

## **TOPICS**

Competition for filling vacant teaching positions

P 13 – Associate professor

1. The history, objectives and particularities of rhythmic gymnastics.
2. Systematization and technical-methodological particularities of body technique.
3. Inertial displacements and movements in rhythmic gymnastics.
4. Balance elements, rotations and jumps in rhythmic gymnastics.
5. The emergence and evolution of bodybuilding and fitness concepts.
6. Aerobic exercise and its biological efficiency.
7. Dance as a form of corporal expressiveness.
8. The place of dance in school and extracurricular activities.

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