

Course syllabus

Trampolin 1, 3 högskolepoäng *Trampoline 1, 3 credits*

Course Code: CG1011

Department: Department of Circus

Grading Scale: Fail, Pass

Education:

Freestanding course

Education Cycle: First cycle non beginners

Subject Group: CI1

Course Classification:

Theater

100%

Main Field of Study: Circus

Level of Progression: GXX

Established by: The Board of Course Syllabi

Date of Decision: 16/12/2019

Date of Revision: DD/MM/20YY

Valid from: Summer semester 2020

Entry Requirements

General entry requirement for studies at the first cycle with the exception of Svenska 1,2,3 and Engelska 6 and

Specific entry requirement

- 15 credits in circus or the equivalent

Selection

If there are more eligible applicants than available places there will be a selection. Selection is based on the submitted documentation from eligible applicants. In the assessment we especially consider the experiences/activities that focus on, and have a relationship to, the contents of the course

Language of Instruction

The main language of instruction is English

Aim

The aim of the course is for the student to develop acrobatic abilities in the discipline of trampoline as well as physical strength and aesthetic awareness.

Course Content

The course contains continuous training in the discipline of trampoline. Review of principles for safe training, training risk analysis and the construction of exercises as well as discussions on artistic aspects.

Forms of instruction

- | | | |
|---|---|---|
| Lectures <input type="checkbox"/> | Seminars <input type="checkbox"/> | Teacher-led instruction <input checked="" type="checkbox"/> |
| Workshops <input type="checkbox"/> | Supervision individually <input type="checkbox"/> | Supervision in groups <input checked="" type="checkbox"/> |
| Individual coaching <input checked="" type="checkbox"/> | Two-party discussion <input type="checkbox"/> | Three-party discussion <input type="checkbox"/> |

Intended Learning Outcomes

After completing the course, the student shall be able to:

- show physical and spatial awareness in trampoline
- plan and perform trampoline exercises on a more advanced level
- make risk analysis and to be able to discuss how safe and sustainable training is done within the trampoline discipline

Course requirements

At least 80% attendance and specified tasks completed. Supplementary work is required in the event of insufficient attendance.

Examination

-Examination

The course examination is done through a physical presentation at the end of the course.

In case a student fails the ordinary examination, the student has four more examination opportunities in order to pass the examination.

In special cases, for example, illness or injury, some parts can be examined through a special assignment. Each case is assessed individually in consultation with the head teacher/s and therapists (if applicable).

Grading criteria

Pass

The student has met the expected learning outcomes

Fail

The student has not met the expected learning outcome

Study Resources

The student chooses study material in dialogue with the course director.