

Course description

Course abbreviation:	KTV/DIGSS	Page:	1 / 4
Course name:	Methodology of Gymnastics		
Academic Year:	2023/2024	Printed:	29.05.2024 02:10

Department/Unit /	KTV / DIGSS			Academic Year	2023/2024
Title	Methodology of Gymnastics			Type of completion	Exam
Accredited/Credits	Yes, 3 Cred.			Type of completion	Combined
Number of hours	Tutorial 2 [Hours/Week]				
Occ/max	Status A	Status B	Status C	Course credit prior to	YES
Summer semester	0 / -	0 / -	0 / -	Counted into average	YES
Winter semester	0 / -	0 / -	0 / -	Min. (B+C) students	10
Timetable	Yes			Repeated registration	NO
Language of instruction				Semester taught	Winter semester
Optional course	Yes			Internship duration	0
Evaluation scale	1 2 3 4			Ev. sc. – cred.	S N
No. of hours of on-premise					
Auto acc. of credit	Yes in the case of a previous evaluation 4 nebo nic.				
Periodicity	K				
Substituted course	None				
Preclusive courses	N/A				
Prerequisite courses	N/A				
Informally recommended courses	N/A				
Courses depending on this Course	N/A				

Course objectives:

The aim of this course is to introduce students to problems of methodology of gymnastics and its use at lessons at high schools and grammar schools. Students become familiar with problems of theory, methodology and didactics of elementary, rhythmic, artistic and other kinds of gymnastics.

Requirements on student

Written preparation for the lesson of physical education focused on gymnastics according to given content.
Didactic presentation - leading a lesson of physical education focused on gymnastics according to given content.
Passing practical and theoretical part of oral and written exam.
Class participation (80%) on exercises.

Content

1. Introduction to the subject Didactics of gymnastics, 2. Specialized training in the school of gymnastics TV, 3. Didactic-methodological outputs series, assisting and rescuing in the training of acrobatic elements, 4. Didactic-methodological outputs series, assisting in the rescue and training elements of the tools (Vault), 5. Didactic-methodological outputs series, assisting in the rescue and training elements of the tools (balance beam), 6. Didactic-methodological outputs series, assisting in the rescue and training elements of the tools (horizontal bar), 7. Didactic-methodological outputs series, assisting in the rescue and training elements of the tool (parallel bars), 8. Didactic-methodical series of outputs, and assisting in rescue training jumps on tools (trampoline), 9. Didactic-methodical series of outputs, and assisting in rescue training on the tool elements (circles), 10. Preparatory and supplementary exercises in gymnastics, 11. Didactic and organizational forms in gymnastics, 12. Didactic management styles in gymnastics.

Fields of study

Guarantors and lecturers

- **Guarantors:** Mgr. Petra Kalistová (100%)
- **Tutorial lecturer:** Mgr. Petra Kalistová (100%), Mgr. Petr Valach, Ph.D. (100%)

