

Subject	Individual Sports I (Artistic Gymnastics – Rhythmic Gymnastics – Dance)			
Type	Type	Semester	ECTS	
	MANDATORY (M)	2	4	
Lecturer	Dr.Sc. Milaim Berisha			
Aims and Objectives	<p>The main aim of the lesson is to provide general information about the gymnastics branches. The lesson is based on artistic gymnastics where students get basic information about gymnastics benefits, techniques, and mainly physical preparation of children. Thus, this lesson aims to prepare students for gymnastics coaching at the first level as the assistant coach and prepare the base for upper levels of artistic gymnastics. Besides this, a secondary aim is to provide information to students about rhythmic gymnastics, dance content and benefits on the health, and their similarities between each other.</p>			
Learning Outcomes	<p>Upon completion of this module, students shall be able to:</p> <ul style="list-style-type: none"> ✓ Providing general information about gymnastic branches ✓ Providing general information about artistic gymnastics such as starting age, benefits, branches, basic techniques (learning steeps and assistance), physical preparation (mainly “gymnastics cards”), and wining basic practical ability. ✓ Providing general information about rhythmic gymnastics branches, benefits, and wining basic practical ability. ✓ Providing general information about dance, benefits, and wining basic practical ability. 			
Content	Week	Topics		
	Syllabus presentation			
	1	History and Evolution of Artistic Gymnastics		
	2	Safety Measures and Injury Prevention in Gymnastics		
	3	Introduction to Gymnastics Apparatus and Their Functions		
	4	Fundamental Movements and Basic Skills for Beginners		
	5	Building Strength Flexibility and Endurance for Gymnasts		
	6	Learning Advanced Tumbling and Apparatus Specific Skills		
	Mid-term exam – 1			
	7	Choreography and Artistic Expression in Gymnastic Routines		
	8	Rules Regulations and Scoring Criteria in Competitions		
	9	Mental Preparation and Performance Psychology for Gymnasts		
	10	Nutritional Requirements and Recovery Strategies for Gymnasts		
	11	Introduction to Rhythmic Gymnastics and Dance Techniques		
12	Event Specific Preparation for Competitions and Exhibitions			
Mid-term exam – 2				
Teaching/Learning Methods	Activity	Weight (%)		
	Lectures	40%		
	Lab	40%		
	Research	10%		
	Independent learning	10%		
Assessment Methods	Methods of assessment:	%		
	Participation	10%		
	a) Mid-term exam -1 (practice-theory)	10%		
	b) Mid-term exam - 2 (practice-theory)	10%		
	Homework	30%		
	Preparation of the training program	40%		
Resources	Resources	Number		
	Lectures	1		
	Presantations	1		
	Web of science	1		
	PubMed	1		

	Scopus		1
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	1	12
	Lab	2	24
	Independent learning	n/a	40
	Examination preparation	n/a	24
Literature	<ul style="list-style-type: none"> Physical preparation (level 1) exercises. Federation Internaziaonale De Gymnastique. 2001 http://www.fig-gymnastics.com. Youth Sport Trust (2005). TOP Gymnastics, British Gymnastics www.youthsporttrust.org Fink H, McVey B, and Stan A. (2015) Womens Artistic gymnastics: Technical manual (level 1). Fédération internationale de gymnastique. Fink H, (2015) Mens Artistic gymnastics: Technical manual (level 1). Fédération internationale de gymnastique. Fink H, Hofmann D. (2015) Age Group Development and Competition Program for Men's Artistic Gymnastics. Fédération internationale de gymnastique. Fink H, Hofmann D. Ortiz Lopez L. (2015) Age Group Development and Competition Program for Women's Artistic Gymnastics. Fédération internationale de gymnastique. Massimo J. (2012) Gymnastics Psychology, Morgan James Publishing, U.S. 		
Ethical standards	This course follows UBT College's Code of Ethics, requiring all students to behave accordingly. Any case of academic misconduct, including but not limited to cheating, plagiarism, or other forms of dishonesty, will lead to significant punishment such as failure of the specific assessment or the entire course, as well as further disciplinary measures in accordance with UBT College's academic integrity policies.		
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