



## IDENTIFYING DATA

### Fundamentals of gymnastic sports

Subject	Fundamentals of gymnastic sports			
Code	P02G050V01404			
Study programme	(*)Grao en Ciencias da Actividade Física e do Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2nd	2nd
Teaching language	Spanish			
Department				
Coordinator	Gutierrez Sánchez, Águeda Fernández Villarino, María de los Ángeles			
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General description	(*)Os deportes ximnásticos son aqueles incluídos na Federación Internacional de Ximnasia. Nesta materia abordaranse os fundamentos técnicos e didácticos destes deportes de forma pormenorizada en dous grandes bloques: 1. Habilidades Rítmico-Expresivas. Ximnasia Aeróbica, Ximnasia Rítmica e Ximnasia para Todos. 2. Habilidades Ximnástico-Acrobáticas. Ximnasia Artística, Ximnasia Acrobática e Trampolín			

## Competencies

Code	
A1	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e ao deporte con atención ás características individuais e contextuais das persoas
A3	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, na proposta de tarefas nos procesos de ensino-aprendizaxe a través da actividade física e o deporte
A4	(*)Capacidade para identificar os riscos que se derivan para a saúde dos escolares debido á práctica de actividades físicas inadecuadas
A5	(*)Capacidade para planificar, desenvolver e avaliar a realización de programas de deporte e actividade física escolar
A6	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade nos procesos de ensino-aprendizaxe a través da actividade física e do deporte
A7	(*)Capacidade para planificar, desenvolver e controlar o proceso de adestramento nos seus distintos niveis
A10	(*)Capacidade para identificar os riscos, que se derivan para a saúde dos deportistas, da práctica de actividades físicas inadecuadas no contexto do adestramento deportivo
A12	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo, adecuado para cada tipo de actividade de adestramento deportivo
A15	(*)Capacidade para identificar os riscos que se derivan para a saúde do desenvolvemento das actividades físicas inadecuadas entre a poboación que realiza práctica física orientada á saúde
A17	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas orientada á saúde
A18	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado, para cada tipo de actividade que practique a poboación de adultos, maiores e discapacitados
A24	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade físico-deportiva recreativa, con atención ás características individuais e contextuais das persoas
A26	(*)Capacidade para seleccionar o material e equipamento deportivo adecuado para cada tipo de actividade físico-deportiva recreativa

A29	(*)Capacidade para identificar os riscos que se derivan para a saúde, da práctica de actividades físicas inadecuadas nos practicantes de actividade físico-deportiva recreativa
B1	(*)Conceptualización e identificación do obxecto de estudo das Ciencias da Actividade Física e do Deporte
B2	(*)Coñecemento e comprensión da literatura científica do ámbito da actividade física e o deporte
B3	(*)Coñecemento e comprensión dos factores fisiolóxicos e biomecánicos que condicionan a práctica da actividade física e o deporte
B4	(*)Coñecemento e comprensión dos factores comportamentais e sociais que condicionan a práctica da actividade física e o deporte
B5	(*)Coñecemento e comprensión dos efectos da práctica do exercicio físico sobre a estrutura e función do corpo humano
B7	(*)Coñecemento e comprensión dos fundamentos, estruturas e funcións das habilidades e patróns da motricidade humana
B8	(*)Coñecemento e comprensión da estrutura, función e desenvolvemento das diferentes manifestacións da motricidade humana
B9	(*)Coñecemento e comprensión dos fundamentos do exercicio físico, xogo motor, danza, expresión corporal e actividades na natureza
B10	(*)Coñecemento e comprensión dos fundamentos do deporte
B12	(*)Aplicación das tecnoloxías da información e comunicación (TIC) ao ámbito das Ciencias da Actividade Física e do Deporte
B13	(*)Hábitos de excelencia e calidade no exercicio profesional
B14	(*)Utilización da información científica básica aplicada á actividade física e ao deporte nas súas diferentes manifestacións
B15	(*)Capacidade para deseñar, desenvolver e avaliar os procesos de ensino-aprendizaxe relativos á actividade física e do deporte, con atención ás características individuais e contextuais das persoas
B18	(*)Capacidade para aplicar os principios fisiolóxicos, biomecánicos, comportamentais e sociais, aos diferentes campos da actividade física e o deporte
B19	(*)Capacidade para avaliar a condición física e prescribir exercicio físico orientado cara á saúde
B21	(*)Capacidade para planificar, desenvolver e controlar a realización de programas de actividades físico-deportivas
B23	(*)Capacidade para seleccionar e saber utilizar o material e equipamento deportivo adecuado para cada tipo de actividade
B24	(*)Actuación dentro dos principios éticos necesarios para o correcto exercicio profesional

