

1. BASIC INFORMATION

Course	Artistic Gymnastics II
Degree program	Bachelor's Degree in Exercise and Sport Sciences
School	Exercise and Sport Sciences and Physiotherapy
Year	3rd
ECTS	6 ECTS
Credit type	Compulsory
Language(s)	Spanish /English
Delivery mode	On campus
Semester	S5
Academic year	2026/2027
Coordinating professor	Juan Carlos Ariza

2. PRESENTATION

Artistic Gymnastics is a basic Olympic sport, present in the Olympic Games since 1896 in Athens. It has a great application in the field of physical education and motor skills, sports training, competitive sports, and health.

This subject is directly related to other subjects in the Degree such as Didactics, Training, Biomechanics. The objective is for the student to integrate this knowledge and apply it practically in Sports Specialization, preparing the student as a coach/sports technician from a practical perspective in both face-to-face classes and practices in the club or sports school. The student must feel and experience the activity of the gymnast and coach in order to transmit and perform in the professional field.

The student will learn the theoretical foundations, technical and methodological fundamentals of Artistic Gymnastics. They will also learn about models and trends in Gymnastics development, its historical evolution, biomechanical, structural, and methodological fundamentals of Artistic Gymnastics, technical and methodological fundamentals of different apparatuses, and basic principles of the FIG Scoring Code. They will become familiar with the preparation/training of an initiation and specialization gymnast practically and the organization and management of a Children's Sports School.

3. LEARNING OUTCOMES

Knowledge

KON3. Describes geared towards prevention, adaptation and improvement of physical and sporting performance and health through physical condition and exercise.

- Identify the design of a sports training process related to Artistic Gymnastics considering the individual and contextual characteristics of individuals and assuming the specific principles of Gymnastics.
- Describe the design and development of teaching sessions, progressing in difficulty with objectives, content, and methodology for teaching and learning Artistic Gymnastics.
- Explain the planning, programming, application, control, and evaluation of sports training processes in Artistic Gymnastics, at different stages, especially in initiation and sports specialization.
- Recognize the model characteristics of a coach/sports technician in different contexts of Artistic Gymnastics development (educational, recreational, and performance) and apply the corresponding adaptations in each area.

Skills

SK02. Designates exercise-related tasks, progress indicators and strategies to promote health and sports performance based on individual variables and environmental conditions.

- Apply concepts related to basic technical fundamentals, training methods, teaching methodology, physiological, biomechanical, psychological, and social aspects in the field of Artistic Gymnastics.
- Develop behaviors and attitudes of students in training activities and practical sessions aligned with reference best practice codes.

Competences

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.

COMP3. Communicate and interact appropriately and effectively in various contexts related to physical activity and sport, while consciously, naturally and continuously drawing on teaching skills.

COMP7. Design and implement—in a straightforward, natural, conscious and continuous manner—appropriate, effective, systematic and varied physical exercise and fitness programmes, based on scientific evidence, for the purpose of enabling individuals to adapt, improve or refresh certain skills related to human movement and its optimisation; ultimately to resolve unstructured problems of an increasingly complex and unpredictable nature, with a focus on particular groups within the population.

COMP37. Strategic communication. Transmit messages (ideas, concepts, feelings, arguments), both orally and written, strategically aligning the interests of the different stakeholders involved in the communication in the academic and professional environment.

COMP39. Influential leadership. Influence others to guide and direct them towards specific objectives and goals, taking into consideration their points of view, especially in professional situations derived from volatile, uncertain, complex and ambiguous environments in today's world.

