

1. BASIC INFORMATION

Course	Artistic Gymnastics I
Degree program	Bachelor's Degree in Exercise and Sport Sciences
School	Exercise and Sport Sciences and Physiotherapy
Year	Second
ECTS	3 ECTS
Credit type	Compulsory
Language(s)	Spanish/English
Delivery mode	On campus
Semester	S4
Academic year	2025/2026
Coordinating professor	Juan Carlos Ariza

2. PRESENTATION

This subject aims to provide students with a global vision of Artistic Gymnastics and its application in the field of School Physical Education and Sports Initiation in different contexts.

It is an essential content in these studies not only because it is one of the basic Olympic sports but also due to its importance in the historical development and evolution of Physical Activity and Sports Sciences.

The theoretical foundations of Gymnastics, its history, terminology, technical fundamentals, and teaching methodology of gymnastic skills, both acrobatic and on apparatus, will be addressed. The gymnastic equipment and its practical use, as well as the planning, direction, and evaluation of teaching-learning processes in Gymnastics, will be covered. The subject is designed experientially so that students, through practice, can understand the theoretical-practical concepts included in the program.

Additionally, students will become familiar with the International Scoring Regulations (FIG Code) and the Regional and National Technical Regulations.

3. LEARNING OUTCOMES

Knowledge

KON2.

- Describes how to design a teaching/learning process related to physical activity and sport, based on the individual and contextual characteristics of people and educational, technical and ethical principles.
- Describes how to plan a teaching/learning process related to physical activity and gymnastics, taking into account people's individual characteristics and circumstances, as well as relevant educational, technical and course-specific principles.
- Understands how to plan and prepare teaching sessions with varying degrees of difficulty, with the appropriate objectives, content and working method for teaching and learning within the different disciplines of gymnastics.
- Plans, organises, implements, controls and evaluates teaching/learning processes at different levels of gymnastics, especially for beginners and physical education in schools.

Skills

COMP1. Effectively describe, formulate and apply the procedures, strategies, activities, resources, techniques and methods involved in the teaching/learning process, while developing comprehensive programmes for the entire professional sport and physical activity sector (formal and informal physical education and sports instruction; physical and sports training; health-focused exercise; physical activity and sports management).

COMP2. Formulate and apply a methodological process based on observation, reflection, analysis, assessment, performance, technical/scientific evaluation and/or dissemination in various contexts, in all areas of professional practice related to physical activity and sport.

COMP40. Teamwork. Cooperate with others in shared academic or professional objectives, participating actively, empathically and exercising active listening and respect for all members.

COMP41. Critical analysis. Integrate analysis with critical thinking in a process of evaluating different ideas or professional possibilities and their potential for error, based on evidence and objective data that lead to effective and valid decision-making.

4. CONTENT

Topic 1. Theoretical Foundations of Gymnastics: Technical and Methodological Fundamentals.

Topic 2. Main Means and Types of Gymnastics.

Topic 3. Planning and Organization of Gymnastics Sessions.

5. TEACHING-LEARNING METHODOLOGIES

The types of teaching-learning methodologies used are indicated below:

- Lecture
- Project-based learning

6. LEARNING ACTIVITIES

Listed below are the types of learning activities and the number of hours the student will spend on each one:

Campus-based mode:

Learning activity	Number of hours
Lectures	3
Practical application classes	12
Elaboration of reports and writings	2
Independent work	28
Discussions and colloquiums	4
Tutorials	6
Design of strategies and intervention plans	18
Presential evaluation tests	2
TOTAL	75

7. ASSESSMENT

Listed below are the assessment systems used and the weight each one carries towards the final course grade:

Campus-based mode:

Assessment system	Weight
Presential evaluation tests	40-50
Learning folder	10-20
Performance evaluation	15-20
Papers on the design of strategies and intervention plans	10-20
Reports and written papers	5-10

When you access the course on the *Campus Virtual*, you'll find a description of the assessment activities you have to complete, as well as the delivery deadline and assessment procedure for each one.

7.1. First exam period

To pass the course in the first exam period, you must obtain a final course grade of at least 5 out of 10 (weighted average).

In any case, you will need to obtain a grade of at 4.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities.

7.2. Second exam period

To pass the course in the second exam period, you must obtain a final grade of at least 5 out of 10 (weighted average).

In any case, you will need to obtain a grade of at 4.0 in the final exam in order for it to count towards the final grade along with all the grades corresponding to the other activities.

The student must deliver the activities not successfully completed in the first exam period after having received the corresponding corrections from the professor, or those that were not delivered in the first place.

8. SCHEDULE

This table shows the delivery deadline for each assessable activity in the course:

Assessable activities	Deadline
Knowledge test	Week 18
Design and direction of gymnastics sessions	Week 4-17
Oral presentations. Independent work: bibliography análisis and audiovisual documents. Programming and planning works.	Week 4-17
Learning folder. Practice diary.	Week 18

This schedule may be subject to changes for logistical reasons relating to the activities. The student will be notified of any change as and when appropriate.

9. BIBLIOGRAPHY

The main reference work for this subject is:

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The recommended Bibliography is:

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10. EDUCATIONAL GUIDANCE AND DIVERSITY UNIT

From the Educational Guidance and Diversity Unit we offer support to our students throughout their university life to help them reach their academic achievements. Other main actions are the students inclusions with specific educational needs, universal accessibility on the different campuses of the university and equal opportunities.

From this unit we offer to our students:

1. Accompaniment and follow-up by means of counselling and personalized plans for students who need to improve their academic performance.
2. In terms of attention to diversity, non-significant curricular adjustments are made in terms of methodology and assessment for those students with specific educational needs, pursuing an equal opportunities for all students.
3. We offer students different extracurricular resources to develop different competences that will encourage their personal and professional development.
4. Vocational guidance through the provision of tools and counselling to students with vocational doubts or who believe they have made a mistake in their choice of degree.

Students in need of educational support can write to us at:

orientacioneducativa@universidadeuropea.es

11. ONLINE SURVEYS

Your opinion matters!

The Universidad Europea encourages you to participate in several surveys which help identify the strengths and areas we need to improve regarding professors, degree programs and the teaching-learning process.

The surveys will be made available in the “surveys” section in virtual campus or via e-mail.

Your assessment is necessary for us to improve.

Thank you very much for your participation.