print delivered. The specific name and electronic mark regulations shall be delivered.

e) Daily Sheets: Maximum value 2 points.

For periodic monitoring of practical sessions and for students, to have a written record of their own experience throughout the course. The cards shall be binding and individual or in pairs, with teacher's criterial, and must be submitted with your lab notebook in the latest instalment.

There are two options for class cards. The students can make it in pairs and may obtain a maximum value of 2 point, or everyone can obtain a copy of the diary cards from the other students' pair and complete records in their own way, and may obtain a maximum value of 1 point, in this case.

Daily Sheets must be made really in colaboration with partner and it will be very important that they are conected in several aspects.

STUDENT HAVE TO KNOW THAT EXIST A DOCUMENT OR BOOK ABOUT THE SUBJET AND OTHER DIFERENT FROM PRACTICE NOTEBOOK.

The maximum grade that the student can choose is 10 points. Outstanding scores with 10 p. and honours are reserved for students who obtain the highest grades objectively rated among the group.

The evaluation will be on-going. The student will obtain various grades based on tests and assignments that will be happening along the way. The requirements for on-going evaluation will be:

- Giving the personal identification card to the teacher before to finish the first month.
- Attending 80% of classes after the course.
- Completing all tests at the time and timely delivery of work on deadlines.
- Passing each of the minimum of evidence, both theoretical and practical (to have them approved).Students that, still having made continuous assessment, even with approved Theoretical and Practical tests, do not exceed the approved, will meet teachers and receive appropriate guidance in order to achieve the score that allows them to pass the subject in the ordinary call (first). Students who do not follow the continuous assessment must be assessing for the recovery or second call.

SECOND ANNOUNCEMENT

The evidence of the call for the recovery or second are the same as in the first call with the following variations in the sections that are specified:

a) Theoretical exam mark: maximum 1 point. The content of this review will refer to all theoretical and practical material provided during the course, and shall be written-oral route.



- b) Practical exam mark: maximum 2 points. The content of this review will refer to all the practical matter given during the course. Exercises to evaluate consist of an exercise or Individual Choreography (Exceptionally group) and can use any of the terms unilaterally gymnastics or mixing some or all of them, with or without gymnastic equipment.
- c) Interview with the teacher for concrete work and other activities that allow students to get right level to pass the course as the rest of his teammates.

It will be very important to be surpass the mean exams, Theoretical and Practical, to pass the subject.

La evaluación es propia de cada curso académico, por tanto, no se tendrán en cuenta evaluaciones parciales de cursos previos.

VERY IMPORTANT NOTE:

- A. - Have a minimum level of Spanish grammar for a future graduate is essential so that both written exams and writing assignments misspellings deducted from the final examination of each job or a rate of 0.10 points each offense and 0.05 points for each accent.
2. - "Verbatim copying in whole or in part, presenting works of others as our own behaviour is considered unacceptable in the academic field. On the other hand, and Intellectual Protection Act, are usually prohibited or partial views of the works of others which may result in noncompliance with the relevant offenses or criminal offenses. "

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ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

ADENDA A LA GUÍA DOCENTE MOTIVADA POR COVID 19 - 2º CUATRIMESTRE (1º y 2º CONVOCATORIA)

Para realizar la evaluación sumativa del alumnado, la propuesta evaluativa, adaptada a las condiciones del estado de alarma causada por el Covid-19, se la siguiente:



1ª Convocatoria:

a) Asistencia, puntualidad, actitud y colaboración, respecto a las clases practicas impartidas: Valor máximo 1 punto (10%).

Si no se llegara a impartir el 50% de clases del curso, la nota de este apartado pasaría a sumarse al valor de la nota del apartado d (prueba escrita abierta).

b) Prueba Práctica Individual. Superación a nivel práctico, o grabación personal de la prueba práctica, o valoración y evaluación de una grabación de un supuesto práctico proporcionado por el profesor: Valor máximo 1,5 puntos (15%).

c) Pruebas de evaluación por trabajos académicos.

- Elaboración y exposición (grabación) de 2 trabajos del temario: Valor máximo 3 puntos (30%).
- Elaboración de 2 progresiones metodológicas: Valor máximo 1,5 puntos (15%).
- Elaboración de pruebas objetivas (tipo test): Valor máximo 1 punto (10%).

d) Prueba escrita abierta (con respuestas cortas, restringidas, de correspondencia, de cumplimentación, de verdadero o falso,): Valor máximo 2 puntos (20%).

2ª Convocatoria:

a) Prueba Práctica Individual. Superación a nivel práctico, o grabación personal de la prueba práctica, o valoración y evaluación de una grabación de un supuesto práctico proporcionado por el *profesor: Valor máximo 1,5 puntos (15%).

b) Pruebas de evaluación por trabajos académicos.

- Elaboración y exposición (grabación) de 2 trabajos del temario: Valor máximo 3 puntos (30%).
- Elaboración de 2 progresiones metodológicas: Valor máximo 1,5 puntos (15%).
- Elaboración de pruebas objetivas (tipos maceta): Valor máximo 1,5 puntos (15%).



c) Prueba escrita abierta (con respuestas cortas, restringidas, de correspondencia, de cumplimentación, de verdadero o falso,): Valor máximo 2,5 puntos (25%).

Addendum to the teaching guide for the 2nd term of the academic year 2020/2021:

The teaching from February 2021 will start on 8 February, in online and synchronous mode, and will be maintained until the Consell de Govern de la Universitat de València reports on its completion and/or modifications.