### Learning aims

Expected results from this subject	Training and Learning Results	
(*)Identificar los elementos y parámetros que configuran la estructura de las modalidades gimnásticas: aspectos reglamentarios, espacios de acción, habilidades técnicas, habilidades manipulativas, habilidades coreográficas, etc.	B1 B7 B8 B10	
(*)Saber cuáles son las características y demandas fundamentales para el aprendizaje de las habilidades específicas de los deportes gimnásticos.	B2 B3 B4 B10 B12 B14	
(*)Comprender los diferentes ámbitos de aplicación de los deportes gimnásticos y conocer los objetivos y metodologías adecuadas a cada contexto.	A5 A7 A17 A24	B10 B15 B18
(*)Disponer de los fundamentos y contenidos didácticos que permitan desarrollar procesos de enseñanza-aprendizaje relacionados con las habilidades gimnásticas.	A1 A3 A4 A5	B3 B5 B7 B10 B15
(*)Utilizar los principios técnicos y los recursos metodológicos que permitan al alumnado intervenir, desde la perspectiva educativa o deportiva, en relación a las habilidades gimnásticas.	A1 A6	B21 B23
(*)BLOQUE I. HGA:- Adquirir los conocimientos de desarrollo de la condición física específica, adaptada a las actividades gimnástico-acrobáticas, así como asociar éstas con el desarrollo de las capacidades psicomotoras.	A3 A6	B7 B8 B19
(*)- Dominar las técnicas gimnásticas para su correcta aplicación en cuanto a los aspectos de seguridad en la ejecución (ayuda y colocación del material)	A4 A6 A10 A12 A15 A18 A26 A29	B5 B7

(*)Aplicar adecuadamente diferentes recursos didácticos (establecimiento de objetivos, feedback, A1 refuerzos, etc.)para mejorar movimientos técnicos de estos deportes.	B10
(*)- Aceptar las actividades gimnástico-acrobáticas para que los futuros docentes las transmitan y desarrollen en el uso de su libertad profesional.	B1 B13 B24
(*)Diseñar y aplicar instrumentos de observación sistemática para identificar o corregir modelos de ejecución propios de estos deportes	A1 A5 B10
(*)Experimentar y desarrollar habilidades de carácter coreográfico, tanto de tipo individual como colectivas, favoreciendo la capacidad del alumnado para la elaboración de producciones creativas mediante el encadenamiento de las habilidades desarrolladas en la materia.	B9 B10

