

Study programme: Undergraduate Academic Studies / Bachelor with Honours in Sport and Physical Education			
Subject name: RHYTHMIC GYMNASTICS AND DANCE / OA13			
Teacher/Teachers: Boris Popović, PhD			
Subject status: Mandatory			
ECTS credits: 6			
Requirements: None			
Subject aim Acquiring the basic rhythms and moves with music, acquiring the elements of rhythmic gymnastics. Applying the contents of rhythmic gymnastics in teaching physical education, recreation and sport (as additional activity). Practical ability for independent realisation of the contents of rhythmic gymnastics in teaching physical education for all age groups with the ability of aesthetically and technically proper demonstration.			
Subject outcome Students who successfully realise all the subject tasks will be able to recognise the basic characteristics of rhythmic gymnastics, to consider the place and role of rhythmic gymnastics in teaching physical education, recreation and sport, to know well the importance of practical application of the contents of rhythmic gymnastics for the transformation of anthropological dimensions of children, youth, and adults, and to recognise the possibilities of applying the contents of rhythmic gymnastics in other sports, to independently realise the contents of rhythmic gymnastics in teaching physical education and in recreation.			
Subject content <i>Theory</i> Origin and development of rhythmic gymnastics in the world and in Serbia. Basic characteristics of rhythmic gymnastics, Characteristics of props in rhythmic gymnastics. Conditions for organising a rhythmic gymnastics competition. Relations of rhythmic gymnastics and anthropological dimensions of a man (morphological characteristics, motoric, functional, cognitive abilities, conative characteristics, sociological status, etc.) in all age groups. The success factors in rhythmic gymnastics. Curriculum of a rhythmic gymnastics school. Tendency of developing rhythmic gymnastics in the world and in our country. <i>Practice</i> The technique of performing the exercises without props and with props (jump rope, hula hoop, ball, clubs, and bond). Technique of connecting the elements into an individual programme and group exercises. Methods of training on exercises without and with props. Methods of training on connecting the elements into an individual programme and group exercises. Methods of training the connection of the elements into a short and long combinations in line with the basic principles of choreography related to the music (individual and group exercises).			
Literature 1) Jocić, D. (1999): Plesovi. Beograd. FINEGRAF. 2) Kostić, R., Uzunović, S. (2013): Ples. Niš: M Kops Centar. 3) Kostić, R., Uzunović, S. (2009): Društveni ples. Niš: FLEKA. 4) Franklin, E. (2004). Conditioning for Dance. USA: Human Kinetics. 5) Wright, J. (2013). Social Dance-Steps to success. USA. Human Kinetics.			
Number of active teaching classes	Theory: 3 (2f, 1m)		Practice: 4 (3f, 1m)
Teaching methods Lectures, exercises, mid-term tests, consultations			
Knowledge assessment (maximum number of points is 100)			
Pre-exam requirements	points	Final exam	points
engagement in class activities	10	written exam	15
practice		oral exam	
term test(s)	30	Test	15
lecture/exercise attendance	30		