



## COURSE DATA

### DATA SUBJECT

**Code:** 33209  
**Name:** Gymnastics  
**Cycle:** Undergraduate Studies  
**ECTS Credits:** 6  
**Academic year:** 2025-26

### STUDY (S)

Degree	Center	Acad. year	Period
1312 - Degree in Physical Activity and Sport Sciences	Facultat de Ciències de l'Activitat Física i Esports	1	Second quarter, First quarter
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Facultat de Ciències de l'Activitat Física i Esports	1	Second quarter

### SUBJECT-MATTER

Degree	Subject-matter	Character
1312 - Degree in Physical Activity and Sport Sciences	Foundations of individual sports	COMPULSORY
1331 - Degree in Physical Activity and Sport Sciences (Ont)	Fundamentos de los Deportes Individuales	COMPULSORY

### COORDINATION

SANCHIS BERTOMEU JOSE FRANCISCO

## SUMMARY

Its aim is to place the subject within the body of research of the degree offering learners a knowledge of the sport gymnastics that allows use in a professional environment.

## PREVIOUS KNOWLEDGE

### RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

### OTHER REQUIREMENTS

This subject does not require previous knowledge.



## COMPETENCES / LEARNING OUTCOMES

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Apply information and communication technologies (ICT) to the field of individual sports.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, solidarity, environmental protection, the culture of peace and democratic values.

Apply the principles of fundamental rights, gender equality, equal opportunities, universal accessibility for people with disabilities, the culture of peace and democratic values.

Design, implement and evaluate the teaching-learning processes related to physical activity and sport, paying attention to the individual, collective and contextual characteristics of people.

Know and understand the areas of application of individual sports (athletics, gymnastics and swimming).

Know and understand the fundamentals, structures and functions of human motor skills and movement patterns.

Know and understand the fundamentals of game play and sport.

Know and understand the historical evolution of individual sports (athletics, gymnastics and swimming).

Know and understand the regulations of individual sports (athletics, gymnastics and swimming).

Know and understand the teaching fundamentals of individual sports (athletics, gymnastics and swimming).

Know and understand the technical and tactical fundamentals of individual sports (athletics, gymnastics and swimming).

Plan, implement and evaluate the motor skills training process at its different levels and practice environments.

Select and know how to use sports material and equipment, suitable for each type of activity and population.

## DESCRIPTION OF CONTENTS

### **1. Introduction to Gymnastics: History and Concept.**

1.1.- History: Historical background. Origin and evolution of G.D. Current situation at International, National and Community Valenciana level.

1.2.- Concept of SG and the different modalities of gymnastics and Sports Gymnastics Activities. Fundamental characteristics.



## **2. Fundamentals of Sports Gymnastics. Areas and levels of enforcement in today's society. Agencies that regulate them. Material means for their practice.**

2.1 .- SG Sports Fundamentals. Motor F. Concept. Types: Physical and Aesthetic. Regulations F. Concept. Tech F. Concept. Tactical F. Concept. Psychological F. Concept. Evolutionary Psychology: Gymnast formation phases . Applied Psychology sessions to P E, training and competition.

2.2 .- Scope and application levels. The gymnastic activities in the PE and its multiple dimensions. Scope and Application levels.

2.3 .- Regulators: federations, municipalities, schools and public schools.

2.4 .- Installations and materials for practice: Installation, Room and Equipment Assistant (Safety and facilitator).

## **3. Structure, classification and representation of gymnastic exercises based on gymnastics specific motor skills.**

3.1.- Structure of the gymnastics gesture: Characteristics. Types of gestures: (external appearance of the gesture). Phases of gymnastic exercise.

3.2.- Classification of gymnastic moves.

3.3.- Representation and nomenclature of gymnastics.

## **4. Warm up exercises in Gymnastics.**

4.1 .- Overview warm up exercises.

4.2 .- The number and profile of warm up exercises in the gym.

4.3 .- Types of warming up exercises for different areas and levels of implementation.

4.4 .- The warming up over the different periods of training.

4.5 .- The warming up in the different gymnastics modalities.

4.6 .- Warm up exercises as a means of fitness and technical skills in the Gymnastics.

## **5. The Dance in Gymnastics.**

5.1 .- Importance of Dance in SG. 5.2 .- The Classical Dance in the SG: Basic Technical Aspects. 5.2.1 .- General Concepts and Terminology. 5.2.2 .- Basic Positions of legs and arms. 5.2.3 .- Bar Exercises. 5.2.4 .- Center Exercises. 5.2.5 .- Links and combinations. 5.3 .- The classical dance as a means of fitness and technical preparation in the SG.

