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LITHUANIAN SPORTS UNIVERSITY

STUDY MODULE PROGRAMME (SMP)

Madula Cada	S	273	В	19Y	Accredited			Renewal date
Module Code	Branc	h of Science	Progr.	Registr. №.	until			
Entitlement								
Didactics of gymr	nastics							
Prerequisites								
Main aim								
Provided knowled	lge and a	bilities						
Summary								
Peculiarities of gymnastics, terminology, exercise technique and teaching didactics are studied. Learning to								
apply gymnastics	exercises	s in various sp	orts and p	hysical education	on classes at sch	ool.		

Level of module

Level of programme		Subject amoun (under the magnifetion of the amount
Cycle	Type	Subject group (under the regulation of the area)
First	Bachelor	Bendrojo universitetinio lavinimo

Group under financial classification

10.Dailė (mokytojai), teatras (mokytojai), muzika (mokytojai), pedagogika (auklėtojai, pedagogai), sportas (treneriai)

Syllabus

№.	Sections and themes	Responsible lecturer				
1.	Gymnastic evolution. Gymnastic exercises for the classification and characterization					
2.	Formation exercises					
3.	Gymnastics terminology and ways of expressing					
4.	Gymnastic exercises aspects of application and safety training					
5.	Comprehensive exercise training methodology					
6.	Tumbling exercises technique and teaching methodology					
7.	Exercises on the gym equipment technique and teaching methodology					
8.	Exercise with gym tools technique and teaching methodology					
9.	Gymnastic exercises of compounds					
10.	Applied gymnastics					

Teaching/learning methods:

Visual and comparative analysis, study of scientific articles and books, lecture, consultations, exercises, group discussion

Evaluation procedure of knowledge and abilities:

References

	№. Title	Edition in Lithua	nian Sports		Number of
		University 1	library	In Lithuanian	ex. in the
№.		Pressmark	Number of exemplars		methodical cabinet of the depart.
1.	Kaminskas, A., Makštelė, A. Rikiuotės pratimai. Kaunas, LKKA, 2001	796.411 Ka275		Yes	

		Edition in Lithua University		In Lithuanian	Number of ex. in the
№.	Title	Pressmark	Number of exemplars	Sports University bookstore	methodical cabinet of the depart.
2.	Bagočiūnas S., Mačiūnienė Ž. Gimnastikos bendrojo lavinimo pratimai: padėtys, judesiai, užrašymo taisyklės. Kaunas, LKKA, 2003	796.412 Ba575		Yes	
3.	Kaminskas, A., Karpavičius, K., Bagočiūnas, S. Gimnastikos pratimai. Kaunas, LKKA, 2011	796.413/.418 Ka275		Yes	
4.	Katinas, M. Gimnastika. Vilnius, 2003	796.41 Ka586		Yes	
5.	Readhead, L., Gymnastics: Skills. Techniques. Training. Ramsbury, UK: The Crowood Press, 2016	796.413/.418 Re-01.		Yes	

Additional literature

№.	Title
1.	Paulauskienė, E., Macaitienė, A. Akrobatikos pratimai. Metodinė priemonė. Kaunas, 1988
2.	Katinas, M., Mikutienė, L. Gimnastikos mokymo metodikos pagrindai. Mokymo priemonė kūno kultūros specialybės studentams. Vilnius VPU, 1996
3	Cogan, Karen, D., Gymnastics. Morgantown: Fitness Information Technology, 2000
<u>J.</u>	Coaching youth gymnastics: American sport education program with USA gymnastics. Champaign:
4.	Human kinetics, 2011
5	Katinas, M., Kviklienė, R., Bendroji gimnastika mokykloje. Metodinė priemonė. Vilnius Lietuvos
٥.	edukologijos universiteto leidykla, 2017

Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer		124

Subdivision

Entitlement	Code
a	2005

Study module teaching form No. 1

Semester				Structu	ıre		T-4-1	
		Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits
A	S	D	5	0	40	85	130	5

Languages of instruction:

Lithuanian L	English E	Russian R	French F	German G	Other Oth.				
Discrete in the second									

Plan	of	in-cl	lass	hours

No of These	Academic hours		Mo of Thomas	Academic hours			
№. of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works
1.	1	0	0	6.	0	0	10
2.	1	0	2	7.	0	0	10
3.	2	0	2	8.	0	0	4
4.	0	0	2	9.	1	0	2
5.	0	0	6	10.	0	0	2
				Total:	5	0	40

Schedule of individual work tasks and their influence on final grade

	№. of Total			Week of presentment of task (*) and reporting (o)													
	syllabus	hours	grade, %	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17-20													
Accounting for practice sessions	2-10	50	50	* * * * 0 * * * 0													
Exam	1-10	35	50	* 0													
Total:	_	85	100														

Study module teaching form No. 2

			Structu	ıre	Total				
Seme	ester	Mode of studies	Theory	Seminars	Lab Works	Ind. work	Total hours	Credits	
A	S	N	5	0	40	85	130	5	

Languages of instruction:

Lithuanian	L	English	E	Russian	K	French	F	German	5	Other	Oth.
Plan of in-clas	ss ho	ours									

№. of Themes		Academic ho	ours	№. of Themes	Academic hours						
Nº. Of Themes	Theory	Seminars	Lab Works	№. of Themes	Theory	Seminars	Lab Works				
				Total:	0	0	0				

Schedule of individual work tasks and their influence on final grade

	№. of syllabus	Total Influence on grade %					eek	0	f p	re	sen	tme	nt of	task	(*)	and	l rep	orti	ng (o)
		hours	Influence on grade, %	1	2	3	3 4	5	6	7	8 9	10	11	12	13	14	15	16	17-20
Total:	-	0	0																