



UNIVERSITY OF NIŠ

Course Unit Descriptor

Faculty

Faculty of Sport and Physical Education

GENERAL INFORMATION

Study program

Basic Academic Studies, Physical Education and Sport

Study Module (if applicable)

Course title

Acrobatics

Level of study

Bachelor academic
 Bachelor professional Master's Doctoral

Type of course

Obligatory Elective

Semester

Autumn Spring

Year of study

Fourth

Number of ECTS allocated

6

Name of lecturer/lecturers

Saša Veličković, Ph.D, associate professor

Teaching mode

Lectures Group tutorials Individual tutorials
 Laboratory work Project work Seminar
 Distance learning Blended learning Other

PURPOSE AND OVERVIEW (max. 5 sentences)

The possession of knowledge about the origins and historical development of acrobatics. Acquired knowledge of acrobatics as a competitive sport. Knowledge of principles and methods of training in acrobatics. Knowledge of techniques and methods of training in acrobatics. Training for aiding and monitoring during exercise.

SYLLABUS (brief outline and summary of topics, max. 10 sentences)

History of acrobatics, definitions in acrobatics and the design and description of the equipment. Acrobatics as a competitive discipline and the grading. Training in acrobatics, specifics of the methodological training. Principles and methods of training, the method of acrobatics, methods of training in acrobatics. Helping and saving during exercise in acrobatics and prevention of injury during exercise in acrobatics. Technique and methodology of free rebounds, rebounds carried out about the longitudinal axis of the body, rebounds carried out about the transverse axis of the body carried on a small elastic table. Technique and methodology of free rebounds, rebounds carried out about the longitudinal axis of the body, rebounds carried out about the transverse axis of the body carried out on a large elastic table table. Aiding and keeping a small elastic table and exercises on a small elastic table. Aiding and storage on a large elastic table and exercises on a large elastic table.

LANGUAGE OF INSTRUCTION

Serbian (complete course) English (complete course) Other _____ (complete course)
 Serbian with English mentoring Serbian with other mentoring _____

ASSESSMENT METHODS AND CRITERIA

Pre exam duties	Points	Final exam	points
Theory + practicals	10	Practical examination	15
Teaching colloquia 1	20	Theory examination	15
Teaching colloquia 2	15		
Seminar paper	11		
Activity during lectures	14	OVERALL SUM	100

*Final examination mark is formed in accordance with the Institutional documents