

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

<b>Code</b>	33209
<b>Name</b>	Gymnastics
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2021 - 2022

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
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**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
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**

<b>Name</b>	<b>Department</b>
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
<b>TOTAL</b>	<b>136,00</b>	

**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, proposed class work, attendance, punctuality, attitude, collaboration and participation in activities. The grade of the course will be continuous and formed by the sum of the following parts:

(a) Attendance, punctuality, attitude and collaboration, with respect to practical classes: maximum value 1 point.

Attendance with active participation in the practical classes is compulsory". Failure to attend more than 20% of the practical classes will prevent the student from passing the exam, both in the ordinary and in the extraordinary exams.

b) Practical exam: Maximum value 2 points.

Eliminatory if 1 point out of 2 is obtained.

This exam evaluates 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 gymnastic modalities, with or without gymnastic apparatus.

In order to access 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 the mastery of the most characteristic motor skills of each specialty. Special emphasis will be placed on the skills of Artistic Gymnastics. These partial tests will be graded PASS OR FAIL.

c) Theoretical exam: Maximum value 2 points.

Eliminatory if 1 point out of 2 is obtained.

Content: everything indicated and taught, at a theoretical and practical level, by the teacher, since the same teacher will select, from the whole syllabus, those topics that he/she decides to teach during the course.

This written exam assesses aspects related to the 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 be of an eliminatory nature. Spelling mistakes and the omission of accents may lead to the failure of this exam at the discretion of the teacher (two serious mistakes and/or the omission of more than three accents, or even a fault can lead to a deduction of 0.10 p. and the omission of an accent 0.05 p).



d) Daily cards: Maximum value 2 points.

They will be made for the periodic control of the practical sessions and so that the student has a written document of his own experience throughout the course. The cards will be obligatory and will be done individually or in pairs at the teacher's discretion. They will have to be delivered obligatorily in the terms that will be determined at the beginning of the term. Each of the deliveries will contain all the previously corrected, previous and new worksheets. In each correction, the professor will give the students a form where the student can follow his evaluations. This sheet must always be attached to the worksheets.

The elaboration of the worksheets, in pairs, must be a joint work between the pair, so that the contribution, the connection and the cooperation between them will be valued. The worksheets in which a lack of connection is detected (format, handwriting, drawings...), will be negatively evaluated.

e) Practice Notebook: Maximum value 3 points.

The individual student will have this notebook prepared by the professors of the course, with a content of 14 practices to be performed throughout the four-month period.

Each practice will be related to the practical and theoretical topics or notes of the course 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 for the realization of the same.

Each practice will contain compulsory and/or voluntary activities. The value of each activity will be marked in the description of each one of them through codes. For example, 102, would correspond to an activity of Practice 1, Mandatory and it would be the 2nd Activity. In this way the student will be able to reach the 3 points if he/she completes all the activities in which the correct sum of all of them allows him/her to reach this score and in no case this score can be exceeded.

The student will have to make several deliveries of the Practice Notebook throughout the term to his/her teacher as he/she requests it for review and evaluation. Since there are obligatory activities that are carried out in class, the student will have to take it with him/her to each class.

The realization of the work and activities, both compulsory and voluntary, will be supervised at all times by the teacher of the subject, to whom the previous idea of the same and the successive reports of its development must be presented. No work or activity presented at the end of the course will be valued.

**STUDENTS SHOULD BE AWARE THAT THERE IS A DOCUMENT OF NOTES OF THE COURSE AND A PRACTICE NOTEBOOK AT THEIR DISPOSAL.**

The maximum grade for the course to which the student may be entitled is 10 points. The grades of Outstanding with 10 p. and Honors are reserved for students who obtain the highest grades objectively assessed among the entire class group.

The evaluation will be continuous. The student will obtain different grades based on the tests and assignments that will take place throughout the course. The requirements to be able to carry out the continuous evaluation will be:

- To have handed in the personal identification form to the teacher before the end of the first month of the course.





- To have attended 80% of the total number of classes at the end of the course.
- To have taken all the tests in due time, as well as to have handed in the appropriate work within the corresponding deadlines.
- To have passed each of the minimums of the tests, both Theoretical and Practical (to have passed them).

Students who, even having taken the continuous evaluation, even having passed the Theoretical and Practical tests, do not pass, must meet with the teacher and receive the appropriate guidance in order to achieve the score that allows them to pass the course in the ordinary (first) call. Students who do not follow the continuous evaluation will have to take the evaluation of the recovery or second call.

Students with the subject pending from previous courses will have to do everything previously required, being the teacher's criterion to apply the appropriate variations of the current course.

## **SECOND CALL**

The tests of the second call are the same as in the first call with the following variations in the sections that are specified:

- a) Theoretical exam grade: maximum value 2 points. The content of this exam will refer to all the theoretical-practical material taught during the course and will be written and/or oral.
- b) Practical exam grade: maximum value 2 points. The content of this exam will refer to all the practical material taught during the course. The Exercises to be evaluated will consist of an Individual or Group Exercise or Choreography (with priority if there is a number of classmates in similar conditions even if they are not from the same class group), being able to use any of the gymnastic modalities unilaterally or mixing some or all of them, with or without gymnastic apparatus.
- c) Interview with the teacher to specify other works and activities that allow the student to achieve the appropriate level to pass the subject like the rest of his/her classmates.

It will be an essential requirement to have passed each of the minimums of the tests, both Theoretical and Practical (to have passed them).

Students with the subject pending from previous courses must do everything previously required, being the teacher's criterion to apply the appropriate variations of the current course.

## **VERY IMPORTANT NOTE:**

1.- To have a minimum level of Spanish grammar for a future Graduate is essential so that both in written exams and in written work, spelling mistakes will be deducted from the final grade of each paper or exam at the rate of 0.10 points for each fault and 0.05 points for each accent.



2.- "The literal copying, total or partial, of other people's works presenting them as one's own is considered unacceptable conduct in the academic field. On the other hand, and according to the Law of Intellectual Protection, total or partial reproductions of other people's works are usually forbidden, and non-compliance may give rise to the corresponding misdemeanors 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**

**English version is not available**