

**Kamenka Živčić Marković  
Tomislav Krističević**



**ZAGREB, 2016.**

Nakladnik: Kineziološki fakultet Sveučilišta u Zagrebu

Za nakladnika: prof. dr. sc. Damir Knjaz

Recenzenti:

prof. dr. sc. Muhamed Tabaković, Fakultet sporta i tjelesnog odgoja, Univerzitet u Sarajevu

doc. dr. sc. Maja Horvatin Fučkar, Kineziološki fakultet Sveučilišta u Zagrebu

doc. dr. sc. Miljan Grbović, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Urednica: prof. dr. sc. Kamenka Živčić Marković

Lektura i korektura: Vesna Muhoberac

Grafičko oblikovanje i prijelom: Branko Hrvoj

Odlukom Senata Sveučilišta u Zagrebu na sjednici održanoj 9. veljače 2016. (Klasa: 032-01/15-01/51, Urbroj: 380-061/252-16-5) odobrava se korištenje naziva sveučilišni udžbenik – *Manualia Universitatis studiorum Zagrebiensis*

Tiskano uz potporu Ministarstva znanosti, obrazovanja i sporta.

ISBN 978-953-317-041-1

CIP zapis je dostupan u računalnome katalogu Nacionalne i sveučilišne knjižnice u Zagrebu pod brojem 000937487.

© Sva prava pridržana.

Svoj doprinos u izradi udžbenika dale su osobe koje su demonstrirale vježbe (abecednim redom): Aida Badić, Filip Boroša, Marija Fišter, Antonija Golubić, Ivana Gorišek, Ana Marija Kovačić, Lucija Milčić, Saša Šolja. Crteže izradila Martina Sakač, a materijal za izradu kinograma snimile su: Tea Lagančić, Marta Janković i Josipa Jerčić.

Kamenka Živčić Marković and Tomislav Krističević, both professors at the Faculty of Kinesiology, University of Zagreb, have published university textbook *Fundamentals of artistic gymnastics*. It is the first comprehensive textbook in the field of artistic gymnastics written in Croatian, and is published by Zagreb Faculty of Kinesiology. Students entering advanced studies of artistic gymnastics may have difficulties in overcoming comprehensive and elaborated terminology and this book provides easy to understand key concepts and current debates in the field.

The book consists of four main parts; the first part discusses the theoretical basis of artistic gymnastics and gives insight in its development and the role and importance in teaching physical education. The second part of the book is the most comprehensive part focusing on description of artistic gymnastics disciplines, equipment and techniques. The text is based on previous scientific researches, theoretical knowledge and practical experience and supported by great number of expert and especially scientific references. Rules and regulations are described in third part while the fourth part consists of two addendums: current gymnastics lessons in primary schools and alphabetical index.

#### Table of Contents:

Foreword; Chapter 1: Fundamentals of artistic gymnastics; Definition and disciplines, Gymnastics terminology, Role and importance of artistic gymnastics in schools, Teaching methods of artistic gymnastics; Chapter 2: Techniques and teaching methods of basic gymnastics elements; Basics of acrobatic elements, Preparatory exercises for acrobatic elements, Technique and teaching methods of acrobatic elements, Basics of vaulting, Preparatory exercises for vaulting, Techniques and teaching methods for different phases of vaulting, Techniques and teaching methods in basic school vaulting, Basic preparatory motions on trampoline, Basics of exercising supports and hanging, Basics of exercising on uneven bars and high bar, Preparatory exercise for elements on uneven bars and high bar, Techniques and teaching methods of basic gymnastics elements on uneven bars and high bar, Basics of exercising on rings, Techniques and teaching methods of basic gymnastics elements on rings, Basics of exercising on parallel bars, Techniques and teaching methods of basic gymnastics elements on parallel bars, Basics of exercising on pommel horse, Techniques and teaching methods of basic gymnastics elements on pommel horse, Basics of exercising on balance beam, Techniques and teaching methods of basic gymnastics elements on balance beam, Chapter 3: Rules and regulations; Development of Code of points, Code of points for women's gymnastics, Code of points for men's gymnastics, Basics of judging in Croatia; Chapter 4: Current gymnastics lessons in primary schools; alphabetical index. References.