



Italian code: M-EDF/02 (old) MEDF-01/B (new)

Credits: 9

Course: Individual Sports: Athletics and Gymnastics

Main language of instruction: Italian

Other language of instruction: English

Head instructor

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Objectives

The course of Individual Sports: Athletics and Gymnastics, is a first approach to individual sports activities. This course aims to introduce the concepts and methods related to the performance model and the teaching progressions of some individual sports disciplines.

Pre-requisites

- None

Course structure

- Physical, biomechanical and physiological factors predisposing performance,
- performance model and classification of sports,
- training principles,
- characteristics of the training load,
- functional assessment,
- periodization,
- tapering.

Competencies

A. Knowledge and understanding:

the student will acquire knowledge and the ability to understand the training and competition locations of some individual sports disciplines related to Athletics, Rhythmic Gymnastics and Artistic Gymnastics. Furthermore, the student will know:



the performance models, regulations, theory, technique and teaching of some specialties related to Athletics, Rhythmic Gymnastics and Artistic Gymnastics; the means, methods and aids necessary to develop a teaching progression for the introduction of the specialties; the most common errors and the exercises for their correction; the set of motor skills that influence the performance, taking into account the physical and psychological characteristics of the individual and the technical-tactical characteristics of the specialty.

B. Applying knowledge and understanding:

The student will be able: to identify the theoretical and practical foundations of the educational and training approach to the person in the field of sports practices; to develop a teaching progression for the introduction of some specialties of Athletics, Rhythmic Gymnastics and Artistic Gymnastics; to recognize the most common errors and develop exercises for their correction.

C. Making judgements:

The student will be able: to identify the design strategies to propose sports activities; to identify the didactic progression taking into account the motor skills of the individual in relation to the physical, psychological characteristics of the individual and technical-tactical characteristics of the specialty.

D. Communication skills:

The student will have acquired an appropriate technical language that will allow to clearly express the technical knowledge internalized in the context of the topics proposed and analyzed.

E. Learning skills:

The student will be able to use appropriate terminology in reference to the expression of disciplinary concepts.

Syllabus

Subject 1 – Individual Sports and their training and competition fields

1. Individual Sports
2. Training and competition fields for Athletics
3. Training and competition fields for Rhythmic Gymnastics
4. Training and competition fields for Artistic Gymnastics

Subject 2 – Athletics: running events

1. Running: definition and performance model
2. Block starting
3. Analysis of the 100 m flat race model
4. The hurdles
5. Comparison between sprint races



6. The relay races

Subject 3 – Athletics: field events

1. General information about jumps
2. Horizontal jumps
3. Vertical jumps
4. Throwing events

Subject 4 – Athletics: teaching progression for running

1. Introduction to running
2. Paces and Gaits
3. Blocks Starting performance
4. Hurdles
5. Relay

Subject 5 – Athletics: teaching progression for field competitions

1. Jumping skill education
2. Teaching progression for grass root jumping
3. Throwing skill education
4. Teaching progression for grass root throwing

Subject 6 – Introduction to Rhythmic Gymnastics

1. Origins and evolution
2. Code of Points
3. Composition of the exercise: the difficulties
4. Evaluation of the exercise: the score and the jury
5. Role of the coach

Subject 7 – Teaching Rhythmic Gymnastics

1. Methodological and didactic principles
2. Physical preparation
3. Free body technical preparation
4. Small (hand) apparatus technical preparation
5. Music preparation
6. Choreographic preparation

Subject 8 – Introduction to Artistic Gymnastics

1. Origins and evolution
2. Codes of Points in Men's and Women's Artistic Gymnastics

3. Composition of the exercise
4. Evaluation of the exercise: the score and the jury
5. Performance model

Subject 9 – Teaching Artistic Gymnastics

1. Warm-up and physical preparation
2. Fundamental gymnastics skills
3. Men's and Women's Artistic Gymnastics Apparatus

Evaluation system and criteria

Attending 2 credits of practical activity classes (face-to-face) is mandatory for the admission to the course examination. The examination consists of an oral examination or written test (30 multiple choice questions) up to 30 marks. In addition, one e-tivity, consisting of practical exercise, is compulsory. The e-tivity counts up to 3 marks out of 30 marks.

Bibliography and resources

1. Materials to consult

Notes written by the instructors are available in Italian (the FIG code of Points are also available in English at International Federation web site).

2. Recommended bibliography

Suggested readings are:

- FIDAL (2020). Regolamento tecnico internazionale per le gare di atletica leggera. World Athletics - Federazione Italiana di Atletica Leggera.
<http://www.fidal.it/upload/files/2020/RTI2020definitivo.sito00.pdf>
- IAAF: <https://worldathletics.org/about-iaaf/documents/technical-information>
- International Gymnastics Federation (Fédération Internationale de Gymnastique, FIG) <https://www.gymnastics.sport/site/>