



IDENTIFYING DATA

Basics of gymnastic sports

Subject	Basics of gymnastic sports			
Code	P02G050V01404			
Study programme	Grado en Ciencias de la Actividad Física y del Deporte			
Descriptors	ECTS Credits	Choose	Year	Quadmester
	9	Mandatory	2nd	2nd
Teaching language	Spanish			
Department				
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General description	<p>The sports *ximnásticos are those included in the International Federation of Gymnastics. In this subject will board the technical and didactic bases of these deport of form itemized in two big blocks:</p> <ol style="list-style-type: none"> 1. Skills *Rítmico-Expressive. Gymnastics *Aeróbica, Gymnastics *Rítmica and Gymnastics stop All. 2. Skills *Ximnástico-*Acrobáticas. Artistic gymnastics, Gymnastics *Acrobática and Springboard 			

Training and Learning Results

Code	
B7	Knowledge and comprehension of the foundations, structures and functions of the skills and bosses of the motricity humanizes.
B10	Knowledge and comprehension of the foundations of the sport.
B12	Application of the technologies of the information and communication (TIC) to the area of the Sciences of the Physical Activity and of the Sport.
B13	Habits of excellence and quality in the professional exercise.
B14	Managing of the scientific basic information applied to the physical activity and to the sport in his different manifestations.
B15	Aptitude to design, to develop and evaluate the processes of education - learning relative to the physical activity and of the sport, with attention to the individual and contextual characteristics of the persons.
B16	Aptitude to promote and evaluate the formation of lasting and autonomous habits of practice of the physical activity and of the sport.
B18	Aptitude to apply the physiological beginning, biomechanics, behavioral and social, to the different fields of the physical activity and the sport.
B20	Aptitude to identify the risks that stem for the health of the practice of physical inadequate activities.
B23	Aptitude to select and to be able to use the material and sports equipment adapted for every type of activity.
B24	Action inside the ethical beginning necessary for the correct professional exercise.
B25	Skill of leadership, capacity of interpersonal relation and teamwork.
B26	Adjustment to new situations, the resolution of problems and the autonomous learning.

Expected results from this subject

Expected results from this subject	Training and Learning Results
Identify the elements and parameters that configure the structure of the modalities gymnastics: statutory aspects, spaces of action, technical skills, skills manipulative, skills choreography, etc.	B7 B10 B14

Know which are the characteristics and fundamental laws that stop the learning of the specific skills of the sports Gymnastics.	B7 B10 B14 B26
Comprise the different fields of application of the sports gymnastics and know the objectives and suitable methodologies in each context.	B15 B24
Have of the bases and enabling didactic contents develop process of teaching-learning related with the skills gymnastics.	B10 B15 B18
Use the technical principles and the enabling methodological resources to the students take part, from the educational or sportive perspective, in regard to the skills gymnastics.	B10 B14 B15 B18 B20 B23
Purchase the developmental knowledges of the specific physical condition, adapted to the activities acrobatic-Gymnastic, as well as associate these with the development of the abilities psychomotor	B10 B12 B16 B18 B20
Dominate the techniques gymnastics stop his correct application, as well as the aspects of security in the execution (help and placing of the material).	B10 B13 B20 B23
Apply properly different didactic resources (establishment of objectives, feedback, reinforcements, etc.) To improve technical movements of these deport.	B13 B15 B16 B24 B25
Accept the activities acrobatic-gymnastics so that the teaching futures transmit and develop in the use of the his professional freedom.	B13 B24
Design and apply instruments of systematic observation to identify or correct models of own execution of these deport	B10 B12 B15 B16
Experience and develop skills of character choreography, so much of individual type how collective, favouring the capacity of the students stop the manufacture of creative productions across the skills developed in the subject.	B10 B25 B26

Contents

Topic	
Block 1.	Subject 1. The gymnastic sports in the context of the Sciences of the Physical Activity and of the Sport.
Theoretical foundation of the gymnastic sports	1.1. Essential characteristics of the gymnastic activities from different fields of application.
	1.2. Classification of the activities and gymnastic sports.
	Subject 2. Historical antecedents and organisms that regulate the gymnastic sports.
	2.1. Origins and historical antecedents of the gymnastic activity.
	Subject 3. Assessment and trial of the gymnastic contests.

