

Dept. of Kinesiology
San Jose State University
Spring 2012

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Office Hours: by appointment only

Kin 28A: Activities Class - Beginning Gymnastics

Section 01: MW 7:30-8:20am SPX 218
Section 02: MW 8:30-9:20am 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. The class is open to intermediate and advanced students.

Course Objectives

1. Identify each artistic gymnastics apparatus, for both men and women.
2. Demonstrate an understanding of the benefits of a specific activity as it relates to physical and mental health.
3. Appreciate the role of warm-up and proper physical preparation for safe participation.
4. Demonstrate the acquisition and application of motor skills appropriate to the specific activity.
5. Develop and be able to perform several fundamental skills (or sequences) on most, if not all, available apparatus.
6. Understand how gymnasts & coaches utilize skill progressions to enhance skill acquisition and safety.
7. Explore and apply basic biomechanical principals to improve performance.
8. Construct, practice, and perform basic gymnastics routines short performances, for evaluation.
9. Demonstrate an understanding of applicable history, rules, strategies, current research, safety and etiquette.
10. Allow participation for all persons, inclusive of persons with physical or developmental disabilities.

Prerequisites

None (a physical is recommended)

Text

Handouts & reference materials will be provided.

Course Requirements & Evaluation

Training "Labs":	In class assignments designed to facilitate skill development	40 pts	(40%)
Research Assignment:	Outside of class project: gymnastics apparatus	10 pts	(10%)
Quizzes:	Covering terminology & skill development	10 pts	(10%)
Skills Evaluation:	Perform 2 individual routines as part of a "team competition"	20 pts	(20%)
Final:	Written exam covering all course topics	<u>20 pts</u>	<u>(20%)</u>
		100 pts	TOTAL

See the Kin28A 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

- ✓ **You must be enrolled in this class to participate.**
- ✓ **No food or drink is allowed in the gym. The cubbies are not for class use, sorry.**
- ✓ We start class on time. Check-in when you arrive. Prepare yourself for warm-up. If you miss the group warm-up, you must complete a 5 minute warm-up on your own.
- ✓ 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 may not participate in activities. No jewelry. No buttons, zippers, shoes, hats or hoods. Hair must be kept out of the eyes.
- ✓ This class has an **academic** component, with lectures. Bring notepaper & pen or pencil to every class period.
- ✓ Missing class does not excuse students from completing class requirements. It is the student's responsibility to speak to the instructor and/or a classmate to receive information and/or assignments he/she may have missed.

Extra credit is a way to learn more about gymnastics and/or to "make-up" for missed class work. Pre-approved extra credit assignments are listed below. Students may *not* come to another section for extra credit. A maximum of 5 points of extra credit is allowed per student, per semester.

Extra Credit: Below are some options (1 pt. 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 this 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 accurate content, neatness, correct spelling, punctuation, etc.

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.

Final Grades:

- **A 100-90 pts (100-90%)**
- **B 89-80 pts (89-80%)**
- **C 79-70 pts (79-70%)**
- **D 69-60 pts (69-60%)**
- **F 59 pts. & under (59% & under)**

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.

You are responsible for understanding the policies and procedures about add/drops, academic renewal, withdrawal, etc. found at http://sa.sjsu.edu/student_conduct.

University Policy Information

Academic integrity statement (from the Office of Student Conduct and Ethical Development):

Your own commitment to learning, as evidenced by your enrollment at San José State University, and the University's Academic Integrity Policy requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the Office of Student Conduct and Ethical Development. The policy on academic integrity can be found at http://sa.sjsu.edu/student_conduct.

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, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with DRC to establish a record of their disability.

Kin28A: Beginning Gymnastics
Course Calendar – Spring 2012

Week	Dates	Topics, Assignments, Deadlines All class sessions held in SPX 218 unless specified
1	W 1.25	Class Overview / Greensheet
2	M 1.30 W 2.1	Intro to Warm-ups / Fundamental Body Positions & Form Intro to the “4 Fundamentals” / Strength & Flexibility Handout: Warm-up Sheet
3	M 2.6 W 2.8	Intro to Floor Exercise / Basic Tumbling & Concept of Progressions Intro to Vault / Falls & Landings LAB 1: “Sticking”
4	M 2.13 W 2.15	Intro to Balance Beam Intro to Bars [YUH 05] Announce & Warm-up in Teams Research Assignment: Apparatus
5	M 2.20 W 2.22	Handstands, cont. Skill Progressions: Bounding & Saltos LAB 2: Handstands
6	M 2.27 W 2.29	QUIZ #1 / Skill Progressions, Cont. Skill Development: Bars [YUH 05] LAB 3: Skill Mastery & Progressions
7	M 3.5 W 3.7	Skill Development & Labs Skill Development & Labs Research Assignment Due
8	M 3.12 W 3.14	Skill Development & Labs Skill Development: Bars [YUH 05]
9	M 3.19 W 3.21	Skill Development & Labs QUIZ #2 [YUH 05] / Skill Development: Bars LAB 1 & LAB 2 Due
10	M 3.26 W 3.28	SPRING BREAK – NO CLASS SPRING BREAK – NO CLASS
11	M 4.2 W 4.4	Code of Points & Skill Values Scoring & Judging / Form & Presentation Handout: Code of Points
12	M 4.9 W 4.11	Kin28A Meet Format & Routine Rules Skill Development: Bars [YUH 05] Handout: Routine Rules
13	M 4.16 W 4.18	Best practices: Training to Compete Skill Development: Bars [YUH 05] LAB 4: Sequences & Routines
14	M 4.23 W 4.25	Open Training: Skills, Routines & Labs Open Training: Skills, Routines & Labs LAB 3 Due
15	M 4.30 W 5.2	Team Training: Routines & Labs Team Training: Routines & Labs LAB 4 Due
15	M 5.7 W 5.9	SKILLS EVALUATION: Team Competition SKILLS EVALUATION: Team Competition Handout: Study Guide - Final
16	M 5.14	WRITTEN FINAL EXAM SPX 218

**Schedule is subject to change with fair notice. Notice will be made available via email.*