## Contents

Topic	
Subject 1. The gymnastic sports in the context of the Sciences of the Physical Activity and of the Sport.	1.1. Preliminary concepts of the gymnastic sports: Classification.
RHYTHMICAL BLOCK-EXPRESSIVE. To. AEROBIC GYMNASTICS	*P.2.1. Key elements of the music *P.2.2. The initiation through the game of the Aerobic Gymnastics.
Subject 2. The music and the Basic Steps of Aerobic Gymnastics.	*P.2.3. The basic steps like support of the choreographic designs *P.2.4. The choreographic options in Aerobic Gymnastics
Subject 3. Introduction to the study of the Aerobic Gymnastics and his field of application	3.1. The Aerobic Gymnastics of Competition 3.2. The Aerobic Gymnastics in the school field 3.3. The Recreational Aerobic Gymnastics/Health
Subject 4. The Sportive Aerobic Gymnastics	4.1. Origins and Evolution
Subject 5. Basic characteristics of the aerobic gymnastic skills	5.1. Taxonomy of the motricity actions of the Aerobic Gymnastics 5.1.1. Skills of Dynamic Strength 5.1.2. Skills of Static Strength 5.1.3. Skills of Jumps 5.1.4. Skills of Flexibility and Balance.
*B. RHYTHMICAL GYMNASTICS	*T.1.1. Concept and Preliminary.
Subject 1. The rhythmical skills-expressive in the context of the Sciences of the Physical Activity and of the Sport	
Subject 2. Elements of the Rhythmical Gymnastics	*T.2.1. Continuity of the actions *T.2.2. Globality of the actions *T.2.3. Dialogue with the devices *T.2.4. Rhythm *T.2.5. Space *T.2.6. Expressivity *T.2.7. Creativity *T.2.8. Variety
Subject 3. Initiation to the technical skills and his didactic I	*T.3.1. Corporal technical skills *T.3.2. Technical manipulative skills *T.3.2.1. General principles of manipulation of devices
Subject 4. The dance like base of the corporal technical skills	*P.4.1. Basic corporal position. *P.4.1.1. Description. *P.4.1.2. Fundamental technical appearances. *P.4.1.3. Typical errors *P.4.1.4. Methodological progression *P.4.2. Elements of the dance:pliés, jettés. I relieved *P.4.2.1. Description. *P.4.2.2. Fundamental technical appearances. *P.4.2.3. Typical errors *P.4.2.4. Methodological progression.
Subject 5. The corporal skills of balance	*P.5.1. Description. *P.5.2. Fundamental technical appearances. *P.5.3. Typical errors *P.5.4. Methodological progression
Subject 6. The corporal skills of twist	*P.6.1. Description. *P.6.2. Fundamental technical appearances. *P.6.3. Typical errors *P.6.4. Methodological progression
Subject 7. The corporal skills of jump	*P.7.1. Description *P.7.2. Fundamental technical appearances *P.7.3. Typical errors *P.7.4. Methodological progression

Subject 8. The manipulative skills of the devices of rhythmical gymnastics	<ul style="list-style-type: none"> <li>*P.8.1. Manipulative skills common</li> <li>*P.8.1.1. Description</li> <li>*P.8.1.2. Fundamental technical appearances</li> <li>*P.8.1.3. Typical errors</li> <li>*P.8.1.4. Criteria of variation</li> <li>*P.8.1.5. Methodological progression</li> <li>*P.8.2. Skills manipulatives specific: ring, ball, rope, mazas, strip.</li> <li>*P.8.2.1. Description</li> <li>*P.8.2.2. Fundamental technical appearances</li> <li>*P.8.2.3. Typical errors</li> <li>*P.8.2.4. Criteria of variation</li> <li>*P.8.2.5. Methodological progression</li> </ul>
Subject 9. The artistic component of the rhythmical gymnastics	<ul style="list-style-type: none"> <li>*T.9.1. Music</li> <li>*T.9.2. Choreography</li> </ul>
Subject 10. The process *compositivo in the gymnastic sports.	<ul style="list-style-type: none"> <li>*P.10.1. Phases of the compositive process</li> <li>*P.10.2. Exhibition of the gymnastic exercise created</li> <li>*P.10.3. Evaluation of the gymnastic exercise</li> </ul>
<b>GYMNASTIC BLOCK-ACROBATIC</b>	
Subject 1. Biomechanical development and methodological of the gymnastic elements preacrobatics.	<ul style="list-style-type: none"> <li>*T.1.1. Biomechanical aims of the gymnastic rollings.</li> <li>*T.1.2. Theoretical bases of the gymnastic balances</li> <li>*T.1.3. Appearances of space and dynamic organisation of the jumps of horse and of springboard.</li> <li>*T.1.4. Didactic specific of the gymnastics.</li> </ul>
Subject 2. Knowledge of the dynamic principles of the acrobatic jumps.	<ul style="list-style-type: none"> <li>*T.2.1. Space organisation of the acrobatic jumps.</li> <li>*T.2.2. Dynamic characteristics applied to the structural groups of the acrobatic jumps.</li> <li>*T.2.3. Knowledge and dynamic answer of the gymnastic material.</li> </ul>
Subject 3. Organisational appearances in the gymnastic field.	<ul style="list-style-type: none"> <li>*T.3.1. Origins and evolution of the gymnastic discipline.</li> <li>*T.3.2. Assessment and trial of the gymnastic contests.</li> <li>*T.3.3. Current development in the gymnastic field</li> </ul>
Practise 1. Gymnastic elements of school level (preacrobatics)	<ul style="list-style-type: none"> <li>*P.1.1. Rollings. Technical and methodological command.</li> <li>*P.1.2. Gymnastic balances. Technical and methodological command.</li> <li>*P.1.3. Jumps of horse and of springboard. Technical and methodological command.</li> </ul>
Practise 2. Acrobatic gymnastic elements	<ul style="list-style-type: none"> <li>*P.2.1. Free rollings in floor. Technical and methodological command.</li> <li>*P.2.2. Jumps of floor advance and sides with impulse of a leg. Technical and methodological command.</li> <li>*P.2.3. Crossbows of floor. Technical and methodological command.</li> <li>*P.2.4. Jumps backwards in floor with support of intermediate hands. Technical command and *metodo-logical.</li> </ul>
Theoretical-Practises 3. The Acrobatic Gymnastics in the educational field	<ul style="list-style-type: none"> <li>P.3.1. The preys of hands. The different roles of the students.</li> <li>P.3.2. Methodical measures for their education</li> <li>P.3.3. Individual basic positions. Basic trainings and groups: corporal figures and human pyramids.</li> </ul>