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. The theoretical basis of Artistic Gymnastics as a core Olympic sport: format, history and stages of development
- TOPIC 2. The technical, biomechanical, structural and teaching fundamentals of Gymnastics.
- TOPIC 3. The technical and methodological principles of apparatus for Men's and Women's Artistic Gymnastics and types of training
- TOPIC 4. Training methodology for beginner gymnasts in Men's and Women's Artistic Gymnastics
- TOPIC 5. The theory and methodology of the talent scouting process and prognosis in Artistic Gymnastics
- TOPIC 6. Introduction to the FIG Code of Points and the regional and national technical regulations of Artistic Gymnastics

5. TEACHING-LEARNING METHODOLOGIES

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

- Master class
- Case method
- Cooperative learning
- Learning based on workshop/lab teaching
- Simulation environments

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	12
Practical application classes	18
Elaboration of reports and writings	14
Independent work	56
Discussions and colloquiums	8
Tutorials	12
Presential evaluation tests	2
Case Analysis	8
Activities in workshops and/or laboratories	20
TOTAL	150

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
Oral presentations	5-10
Case/Problem	5-15
Performance evaluation (rubric)	20-40
Reports and Briefs	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
Learning folder. Practice diary.	Week 18
Knowledge test	Week 18
Evaluation of written reports. Independent work: bibliography análisis and audiovisual documents. Programming and planning works.	Week 4-17
Performance evaluation	Week 1-18

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:

- ARKAEV, L. y SUCHILIN, N. (2004). How to create champions. The theory and methodology of training top-class gymnasts. Oxford: Meyer & Meyer Sport

The recommended Bibliography is:

- SMOLEVSKY, V.; GAVERDOVSKY, Y. (1996). Tratado General de Gimnasia Artística Deportiva. Barcelona: Paidotribo.
- SÁEZ, F. (2015). Habilidades Gimnástico-Acrobáticas. Madrid: Esteban Sanz.
- FFG. (2003). Kit Memento 2003. Paris: Fédération Française de Gymnastique
- FIG. (2022). Comité Técnico: Código de Puntuación de Gimnasia Artística Masculina. Moutier: FIG.
- FIG. (2022). Comité Técnico: Código de Puntuación de Gimnasia Artística Femenina. Moutier: FIG.
- BESSI, F. (2016). El mundo de la Gimnasia Artística. Buenos Aires: Dunken.
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- THOMAS, L; FIARD, J; SOULARD, C; CHAUTEMPS,G. (1997). Gimnasia Deportiva. Lérida: Agonos.
 - YEVSEYEV, S.P. (1991). Training Devices in the Soviet System of Gymnasts training. Moutier: FIG.
 - BRIDOUX, A. (1991). La Gymnastique Sportive: son enseignement au milieu scolaire .Paris: Amphora. E.F.
 - FIG. (1991). Objectif An 2000.FIG 110th anniversary (1881-1991). Moutier:FIG
 - FIG. (1981). 100 years of the International Gymnastics Federation 1881-1981. Moutier: FIG.
 - ESTAPÉ, E. (2003). La acrobacia en Gimnasia Artística. Barcelona: INDE
 - SOULARD, C. Y CHAMBRIARD P. ABC Trampoline. FFG
 - READHEAD, LL. (1996). Manual de entrenamiento de Gimnasia Masculina. Barcelona: Paidotribo.
 - STILL, C. (1993). Manual de Gimnasia Artística Femenina. Barcelona: Paidotribo.
- Videos:
- FFG. 40 ans de Gym-rétrospective.
 - FFG. La souplesse ... Oui ... Mais.
 - FFG. De l´initiation à la découverte.
 - FFG. Kit eveil Gymnique.
 - EVEIL GYMNIQUE. Fédération Française de Gymnastique
- DVD:
- FFG. Apprentissage au Trampoline.
 - FFG. La Preparation Gymnique en GAF.
 - FFG. Les pas de base et coreographies en Aerobic.
 - FFG. Préparation Acrobatique en Gymnastique.
 - 2003 Lisbon World Gymnaestrada.
 - Kit Éveil Gymnique (fichas+DVD) /FFG/
 - Apprentissage au Trampoline (FFG)
 - La preparation gymnique en GAF. (FFG)

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.