



# LITHUANIAN SPORTS UNIVERSITY

## STUDY MODULE PROGRAMME (SMP)

Module Code	S	273	B	19Y	Accredited until				Renewal date		
	Branch of Science		Progr.	Registr. №.							

Entitlement

Didactics of gymnastics

Prerequisites

Main aim

Provided knowledge and abilities

Summary

Peculiarities of gymnastics, terminology, exercise technique and teaching didactics are studied. Learning to apply gymnastics exercises in various sports and physical education classes at school.

Level of module

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
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 Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Kaminskas, A., Makštelė, A. Rikiuotės pratimai. Kaunas, LKKA, 2001	796.411 Ka275		Yes	

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
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
4.	Coaching youth gymnastics : American sport education program with USA gymnastics. Champaign : Human kinetics, 2011
5.	Katinas, M., Kviklienė, R., Bendroji gimnastika mokykloje. Metodinė priemonė. Vilnius Lietuvos edukologijos universiteto leidykla, 2017

#### Coordinating lecturer

Position	Degree, surname, name	Schedule №.
Lecturer		124

#### Subdivision

Entitlement	Code
a	2005

### Study module teaching form №. 1

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	5	0	40	85	130	5

#### Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
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#### Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		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

