

Artistic Movement Activities I (D002869)

Course size (nominal values; actual values may depend on programme)

Credits 6.0 Study time 180 h Contact hrs 72.0 h

Course offerings and teaching methods in academic year 2018-2019

A (year) Dutch practicum 72.5 h

Lecturers in academic year 2018-2019

Devriendt, Mieke	GE25	staff member
Vanden Hautte, Jan	GE25	staff member
Deconinck, Frederik	GE25	lecturer-in-charge
Goossens, Lennert	GE25	co-lecturer
Haerens, Leen	GE25	co-lecturer
Van den Berghe, Lynn	GE25	co-lecturer
Zeuwts, Linus	GE25	co-lecturer

Offered in the following programmes in 2018-2019

	crdts	offering
Bachelor of Science in Physical Education and Movement Sciences	6	A
Exchange Programme Physical Education and Movement Sciences	6	A

Teaching languages

Dutch

Keywords

(creative) dance, gymnastics, fitness, injury prevention, safe and healthy exercise

Position of the course

This course:

- addresses the basic technical skills related to gymnastics and dance.
- focuses on the acquisition of technically correct performances of these skills, as well as on the acquisition of a sense of rhythm and body awareness
- prepares the students for the more complex skills of gymnastics and dance in the second year.

In addition, this course provides a basic training related to safe and healthy exercise, including a theoretical background of and technical skills training for injury prevention.

Contents

- Gymnastics: Motor skills (including theoretical underpinings) on floor, vault, single and double bar, ring, balance beam and rope climbing
- Dance: rhythmic movements and basic dance skills in creative and explorative compositions (both motor skills and theoretical underpinnings)
- Safe and healthy exercise: basic training "Get fit to sport"

Initial competences

A sport-minded attitude, good motor competence and adequate physical characteristics are required.

Final competences

- 1 The student is able to perform basic technical skills in gymnastics.
- 2 The student is able to perform basic dance skills in an expressive and rhythmical

manner.

- 3 The student analyse the movement patterns of these skills related to gymnastics and dance qualitatively.
- 4 The student can provide a peer with focused feedback on a performance.
- 5 The student uses the helping techniques adequately and correctly.
- 6 The student shows perseverance to practise these skills autonomously.
- 7 The student knows the theoretical principles of safe and healthy exercise.
- 8 The student is able to apply the basic principles of safe and healthy exercise.
- 9 The student possesses the physical characteristics required to perform the different movement / dance skills.

Conditions for credit contract

Access to this course unit via a credit contract is determined after successful competences assessment

Conditions for exam contract

This course unit cannot be taken via an exam contract

Teaching methods

Practicum

Extra information on the teaching methods

This course can be followed by incoming (exchange) students. The sessions will be in Dutch, but are easy to follow by non-native speakers due to their practical nature. During the practical sessions the different skills and disciplines are shown and practiced. The theoretical basis of the skills and disciplines and the regulations of the sports are addressed during lectures. Injured students are expected to be present at the practical and theoretical sessions so they don't miss essential information.

Learning materials and price

- Gymnastics:
Unpublished syllabus by Vanden Hautte J & Demeulemeester F (2017) (in Dutch; estimated cost: 5 euro)
- Dance:
Unpublished syllabus by Devriendt M (in Dutch: estimated cost: 5 euro)
- Safe and healthy exercise:
Unpublished syllabus "Get fit to sport" by Goossens L. (in Dutch: estimated cost: 2.5 euro)

References

- Gymnastics:
 - Gantois J., Schroven W., Van Esser M. (1983). Van kopstand tot kasamatsu. Leuven: Acco
 - Van den Berg T. (2007). Turnen in beeld. Haarlem (NI): De Vrieseborch
 - <http://www.gymstars.be/> (Gymfed)
- Dance:
 - Utrecht, Luuk: 'Van hofballet tot postmoderne-dans: de geschiedenis van het academische ballet en de moderne dans', Walburg Pers, 1988, ISBN 90.6011.900.2
- Safe and healthy exercise - Get fit to sport:
<https://www.sport.vlaanderen/sportbegeleiders/ondersteuning/sportwetenschappelijke-ondersteuning/get-fit-2-sport/>

Course content-related study coaching

Course leader for general queries: by appointment via e-mail (frederik.deconinck@ugent.be)

- Dance: Mieke Devriendt (Mieke.Devriendt@UGent.be)
- Gymnastics: Jan Vanden Hautte (Jan.VandenHautte@UGent.be), Fien Demeulemeester (Fien.Demeulemeester@UGent.be)
- Safe and healthy exercise: Dr. Lennert Goossens (lennert.goossens@ugent.be), Dr. Linus Zeuwts (linus.zeuwts@ugent.be)

Lecturers can also be contacted before and after each lesson, or upon appointment.

Evaluation methods

continuous assessment

Examination methods in case of periodic evaluation during the first examination period

Examination methods in case of periodic evaluation during the second examination period

Examination methods in case of permanent evaluation

Written examination, participation, skills test

Possibilities of retake in case of permanent evaluation

examination during the second examination period is possible in modified form

Extra information on the examination methods

- There are a number (3 to 5) of evaluations (of techniques, performance and theory/regulations) during the academical year.
- Attendance to the practical sessions is required. Illegitimate absence in more than 20% of the practical sessions of one sport will automatically result in a FAIL for this course.

Calculation of the examination mark

Per discipline: the mark is calculated by weighing the marks for the practical part and the mark for the theoretical part. The relative weight of mark on the practical part (80%) is larger than for the theoretical part (20%). A mark below 9/20 on the practical part or on the theoretical part will be sanctioned at the level of the discipline.

In case of a mark $< 9/20$ for either the theoretical part or the practical part, both parts have to be retaken.

The weighing of the 3 disciplines in the total mark is:

Gymnastics: 40%, Dance: 40%, Safe and healthy exercise: 20%.

When a student does not take part in one or more of the evaluations, or when the student is illegitimately absent in more than 20% of the practical sessions, he/she is unable to pass this course. If this is the case and if the total mark is $> 10/20$, the total mark will be adjusted to 9/20.

Addendum

This course is open for incoming mobility students (Erasmus)