Literature

- **Basic:** Petr, Otto; Svatoň, Vratislav. *Didaktika gymnastiky ve školní tělesné výchově : Určeno pro posl. fak. tělesné vých. a sportu*. Praha : SPN, 1985.
- **Basic:** Rychtecký, Antonín; Fialová, Ludmila. *Didaktika školní tělesné výchovy*. 2. přepracované vyd. Praha : Karolinum, 1998. ISBN 80-7184-659-7.
- **Basic:** Vilímová, Vlasta. *Didaktika tělesné výchovy*. Vyd. 2., přeprac., (1. vyd. v MU). Brno : Masarykova univerzita, 2009. ISBN 978-80-210-4936-9.
- **Basic:** Křištofič, Jaroslav. *Gymnastika*. 2. vyd. Praha : Karolinum, 2009. ISBN 978-80-246-1733-6.
- **Basic:** Svatoň, Vratislav; Zámostná, Alena. *Gymnastika : Metodické listy cvičení v akrobacii a na nářadí*. 1. vyd. Olomouc : Hanex, 1993. ISBN 80-900925-9-4.
- **Basic:** Svatoň Vratislav, Libra Miroslav. *Gymnastika. Akrobacie a cvičení na nářadí*. 1. vyd. Praha : NS Svoboda, 1997. ISBN 80-205-0542-3.
- **Basic:** Svatoň, Vratislav. *Gymnastika metodicky a hrou : Metodické listy akrobatické a nářadové gymnastiky pro děti mladšího školního věku*. 1. vyd. Olomouc : Hanex, 1992.
- **Basic:** Měkota, Karel; Novosad, Jiří. *Motorické schopnosti*. 1. vyd. Olomouc : Univerzita Palackého, 2005. ISBN 80-244-0981-X.
- **Basic:** Werner, Peter H. *Teaching children gymnastics*. 2nd ed. Champaign : Human Kinetics, 2004. ISBN 0-7360-4434-5.
- **Recommended:** Zítko, Miroslav; Chrudimský, Jan. *Akrobacie*. 2., rozš. vyd. Praha : Česká asociace sport pro všechny, 2006. ISBN 80-86586-17-0.
- **Recommended:** Zítko, Miroslav. *Akrobacie I. od kotoulu po přemet*. Plzeň : Videosport, 2000.
- **Recommended:** Křištofič, Jaroslav. *Gymnastická příprava sportovce : 238 cvičení pro všestranný rozvoj pohybových dovedností*. Praha : Grada Publishing, 2004. ISBN 80-247-1006-4.
- **Recommended:** Bursová Marta. *Kompenzační cvičení: uvolňovací, protahovací, posilovací*. Praha, 2005. ISBN 80-247-0948-1.
- **Recommended:** Fejtek, Jiří; Mazurovová, Zuzana. *Předsportovní příprava*. Praha : Olympia, 1990.
- **Recommended:** Zítko, Miroslav. *Skoky z malé trampolíny*. Praha : Sport pro všechny, 1997. ISBN 80-902509-1-2.
- **Recommended:** Mitchell, Debby; Lopez, Raim; Davis, Barbara. *Teaching FUNdamental gymnastics skills*. Champaign : Human Kinetics, 2002. ISBN 0-7360-0124-7.
- **Recommended:** Kos, Bohumil. *Zábavná cvičení*. Praha : Olympia, 1992. ISBN 80-7033-180-1.
- **Recommended:** Skopová, Marie; Zítko, Miroslav. *Základní gymnastika*. Praha : Karolinum, 2014. ISBN 978-80-246-2637-6.
- **Recommended:** Formánková, Soňa. *Základní gymnastika - názvosloví nejčastěji používaných postojů, poloh a pohybů (cvičení prostrná)*. 2. vyd. Olomouc : Univerzita Palackého v Olomouci, 2011. ISBN 978-80-244-2759-1.
- **Recommended:** Miklánková, Ludmila. *Základy gymnastiky : akrobacie a cvičení na nářadí (nejen) pro 1. stupeň základních škol*. 1. vydání. 2013. ISBN 978-80-244-3639-5.

Time requirements

All forms of study

Activities	Time requirements for activity [h]
Preparation for an examination (30-60)	40
Practical training (number of hours)	13
Contact hours	13
Graduate study programme term essay (40-50)	20
Total:	86

assessment methods**Knowledge - knowledge achieved by taking this course are verified by the following means:**

- Combined exam
- Individual presentation at a seminar
- Seminar work
- Continuous assessment
- Self-evaluation

Skills - skills achieved by taking this course are verified by the following means:

- Skills demonstration during practicum
- Individual presentation at a seminar
- Continuous assessment
- Self-evaluation

prerequisite**Knowledge - students are expected to possess the following knowledge before the course commences to finish it successfully:**

- vysvětlit a použít názvosloví základní, rytmické, sportovní gymnastiky a moderních pohybových forem
- vysvětlit a zdůvodnit pomoc, záchranu a metodiku nácviku jednotlivých gymnastických cvičebních tvarů

Skills - students are expected to possess the following skills before the course commences to finish it successfully:

- předvést praktické dovednosti ze základní, rytmické, sportovní gymnastiky a moderních pohybových forem
- poskytnout správnou pomoc a záchranu při cvičení

teaching methods**Knowledge - the following training methods are used to achieve the required knowledge:**

- Multimedia supported teaching
- Cooperative instruction
- Self-study of literature
- Individual study
- Discussion

Skills - the following training methods are used to achieve the required skills:

- Practicum
- Skills demonstration
- Collaborative instruction
- One-to-One tutorial

learning outcomes**Knowledge - knowledge resulting from the course:**

- bring theoretical knowledge from gymnastics into connection with their practical use in physical education process at high school
- evaluate importance of gymnastic exercises and specialized gymnastic preparations in other sport branches
- apply theoretical and practical knowledge from the passed kinds of gymnastics, knowledge of methodology of practice of gymnastic elements, their spotting and safety check when composing the preparation of the lesson of physical education with gymnastic content

Skills - skills resulting from the course:

- erify appropriateness of content, organization and teaching methods of preparation for the lesson of physical education at didactic presentation (leading a lesson of physical education)

Course is included in study programmes:

Study Programme	Type of	Form of	Branch	Stage	St. plan v.	Year	Block	Status	R.year	R.
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Study Programme	Type of	Form of	Branch	Stage	St. plan	v.	Year	Block	Status	R.year	R.
Teacher Training for Secondary Schools	Postgraduate Master	Full-time	SS Teacher Training in Physical Education	2	16		2023	Povinné předměty - didaktický modul	A	1	ZS