6.1 .- Technical and methodological fundamentals of gymnastic elements in floor exercises. 1 .-Basic Positions. 2 .- Balance elements: Plates and invested. 3 .- Lower Evolution: Displacement, turns, jumps. 4 .- Greater Evolution or Acrobatics: cartwheel, dump the hands forward, forward and side flips, back rotations and flips back. 5 .- Tumbling. 6 .- Links, choreography and composition of a floor exercise. Familiarity with various MAG specific routines: Floor exercises, Vaulting, rings, pommel horse, parallel bars and horizontal bar and the WAG: Floor, Vaulting table and Beam through the general routes. 6.2 .- General Rules of



## 6. The Women's and Men Artistic Gymnastics.

Competition in AG. 6.2.1 .- Purpose of the Code of Points and Types of Competitions. 6.2.2 .- The judges and their organization. 6.2.3 .- Rating for each modality: Womens and men AG. 6.2.4 .- Characteristics of the different routines: Floor, Vaulting , pommel horse, rings, parallel, horizontal bar, beam and uneven bars. 6.2.5 .- Composition and performance basic criteria of the Competition Exercises for Mag and WAG based on the Code of Points.

## 7. Gymnastic activities with elastic support: The Trampoline and Minitramp.

7.1 .- General aspects: historical references and Regulations of competition. 7.2 .- Technical basis of the springboard or trampoline, double Minitramp and Minitramp. 7.2.1 .- Trampoline: Vertical jumps in different positions, falls, jumps with rotation and rotation jumps and falls. 7.2.2 .- Minitramp and Double Minitramp: Vertical jumps without turning, vertical jump without turning to rebound from a minitramp to another, and vertical jumps combination in different positions. 7.3 .- Methodological fundamentals: Security measures and content and sequence specific didactic. 7.4 .- The importance of the use of elastic support gymnastic activities in the curriculum of physical education and their transfer to other sports. 7.5 .- Basic criteria for the composition and performance of the Exercises Competition for Trampoline and Minitramp code based on the score.

## 8. Cooperative Gymnastic Activities: Acrobatics.

8.1 .- General aspects: historical references and Regulations of competition. 8.2 .- Technical and methodological fundamentals of gymnastic elements in the Acrobatic Gymnastics: Holds, Characteristics and profile, top and bases and Repertoire of elements for different types of competition: pairs, womens groups and men groups. 8.3 .- Basic criteria for Exercises Competition in Acrobatics based on the Code of Points: Overview of the Code of Points and composition requirements for Static exercises (Balance), Dynamic (Tempo) and combined in different forms of competition. 8.4 .- The importance of the use and organization of cooperatives gymnastic activities in the curriculum of Physical Education.

## 9. The rhythmic gymnastics.

9.1 .- Technical and methodological fundamentals of body movements and also technical groups in apparatus: Ball, Rope, Hoop, Clubs and Ribbon. Exercises and Games (individual and group). 9.2 .- Introduction to the collective work: no apparatus (space-body relationship through work in pairs, trios, quartets and groups: Synchronicity, The contrast, the succession, the chains) and apparatus: Working couples, individual work with two apparatus, Group work with one or more apparatus: rhythm exercises with balls and clubs, group exercises with ropes and great ribbon pictures exercises . 9.3 .- Choreography group. 9.4 .- General Rules of Competition in RG. 9.4.1 .- Purpose of the Code of Points and Types of Competitions. Practicable. Apparatus. Gymnasts. Discipline. 9.4.2 .- The judges and organization. 9.4.3 .- Score for each category: Individual and Sets RG. 9.4.4 .- Body movements: Body and Technical Difficulties Groups. 9.4.5 .- Characteristics of different apparatus: Ball, Rope, Hoop, Clubs and Ribbon. 9.4.6 .- musical accompaniment. 9.4.7 .- Duration of the Exercises. 9.4.8 .- Apparatus (contacts, lost, broken). 9.4.8 .- Basic criteria for the composition and performance of the Exercises Competition for Individual and Groups RG based on the Code of Points.



## **10. The German Wheel or Rhönrad.**

10.1 .- General Principles: Historical references and Regulations of competition. 10.2 .- Technical and methodological fundamentals of gymnastic elements with German Wheel: Dams feet and hands. Straight or Geraneturnen bearings. Spiral or Spiraleturnen bearings. Jumps or Sprung and Games. 10.3 .- Proposals and educational organization in different application areas on Rhönrad or German Wheel.