<p>Block 2. Technical foundations, artistic and didactic of the gymnastic sports: rhythmical Skills-expressive and gymnastic Skills-acrobatic.</p>	<p>RHYTHMICAL BLOCK-EXPRESSIVE. RHYTHMICAL GYMNASTICS Subject 1. The skills of the Rhythmical Gymnastics in the context of the Sciences of the Physical Activity and of the Sport. 1.1. Concept and preliminary. 1.2. Corporal technical skills. 1.3. Technical handling skills.</p> <p>GYMNASTIC BLOCK-ACROBATIC. Subject 1. Technical and methodological command of the gymnastic elements of school level (pre-acrobatic). 1.1. Rollings. 1.2. Gymnastic balances. 1.3. Jumps of plinto. 1.4. *Familiarización With the minitramp.</p> <p>Subject 2. Technical and methodological command of the acrobatic gymnastic elements of floor. 2.1. Jumps advance and sides with impulse of a leg and intermediate support. 2.2. Jumps of volteo free complete with impulse of both legs. 2.3. Jumps backwards with impulse of both legs and support of intermediate hands.</p>
<p>Block 3. Formal and functional structure of the gymnastic sports</p>	<p>RHYTHMICAL BLOCK-EXPRESSIVE. Subject 1. Defining elements of the Rhythmical Gymnastics. 1.1 Continuity of the actions. 1.2. Globality of the actions. 1.3. Dialogue with the devices. 1.4. Rhythm. 1.5. Space. 1.6. Expressiveness. 1.7. Creativity. 1.8. Variety.</p> <p>Subject 2. Structure and composition of the rhythmical gymnastics 2.1. Individual exercises: corporal difficulty, difficulty of device, dynamic elements of rotation, artistic composition and execution. 2.2. 3.2. Exercises of Group: difficulty with exchange, difficulty without exchange, collaborations, dynamic elements of rotation, artistic composition and execution.</p> <p>GYMNASTIC BLOCK-ACROBATIC Subject 3. Space structure of the gymnastic movements. 3.1. Space organisation. 3.2. The paths. 3.3. Rollings. 3.4. Structural groups.</p> <p>Subject 4. Dynamic characteristics of the gymnastic movements. 4.1. Characteristics of inertia. 4.2. Characteristics of strengths. 4.3. Characteristics of energy</p> <p>Subject 5. Corporal balance. 5.1. Types of balance. 5.2. Factors that take part in the balance. 5.3. The defence of the gymnastic balance.</p> <p>Subject 6. The physical capacities in the gymnastic sports. 6.1. Perceptual mottors skills. 6.2. Conditional capacities. 6.3. Election of Gymnasts.</p>

Block 4.

Process of sportive initiation of the gymnastic sports:
rhythmical-expressive and acrobatic

RHYTHMICAL BLOCK-EXPRESSIVE.

Subject 1. The musical parameters like fundamental elements of the rhythmical skills-expressive

- 1.1. Key elements of the music: pulse, interval, tempo, compass, bell, melody.
- 1.2. The length of the sound and his graphic representation
- 1.3. Adaptation of the movement to the musical rhythm

Subject 2. The music and the Basic Steps of Aerobic Gymnastics

- 2.1 key Elements of the music in Aerobic Gymnastics
- 2.2 The initiation through the game of the Aerobic Gymnastics.
- 2.3 The basic steps like support of the choreographic designs.
- 2.4 The choreographic options in Aerobic Gymnastics.

Subject 3. The occupation of the space of action like expressive strategy

- 3.1. The space of action in the artistic sports
- 3.2. Variables that allow to take part in the space of action from the expressive perspective: trainings, space levels, orientation and volumes

Fear 4. The classical dance like the base of the technical skills-corporal

- 4.1. Basic corporal position
- 4.2. Positions of arms and positions of feet
- 4.3. Elements of the dance: relevé, plié and jeté.

Subject 5. The corporal skills of balance

- 5.1. Description
- 5.2. Fundamental technical appearances
- 5.3. Criteria of variation
- 5.4. Typical errors
- 5.5. Methodological progression

Subject 6. The corporal skills of rotation

- 6.1. Description
- 6.2. Fundamental technical appearances
- 6.3. Criteria of variation
- 6.4. Typical errors
- 6.5. Methodological progression

Subject 7. The corporal skills of jump

- 7.1. Description
- 7.2. Fundamental technical appearances
- 7.3. Criteria of variation
- 7.4. Typical errors
- 7.5. Methodological progression

Subject 8. Handling skills of the devices

- 8.1. General principles of handling of the devices
- 8.2. Specificity of the skills handling
- 8.3. Handling skills of ball: fundamental technical elements, technical elements no fundamental, criteria of variation, methodological progression, typical errors,

Subject 9. Colaborative and cooperative elements

- 9.1. Exchanges
- 9.2. Choreographic series
- 9.3. Dynamic elements of rotation
- 9.4. Collaborations: without high or long launchings of the devices, with high launching and dynamic rotation of the body, with multiple launchings, with multiple receptions, with elevation/support of the gymnast.

Subject 10. The compositive process in the field of the rhythmical skills-expressive

- 10.1. The phases of the compositive process
- 10.2. Exhibition of the gymnastic exercise created
- 10.3. The evaluation of the gymnastic exercise

GYMNASTIC BLOCK-ACROBATIC.

Subject 7. The Acrobatic Gymnastics in the educational field.

- 7.1. The preys of hands.
- 7.2. Different roles of the students.
- 7.3. The assistances and manual helps
- 7.4. Organisation and systematic measures in the structural phases of the trainings groups (figures and pyramids).

