

		1 Day		2 Day	
		TIME	31 January - Saturday	TIME	1 February - Sunday
Workshop for Aerobic Gymnastics Practice und Theory	9:00   10:30	<b>Welcome &amp; Introduction</b> <b>Opening Address &amp; Course Info</b>  <b>Practice</b> <b>Artistic 1</b> <ul style="list-style-type: none"> <li>✓ COP &amp; Changes</li> <li>✓ CHOREOGRAPHY COMPOSITION</li> <li>✓ Music &amp; musicality</li> <li>✓ Aerobic content</li> </ul>	<b>Practice</b> <b>(AMP); Transitions, Links and Partnership</b> <ul style="list-style-type: none"> <li>✓ AMP – amount and balance</li> <li>✓ creative and complexity</li> <li>✓ variety and originality</li> <li>✓ Transitions and Links</li> <li>✓ amount and balance</li> <li>✓ creative and complexity</li> <li>✓ variety and originality</li> </ul>		
	30 min	BREAK	BREAK		
	11:00   12:30	<b>Practice</b> <b>Artistic 2</b> <ul style="list-style-type: none"> <li>✓ General Content</li> <li>✓ Use of the space</li> <li>✓ ARTISTRY</li> </ul>	<b>Practice</b> <ul style="list-style-type: none"> <li>✓ Partnership (MP TR GR) - amount and balance;</li> <li>✓ creative and complexity;</li> <li>✓ variety and originality</li> <li>✓ Showmanship</li> <li>✓ Aspects of Presentation</li> </ul>		
	90 min	BREAK	BREAK		
	14:00   15:30	<b>THEORY</b> <b>Difficulty 1</b> <ul style="list-style-type: none"> <li>✓ Principles</li> <li>✓ Minimum Requirement</li> <li>✓ Combination of Elements</li> <li>✓ Video Analysis</li> </ul>	<b>THEORY</b> <b>Methods of Analysing Music</b> <ul style="list-style-type: none"> <li>✓ Methods of Interpreting Music</li> <li>✓ Matching the Music with the Style and ability of the athlete</li> <li>✓ Mapping of the Music to include all criteria of a routine</li> </ul>		
	30 min	BREAK	BREAK		
	16:00   17:30	<b>THEORY</b> <b>Execution 1</b> <ul style="list-style-type: none"> <li>✓ COP &amp; Changes</li> <li>✓ Appendix II (General)</li> <li>✓ Questions</li> </ul>	<b>THEORY</b> <b>Execution 3</b> <ul style="list-style-type: none"> <li>✓ General Errors</li> <li>✓ Specific Errors</li> <li>✓ Video Analysis</li> <li>✓ Questions</li> </ul>		