## Planning

	Class hours	Hours outside the classroom	Total hours
Master Session	30	60	90
Laboratory practises	30	30	60
Autonomous troubleshooting and / or exercises	16	16	32
Group tutoring	4	8	12
Autonomous practices through ICT	0	2	2
Presentations / exhibitions	2	2	4
Short answer tests	2	0	2
Reports / memories of practice	0	21	21
Practical tests, real task execution and / or simulated.	2	0	2

\*The information in the planning table is for guidance only and does not take into account the heterogeneity of the students.

## Methodologies

	Description
Master Session	The master sessions will use for the explanation of the theoretical contents and explanation of the practical contents of the matter. It constitutes a face-to-face activity in the classroom by means of the utilisation of personal and audiovisual means. They will realise with all the group.
Laboratory practises	Self-realization of the practical contents of the session guided by the *profesorado

Autonomous troubleshooting and / or exercises	It will pose the development of a choreography that will have by reference the gymnastic modalities treated in the development of the matter.
Group tutoring	The individual work or in small groups, where the professors can do an individualized follow-up, constituting an autonomous activity, that teaches to the students to work of independent form. The student has to coordinate with the rest of mates of his group with the end that the learnings are significant and of collaborative form.
Autonomous practices through ICT	They will pose small tasks and resolution of problems that will resolve virtually by means of the platform Tema.
Presentations / exhibitions	Execution and exhibition of the choreography elaborated in collaboration with the mates.

### Personalized attention

Methodologies	Description
Group tutoring	This time is reserved to attend and resolve the doubts of the students. It will be individual and in groups reduced, in function of the character of the attention. When it was individual will take place in the dispatch of the educational, by videoconference or by mail. These activities have like function orient and guide the process of learning of the students. It will develop , in addition to the tutoriesfor the matter, through the email and of the use of the TEMA platform.
Autonomous practices through ICT	This time is reserved to attend and resolve the doubts of the students. It will be individual and in groups reduced, in function of the character of the attention. When it was individual will take place in the dispatch of the educational, by videoconference or by mail. These activities have like function orient and guide the process of learning of the students. It will develop , in addition to the tutoriesfor the matter, through the email and of the use of the TEMA platform.

