

Health and Sports Science Module Handbook
Faculty of Sports Science
Universitas Negeri Makassar

Module designation	Gymnastics
Semester(s) in which the module is taught	1
Person responsible for the module	Dra. Ichsani, M.Kes.
Language	Bahasa
Relation to curriculum	Compulsory
Teaching methods	Lectures and Practice
Workload (incl. contact hours, self-study hours)	The course is divided into 3 parallel classes and is planned to have 14 weeks of teaching and 2 weeks of exams
Credit points	2 credits
Required and recommended prerequisites for joining the module	None

<p>Module objectives/intended learning outcomes</p>	<ol style="list-style-type: none"> 1. Knowledge and understanding <ol style="list-style-type: none"> a. Understanding, division and history of fiber gymnastics development b. Basic gymnastics techniques c. Advanced gymnastics/rhythmic gymnastics techniques d. Understand the rules of gymnastics and its system 2. Intellectual Abilities / Skills <ol style="list-style-type: none"> a. Able to understand basic motion and its mechanisms b. Able to decipher basic gymnastic movements c. Able to perform basic gymnastic movements d. Able to understand the rules of championships / gymnastics matches. 3. Practical skills <ol style="list-style-type: none"> a. Can train gymnastics in line with the mechanism of exercise. b. Can lead or sing on gymnastics in accordance with the applicable rules. 4. Managerial and transferable skills <ol style="list-style-type: none"> a. Able to do group work with good cooperation b. Able to discuss cases in solving a problem c. Effective and efficient decision making 5. attitude <ol style="list-style-type: none"> a. Actively discuss and find solutions to problems provided in learning a. Sensitive and critical to the problems that arise in society related to the sport of gymnastics.
<p>Content</p>	<p>Basic gymnastics courses contain understanding, Division, history, Gymnastics facilities, basic motion, training techniques, specifications and rules of gymnastics competitions, through theory and practice lectures. The goal is for students to be able to know and carry out the basic movements of gymnastics</p>
<p>Exams and assessment formats</p>	<p>The exam is conducted 2 times, namely mid semester and final semester. Exam questions in the form of essays in the form of theory and case examples. Each question has a different weight value according to the level of difficulty.</p>

Study and examination requirements	The procedure to take the semester's final exam must be attended by students at least 80%. Quiz and assignment scores are 5-10% of the overall final score, the final score of 60 is just passed. Midterm exams are theory and practice exams. The final midterms are practical exams.
Reading list	<ol style="list-style-type: none"> 1. Agus Mahendra (2001) learning Gymnastics, Directorate General of Sports, Ministry of Education, Jakarta. 2. Anonymous(2008) Code of Points naan Artistic Gymnastics 2009-2012, Copyright FIG ,Edition 2009 3. Anonymous(2008) Code of Points Rhythmic Gymnastics 2009-2012, Copyright FIG ,Edition 2009