

Dept. of Kinesiology
San Jose State University
Fall 2009

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Office Hours: by appointment only

Kin 28A: Activities Class - Beginning Gymnastics

Section 01: Mon & Wed 8:30 – 9:20 am

SPX 218

Course Information

Intended for anyone interested in an introduction to artistic gymnastics, this class provides an overview of gymnastics skills, technique, training methodology, rules, judging, and apparatus as it relates to beginning level participation. The course includes fundamental skills practice, discussion & analysis of movement, proper technique, and the concept of skill progressions – including the importance of proper physical preparation to facilitate safe & consistent skill acquisition.

Course Objectives

1. Introduction to the 4 women's artistic events & 6 men's artistic events.
2. Appreciate the importance of proper physical preparation for safe gymnastics participation.
3. Learn basic fundamental gymnastics positions, movement patterns, elements (skills), & element families.
4. Acquire and be able to perform several individual skills (or sequences) on most, if not all, available apparatus.
5. Understand how gymnasts & coaches utilize skill progressions – vertical and horizontal.
6. Apply basic biomechanical principals to improve skill acquisition & performance.
7. Determine efficient movement patterns & be able to recognize insufficient movement patterns.
8. Construct, practice, & ultimately perform basic gymnastics routines for evaluation.
9. Overview of gymnastics organizations, competition levels & rules, and judging guidelines.
10. At the end of the course, have the opportunity to enhance your knowledge and appreciation for the sport by supporting local gymnastics events and/or working for local gymnastics organizations.
11. Allow participation for all persons, inclusive of persons with physical or developmental disabilities.

Prerequisites

None

Text

Handouts & reference materials will be provided.

Course Requirements & Evaluation

Participation:	Readiness, demonstrated effort, & positive attitude (2 pts. per class)	60 pts	(30%)
Training "Labs":	In-class assignments designed to facilitate skill development	40 pts	(20%)
Research Assignment:	Outside of class project - artistic gymnastics apparatus	20 pts	(10%)
Midterm:	Exam covering terminology & basic skill development	20 pts	(10%)
Skills Evaluation:	Train for a "team competition" and "compete" 2 routines	30 pts	(15%)
Final:	Written exam covering all course topics	30 pts	(15%)
		200 pts	TOTAL

See the course calendar for class topics & due dates of course requirements.

Safety Reminder

Gymnastics is an activity involving some risk. Consistent participation, appropriate attire, proper warm-up, and working within the range of your abilities are all essential. During training periods, we will manage risk by utilizing approved skill progressions and following all safety rules as outlined by the instructor. Any disregard of the above safe practices will not be tolerated!

SPECIAL NOTE: Never attempt a new skill without first checking with the instructor to make sure that any prerequisites for that skill have been mastered. We will all improve at our own rates – don't rush development!

Course Policies & Procedures – Kin 28A

- ✓ **No food or drink is allowed in the gym. The cubbies are not for class use.**
- ✓ We start class on time. Come a few minutes early when possible, check-in when you arrive, & prepare yourself for warm-up. Students late to class may miss an overview of class objectives, lectures, and other critical information. If you miss a large portion of the warm-up, you must complete a warm-up on your own. The instructor may not award full participation credit for the day for late students or those leaving early without a valid reason.
- ✓ We must end class on time, and put all equipment back as required. **Extra training time is not permitted, sorry!**
- ✓ Workout attire is required for all classes unless advised otherwise by the instructor. Students not properly attired at the start of class may be considered non-active and may not earn their full participation credit for the day.
- ✓ This is an **academic class** with regular lectures. Bring notepaper & pen or pencil to every class period.
- ✓ This is an **activities class**. Active, consistent participation & full effort will comprise 30% of the final class grade.
- ✓ Missing classes does not excuse students from completing class requirements. If a student is absent from class it is his/her responsibility to speak to the instructor and/or a classmate to receive information he/she may have missed.
- ✓ Extra Credit assignments are encouraged as a way to learn more about gymnastics, or to “make-up” for non-participation days. Pre-approved Extra Credit assignments are listed below. Extra Credit cannot include training time on your own, and students may not come to another section of this course to make-up for missed class time.
- ✓ **Extra Credit can be turned in anytime during the semester EXCEPT the last day of class.**

Extra Credit: Below are some options (2 points max. for each):

- Observe a SJSU women's gymnastics practice. Write up what occurs during training, what you learned, and how you can apply it in class.
- Attend a local Jr. Olympic gymnastics event. Complete a write-up of the event.
- Complete a one-page write up on a prominent gymnastics figure, current or historical.
- Videotape & analyze the movement patterns of a basic skill, as performed by a fellow student.
- Attend a SJSU, Stanford, or Cal Women's or Men's Gymnastics Competition (spring only).
- Identify and review 6 different websites that are gymnastics related & what you learned.
- Volunteer at a SJSU women's gymnastics event, or another local gymnastics event.

Grading of Written Assignments & Projects:

- All assignments must be turned into the instructor during regular class periods, unless specified otherwise.
- **Late assignments are graded off 10% - or 1 pt. (whichever is larger) - per class period beyond the due date.**
- No project alterations or make-ups will be allowed without serious and compelling reasons, and only when approved **in advance of the due date** by the instructor. Failure to communicate with the instructor in a timely manner regarding difficulties completing the course requirements (or simply not doing as well as expected) does not constitute a serious or compelling reason.
- Grading is based upon thorough & complete answers, accurate content, neatness, correct spelling, & grammar.

Evaluating Skills & Routines:

- No make-ups will be allowed without serious and compelling reasons.
- Point-based scoring will be utilized, following pre-outlined judging guidelines.
- Point adjustments to performance scores may be made based on attitude and effort.

Final Grades:

- **A 200-180 pts (100-90%)**
- **B 179-160 pts (89-80%)**
- **C 159-140 pts (79-70%)**
- **D 139-120 pts (69-60%)**
- **F 119 pts. & under (59% & under)**

Assignment of an Incomplete grade can only be considered for serious and compelling reasons and with certain restrictions. Failure to communicate with the instructor in a timely manner regarding difficulties completing course requirements (or simply not doing as well as expected) does not constitute a serious or compelling reason.

University Policy Information

Academic Integrity Statement (from Office of Judicial Affairs):

Your own commitment to learning, as evidenced by your enrollment at San Jose State University, and the University's Academic Integrity Policy requires you to be honest in all your academic course work. Faculty are required to report all infractions to the Office of Judicial Affairs.

Campus Policy in compliance with the Americans with Disabilities Act:

If you need course adaptations or accommodations because of a disability, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. Presidential Directive 97-03 requires that students with disabilities register with DRC to establish a record of their disability.