Planning			
	Class hours	Hours outside the classroom	Total hours
Lecturing	30	60	90
Laboratory practical	41	41	82
Autonomous problem solving	4	8	12
Mentored work	0	10	10
Presentation	0	2	2
Problem and/or exercise solving	0	2	2
Objective questions exam	0	2	2
Laboratory practice	0	3	3
Essay	0	22	22

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

Methodologies	
	Description
Lecturing	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 if they did not exist measured of contingency by the pandemia or no face-to-face by videoconference by means of the utilisation of personal and audiovisual means. In necessary case will make with all the group of way no face-to-face through the Remote campus.
Laboratory practical	Experience of the theoretical contents-practical guided by the teachers, where will take into account the methodological processes of education-learning, doing special upsetting in the technical appearances and of execution of the gymnastic sports. The practices have like aim work formally the know do (procedimental competition). Nevertheless, it is precise to take into account that they also work the knowledge, the know be and the know be.
Autonomous problem solving	- It will pose the development of a choreography that will have by reference the gymnastic modalities treated in the development of the matter. - They will work the technical execution of the gymnastic elements during the methodological process of education-learning carried out in the matter. - It will work the technical evaluation and the composition of the gymnastic sports by means of the analysis of exercises in video
Mentored work	The works tutored will make in group
Presentation	- Execution and exhibition of the choreography elaborated in collaboration with the mates. - Execution of a gymnastic exercise proposed by the professor. - Exhibition with audiovisual support of a gymnastic element by means of the methodology worked.

Personalized assistance

Methodologies	Description
Autonomous problem solving	Advice and tutorship for the resolution of the problems proposed in the subject. This time is reserved to attend and resolve the worries of the students. The attention will be individual and in small groups, depending on the nature of the attention. So much individually as in group, will carry out mainly by videoconference or by email, avoiding the maximum possible the dispatch of the professors. These activities have the function to orient and guide the process of learning of the student. If the situation like this recommends it, the attention would make through the virtual dispatches of the professors of the matter.
Mentored work	Orientation to the student/to on the works to make. Resolution of doubts.If the situation like this recommends it, the attention would make through the virtual dispatches of the professors of the matter.

Assessment

	Description	Qualification	Training and Learning Results
Laboratory practical	The evaluation will do of continuous form by means of the control of assistance of the students. Development and put in practice of a methodological progression of the gymnastic elements worked along the sessions.	A avaliación desta sección será realizada por persoas que non asistan ao 80 por cento das prácticas. Será esencial facer unha media coas outras partes avaliadas	B10 B12 B15 B16 B20 B24

Autonomous problem solving	Preparation of a final choreography, presentation and exhibition of the sessions worked in the practice.	15	B13 B24 B25
Problem and/or exercise solving	Compilation of the knowledges purchased related with the theoretical contents-practical of the subject.	40	B10 B14 B15
Objective questions exam	Compilation of the knowledges purchased related with the theoretical contents-practical of the subject.	10	B10 B14
Laboratory practice	- Realisation of a choreography of form group. - Technical execution of the gymnastic elements worked in the practical sessions.	20	B18 B20 B25
Essay	Work in group on a gymnastic element assigned.	15	B10 B12 B13 B14 B25

Other comments on the Evaluation

The evaluation will try to collect and value all those appearances related with the students 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.

THE FINAL QUALIFICATION of the matter will result of the integration of the distinct notes of the activities made 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 make all the activities of evaluation will obtain the final qualification of suspense, although some activities are approved. If the student/to makes only some of the activities of the course will have the qualification of suspense, since it makes 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 students have surpassed, and only will present to those that have not surpassed. For the other announcements, the student/to 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 execution and metological of the contents worked to surpass the matter. Equally it will have to present the work with his audiovisual support of the gymnastic element assigned by the professor and 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 STUDENTS 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 individual 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 80% 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 80% 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. This appearance is taken into account equally for which do not assist to the minimum demanded of the practical sessions. The disabled students for the practical driving, will be able to request the adaptation of the tasks driving to make in the sessions and in the proofs of evaluation, in the degree that the competitions of the matter allow it. To the incapacitated temporarily for the sportive practice, the evaluation of the practical proofs of gymnastic execution will make him when his temporary inability allow it to him and in the case of the block of rhythmical skills-expressive will make through the viewing of videos.

BLOCK: GYMNASTIC SKILLS-ACROBATIC - The fault of assistance to more than two practices of laboratory of this block (independently of his justification), supposes besides the realisation of a practical examination of methodological education of the acrobatic elements to which have not assisted. BLOCK: RHYTHMICAL SKILLS-EXPRESSIVE - Because of the character of continuous evaluation, the NO assistance to the practical sessions will not give right to make the choreography in group. In case of what this happen, the evaluation of the practical contents will make by means of the evaluation of gymnastic exercises in video. Of the mimo way, if a person finds incapacitated temporarily for the realisation of the practical proofs, will be able to examine by means of the evaluation of gymnastic exercises in video.

Sources of information

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Recommendations

Subjects that are recommended to be taken simultaneously

Free body expression and dance/P02G050V01402