## **11. The aerobics.**

11.1 .- Technical and methodological fundamentals of Groups of difficulties: dynamic strength, static strength, jumps / leaps and flexibility / balance. 11.2 .- Introduction to Individuals, Pairs, Trios and Groups work. Exercises and Games. 11.3 .- General Rules of Competition in Aerobics.

## **12. Other alternative gymnastics**

12.1.- The Rope Skipping.

12.1.1.- Technical and methodological fundamentals of Exercises: individual rope, double rope and a large rope. Specific adapted games. 12.1.2 .- The importance of the use and organization of the Rope Skipping in the curriculum of Physical Education.

12.2.- Aerial Acrobatic Gymnastic Activities.

12.2.1.- Technical and methodological fundamentals of the Exercises with: aerial hoop, aerial silk, trapeze, straps, net, hammock, aerial pole, spiral and the latest trends. Specific adapted games.

12.2.2.- Importance of the use and organization of Aerial Acrobatic Gymnastic Activities in the Physical Education curriculum.

## **13. Choreography Principles training in Gymnastics**

13.1.- Basics choreographic elements: Studying Exercises (Mounting or choreography). Concept of Element, Link, Merge, Series, Part and Whole.

13.2.- Importance of the musical aspect and / or rhythm in the composition and execution of Exercises.

13.3.- Sequence for the choreography construction.

## **14. Educational Principles of Planning and Programming Gymnastics.**

14.1 .- Elements of Teaching-Learning process for scheduling and planning Gymnastics: Analysis of the baseline. Defining Objectives. Content Selection. Instructional Procedures: Teaching styles and Strategy practice. Teaching techniques and educational intervention and evaluation. 14.2 .- The session in different scopes, School Initiation and High Performance.

### **WORKLOAD**

### **PRESENCIAL ACTIVITIES**



Activity	Hours
Classroom practices	60,00
<b>Total hours</b>	<b>60,00</b>

### NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	10,00
Individual or group project	20,00
Independent study and work	20,00
Preparation of lessons	6,00
Preparation for assessment activities	20,00
Resolution of case studies	0,00
<b>Total hours</b>	<b>76,00</b>

### TEACHING METHODOLOGY

The development of the course is structured around 2 theoretical-practical sessions per week, of two hours duration. The important technical content requires a conscious active participation in the practical classes.

Work will be carried out by means of active and/or cooperative methodologies in order to favor individual and group work, guided by the teacher, distributing the tasks.

The following teaching methods, among others, will be used:

- Learning in groups:
  - o Group dynamics.
  - o Cooperative learning.
  - o Case study.
  - o Project-oriented learning.
- Autonomous learning.

Tutorials, individual or group, will be part of the learning process.

The evaluation method may be modified or adapted if necessary.

### EVALUATION

The evaluation system will be carried out taking into account theoretical and practical aspects, through assignments, attendance, punctuality, attitude, collaboration and active participation in the activities. The evaluation of the course will be in continuous or final mode.

The CONTINUOUS EVALUATION, in first and second call, will be formed by the sum of different sections, each of which must be approved separately:

- a) Attendance, punctuality, attitude and collaboration, with respect to the theoretical and practical classes: 10%.



Attendance with active participation in practical classes is very important. Students who do not comply with 80% attendance will not be able to take advantage of the continuous evaluation, having to be evaluated for the whole subject in final evaluation mode. In this case, in the final evaluation, the notes of the partial evaluations will not be kept in order to be able to pass the course.

b) Practical exam: 25%.

Practical test or tests that will derive in an individual grade and a group grade.

c) Theoretical exam: 25%.

Content: the whole syllabus taught and developed, at a theoretical and practical level, by the teacher. This written exam evaluates aspects related to the theoretical support and the theory of practice through multiple-choice questions, short questions and/or development questions.

d) Academic work: 40%.

Work related to the syllabus of the course that must be handed in on the date and in the manner requested by the professor.

Students who do not follow the continuous evaluation will have to take the final evaluation.

The FINAL EVALUATION will be formed by the sum of the following parts:

a) Practical exam: 40%.

b) Theoretical exam: 40%.

c) Academic work: 20%

PS: "The total or partial literal copy of other people's works presenting them as one's own is considered unacceptable conduct in the academic field". On the other hand and by the law of intellectual protection, are usually prohibited total or partial reproductions of other people's works, and its breach may give rise to the corresponding misdemeanors or criminal offenses.

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