

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: DEVELOPMENTAL AND SCHOOL GYMNASTICS / OA7			
Teacher/Teachers: Dejan Madić, PhD			
Subject status: Mandatory			
ECTS credits: 7			
Requirements: None			
Subject aim			
<p>Through understanding the anthropological abilities and characteristic of preschool and younger school children, and the children in secondary school and higher school children, students should learn, master and apply the theoretical knowledge when it comes to teaching units in the domain of gymnastics in physical education classes, know the relation between doing gymnastic sexercises and the anthropological status (morphological, functional, motor, conative, cognitive and sociological) of children and the youth with the accent on the preschool, younger, medium, and older school children, ability to modify and adapt different apparatus and props to be suitable for exercises in the situations when standard gymnastics apparatus does not exist due to poor financial factors in schools and clubs, ability to realise sport gymnastics classes in schools as an elective sport activity and preparation of the teams for school competitions, the basic knowledge of the Rulebook on the assessment of gymnastics compositions in the competitions of sport gymnastics (FIG) and a good knowledge of it for school competitions, ability to adapt the rules for internal competitions in schools with the aim to motivate a large number of pupils to do exercises.</p>			
Subject outcome			
Full theoretical and practical skills for the realisation of gymnastics contents in preschool and young school children, as well as in medium and older school children, with the ability of quality demonstration.			
Subject content			
<i>Theory</i>			
Understanding the term “developmental and school gymnastics” and their position in the curricula of preschool institutions, and primary and secondary schools, acquiring the professional terminology of exercises on gymnastics apparatus and ground, ability to modify and innovate gymnastics apparatus and exercise methods with the aim to have the most efficient influence on the psychosomatic status of children and the youth, biomechanical basis of gymnastics exercises, motor analysis of gymnastics exercises.			
<i>Practice</i>			
Starting positions for training, techniques of performing, methods of training, assistance, most frequent mistakes in performing, gymnastics exercises on an apparatus and on ground for preschool girls and boys, girls and boys of younger, medium, and older school children, modification of programme of gymnastics with the aim to have the most efficient impact on the psychosomatic status of preschool children, younger, medium and older school children, exercises from the programme of school competitions in sport gymnastics, exercises from light competitions groups in male and female sport gymnastics.			
Literature			
<ol style="list-style-type: none"> 1) Madić, D., Popović, B. (2005). Vežbe na spravama i tlu (osnove praktičnog rada). Novi Sad: Fakultet za vizičku kulturu. 2) Bala, G. (1993). Vežbanje na spravama u školama. Novi Sad: Kinezis. 			
Number of active teaching classes	Theory: 3		Practice: 4
Teaching methods			
Theory lectures, practical exercises, mid-term tests, consultations,			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	Points	Final exam	points
theory lectures and exercises	20	written exam	15
engagement in class activities	10	oral exam	15
practical mid-term test	25	written test	15