### Assessment

	Description	Qualification
Master Session	The students will realise a theoretical proof with short question, type test or questions to develop to value the theoretical and practical contents (competitions of knowledge).	50
Autonomous troubleshooting and / or exercises	Preparation of a final choreography, presentation and exhibition of the sessions worked in the practice	15
Reports / memories of practice	BLOCK HGA. Preparation of the memory of practices and notation of the practical exhibitions (Work written of the acrobatic gymnastic elements)	15
Practical tests, real task execution and / or simulated.	- Realisation of a choreography of group form. - Development and put in practice of a methodological progression of a gymnastic element. - Technical execution of the gymnastic elements worked in the practical sessions.	20

### Other comments on the Evaluation

The evaluation will try to collect and value all those appearances related with the \*alumnado with regard to the conceptual field, \*procedimental, \*actitudinal and relational. It is designed in function of the following characteristic: formative, continuous, integral and final. Therefore, it affects to all the process of education-learning.

In the case that the students can not follow the process \*evaluativo previously described, will have the opportunity to surpass the matter, by means of the realisation of a proof written and a practical proof, that will realise according to the calendar of examinations established by the centre.

**THE FINAL QUALIFICATION** of the matter will result of the integration of the distinct notes of the activities realised so much in the contents of Rhythmical Skills-Expressive as in the contents of Gymnastic Skills-Acrobatic. They will have to have surpassed all the parts to obtain a positive qualification. The students/ace that do not realise all the activities of evaluation will obtain the final qualification of suspense, although some activities are approved. If the student/to realises only some of the activities of the course will have the qualification of suspense, since it realises a continuous evaluation of all the activities proposed.

When the student need of more than an announcement to surpass the matter, will save partial notes during the second announcement; that is to say, in the extraordinary announcement of July will keep those partial notes that the \*alumnado have surpassed, and only will present to those that have not surpassed.

For the other announcements, the student will have to \*concurrir of the same way to a proof written of short question, type test or of development and of a proof practises of the contents worked to surpass the matter. Equally it will have to present

the work of \*fichas of gymnastic elements elaborated according to the development of the contents worked during the course.

The review of examinations will be in the dispatch of the once concluded professors the correction.

### **OBSERVATIONS:**

THE ACTIVE PARTICIPATION OF THE \*ALUMNADO IN THE FACE-TO-FACE SESSIONS IS A FACTOR THAT DETERMINES THE PROCESS OF EVALUATION:

- The assistance to the practical sessions will be COMPULSORY (80% of the total hours of the matter, no sessions) will apply of form \*individualiza to each one of the 2 Blocks of the matter (Rhythmical Block-Expressive and Gymnastic Block-Acrobatic).

- The students that participate actively, like minimum, to 70% of the sessions have to obtain 50% of the maximum possible punctuation in the theoretical proof and in the practical proofs to consider them surpassed.

- The students that do not participate actively (mere observers), like minimum, to 70% of the sessions have to obtain 65% of the maximum possible punctuation in the theoretical proof and in the practical proofs to consider them surpassed.

THE DISABLED STUDENTS Or INCAPACITATED TEMPORARILY FOR THE PRACTICAL \*MOTRIZ, will BE ABLE TO REQUEST THE ADAPTATION OF THE TASKS \*MOTRICES To REALISE IN THE SESSIONS And IN THE PROOFS OF EVALUATION, IN THE DEGREE THAT THE COMPETITIONS OF THE MATTER ALLOW IT.

### **BLOCK: GYMNASTIC SKILLS-ACROBATIC**

- The fault of assistance to more than two practical classes of this block (independently of his justification), supposes besides the realisation of a practical examination so much of execution as of methodological education of the acrobatic elements to which have not assisted .

- The preparation of the work of \*fichas of the gymnastic elements supposes 30% of the note of this block.

### **BLOCK: RHYTHMICAL SKILLS-EXPRESSIVE**

-Because of the character of continuous evaluation, the NO assistance to the practical sessions will not give right to realise the choreography in group, only of individual form.

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### **Sources of information**

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## **Recommendations**

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### **Subjects that are recommended to be taken simultaneously**

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Body expression & dance/P02G050V01402

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