

Course Title	ARTISTIC GYMNASTICS I				
Course Code	SSART415-S-1				
Course Type	SPECIALISATION ELECTIVE				
Level	BSc (Level 1)				
Year / Semester	4th / Fall				
Teacher's Name	Dr. Elpida Michael				
ECTS	12	Lectures / week	3	Laboratories / week	3
Course Purpose	To provide students with the necessary theoretical, practical and methodological knowledge to be considered "gymnastics coaches" so that they can teach the subject both in school and in gymnastics academies in training centers.				
Learning Outcomes	<p>Upon completion of the course, students will be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate the basic and specific skills required in artistic gymnastics in all men's and women's events. 2. Analyze the technique in specialized exercises in gymnastics in men's and women's events. 3. Organize the topic of artistic gymnastics within the framework of a training program in an artistic gymnastics training center. 4. Analyze the mechanics of exercises. 5. Recognize errors in the methodology of teaching exercises. 6. Organize matches and small championships. 				
Prerequisites	PESS106: Training Principles		Corequisites	No	
Course Content	<ol style="list-style-type: none"> 1. Technical and mechanical analysis of gymnastics exercises. 2. Training protocols on the ground, jumping, asymmetrical scales, beam, monobalance, rings, lateral horse and parallel tandem. 3. Composition of a program on the ground, parallel dizygous and 				

	<p>monobalance.</p> <ol style="list-style-type: none"> 4. Categories of jumps, body positions (coiling, angulating, stretching). Teaching methodology. 5. Mistakes that occur during the execution of exercises/Ways of correcting errors. Collaborative teaching methods. 6. Safety when performing programs and individual exercises. 7. Training and nutrition issues in gymnastics. 8. Competitive preparation in gymnastics. 9. Organization of races and championships. 10. Summary and critical analysis of the topics taught
Teaching Methodology	<p>Theory</p> <p>The teaching of the course includes lectures to provide the theoretical background. Detailed notes with PowerPoint and material rich in images and videos are used in teaching. Methods like case studies, real scenarios, discussion, questions/answers are used in the teaching methodology depending on the course's nature. In addition, workshops and site visits with hands-on experiences are provided to deliver the practical background of course content. Relevant material published in international scientific journals is also used to follow the latest developments related to the subject of the course.</p> <p>Practical</p> <p>During the practical courses, students develop the practical skills required for the sport, with emphasis on proper technique with progressive teaching and application of exercises, so that they become capable of performing and teaching the basic motor skills of the sport. It also describes and presents how each exercise/program for the sport is taught using a trainee model.</p>
Bibliography	<ol style="list-style-type: none"> 1. Ντάλας, Γ. Ενόργανη Γυμναστική Ανδρών και Γυναικών - Μηχανική/Τεχνική/Μεθοδολογία. Εκδόσεις Τελέθριον, Αθήνα, Ελλάδα, (2012).ISBN: 978-960-8410-62-6. 2. Καϊμακάμης, Β. Ενόργανη Γυμναστική. Εκδόσεις Μαίανδρος, Θεσ/νικη, (2003). ISBN: 960-7434-14-5.

	<p><u>Additional bibliography</u></p> <ol style="list-style-type: none"> 1. Σιάτρας, Θ. Ενόργανη Γυμναστική - Η Μηχανική των Ασκήσεων. Εκδόσεις University Studio Press, Θεσσαλονίκη, (2003). ISBN: 960-12-0970-0 2. Καμπιώτης, Σ.Ι. Αρχές και στοιχεία της ενόργανης γυμναστικής. Θεωρία και πράξη: μια πολυεπίπεδη προσέγγιση. Εκδόσεις Τελέθριον, Αθήνα, Ελλάδα, (2010). ISBN: 960-8410-74-6. 3. Μυλώσης, Δ. Ενόργανη Γυμναστική στην προσχολική ηλικία - Σύγχρονη παιδοκεντρική προσέγγιση. Εκδόσεις Αδελφοί Κυριακίδη Α.Ε (2022). ISBN: 978-960-602-370-5. 4. FIG Code of Points (εκάστοτε τετραετίας).
<p>Assessment</p>	<ul style="list-style-type: none"> • Theoretical Intermediate Exam (20%): It focuses on the assessment and understanding of the theoretical knowledge and understanding acquired by students regarding rowing. The exam may include various question formats, such as multiple choice, synthetic questions, development questions, case studies, or other structures. • Training plan (15%): The written submission and evaluation of a draft training plan at a theoretical level regarding gymnastics is requested. This should include at least a description of training objectives, teaching methods and practices, training organization, appropriate exercises, and evaluation of athletes in relation to gymnastics. • Practical examination (35%): A) Microteaching 25%: The candidate presents a short teaching session on gymnastics, following a prepared training plan that includes training objectives, exercises, teaching methods and training materials. B) Technical Skills of the Sport 10%: The candidate demonstrates and demonstrates basic technical skills in sailing required to practice the specific sport. • Final Theory Exam (30%): The exam includes a wide range of topics, comprehensively reflecting the material presented during the course on artistic gymnastics. This includes concepts, theoretical frameworks, and case studies, giving a complete copy of the knowledge gained in gymnastics. In addition, the exam focuses on the student's ability to connect various concepts, thus creating a comprehensive understanding of the field of artistic gymnastics and how it can apply



	theoretical principles in practical scenarios, offering alternatives where needed, thus demonstrating its ability to transfer the acquired knowledge in the field of gymnastics to practical scenarios.
Language	Greek / English