San José State University
Kinesiology
Spring 2017, KIN 28A – Beginning Gymnastics – Section 1

Contact Information
Instructor: Christopher Brown
Office Location: By Arrangement
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Email: cbrown@sjsu.edu / cbrown@calsportscenter.com
Office Hours: By arrangement
Class Meetings & location Mon & Wed 8:30-9:20am / SPX 231

Course Description
This course is designed to develop the student's awareness and performance of basic skills in gymnastics.

Course Goals and Student Learning Objectives
Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skills tests, and written exams,

• Knowledge of fundamental skills, technique and progressions of Artistic Gymnastics.
• Proficiency in execution of the Artistic Gymnastics skills covered.
• An understanding of the history, rules, strategies, current research, safety and etiquette associated with Artistic Gymnastics.
• An understanding of the mental and physical health benefits to be derived from participation in Artistic Gymnastics.
• An appropriate level of proficiency in personal fitness as it relates to components aiding the learning of Artistic Gymnastics - such as cardiovascular endurance, muscular strength and endurance, flexibility, body composition, balance, coordination, and agility.

Activity Program Learning Outcomes
After completion of the physical activity graduation requirement, students shall be able to:

• Demonstrate proficiency in the execution of the motor/sport skills appropriate to beginning/basic artistic gymnastics.
• Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to artistic gymnastics.
• Identify and/or explain the benefits of physical activity as related to physical and mental health.
• Demonstrate a positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance, coordination, and agility.

Text/Readings
None required. Handouts and/or article links will be provided.

Course Notes
Class protocol:
• **You must be enrolled in this class to participate.**
• **No food or drink allowed on the gym floor/activity areas.**
• **Follow all rules of the gym & class, as posted and/or announced.**
• We start this class on time. Check-in with the instructor when you arrive. Prepare yourself for warm-up and have a seat on the floor exercise. If you miss the group warm-up, you must complete a 5 minute warm-up on your own before joining in.
• 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 jeans, 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.
• Cell phones may not be used during class and must be kept off the gym floor EXCEPT for (and only with instructor approval): completing in-class assignments and/or to create and review photos/videos to aid learning/teaching. Please do not share/use photos or video for purposes other than meeting class objectives.
• 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.

Recording class:
• Lectures may **not** be recorded. If classmates ask you to video their own efforts for feedback/review, that is ok and actually can be very helpful. Use recordings for feedback during class only. Do not post or otherwise share recordings.

Other:
• Intellectual property: Course materials developed by the instructor (e.g., exam/quiz items, videos, lecture notes), are the instructor’s intellectual property and cannot be shared or uploaded in any form publicly without the instructor’s approval.
• If you have pre-existing medical or physical problems you should consult your physician before participating in this class and alert the instructor to any required limitations.
• Report any accidents or injuries to the instructor immediately (or as soon as possible).
• Flexibility and strength development is highly encouraged outside of class.
• Students may complete up to 3 points of extra credit. Ask the instructor for options.
• Drop requests will not be accepted after the SJSU drop deadline.
• Outings/assignments completed for another class cannot be counted for this course.
Important Notes about Safety:

- 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 SAFETY NOTE: We will all improve at our own rates – don’t rush development! Never attempt a new skill (or even a skill you can do but which the instructor has not approved) without first checking with the instructor to make sure that any and all prerequisites for that skill have been mastered.

Course Requirements, Assignments, and Grading

Tests:
- The Performance Final is 20% of student’s final grade. Each student must perform gymnastics routines on two gymnastics events as designated by the instructor. The performances are scored. Individual scores count towards a student’s individual grade AND their team score.
- The format of both quizzes and written final test includes multiple choice, true/false, fill in the blank, and/or short answer. No notes are allowed. No special items are required for tests.

Assignments/Projects:
- Skill Labs are 10 points each and are critical for guiding students in practicing and tracking skill development. Labs may award more points for demonstrated mastery but primarily are to ensure that enough repetitions are being practiced each class period and through the entire length of the course.
- Research Assignment: Outside of class research, followed by sketching the physical attributes/dimensions (showing height, width, materials, etc.) the 8 sets of apparatus utilized in an elite artistic gymnastics competition. Designate each as a men’s and/or women’s event, label the Olympic Order, and note any special equipment utilized by competitors.

Grading
- All assignments must be turned in to the instructor during regular class periods, unless specified otherwise.
- Late assignments are graded 10% off - or 1 pt. (whichever is larger) – PER CLASS PERIOD after 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, per outlined judging guidelines handed out in class.

Grading Plan

40% (40 points) Skill “Labs” (4 – In Class Only)
10% (10 points)  Conditioning Assessment and Training
10% (10 points)  Research Assignment (Outside of Class)
10% (10 points)  Quizzes (2)
20% (20 points)  Performance Final: Team Competition
10% (10 points)  Written Final Exam

Grading Scale used to determine final course grade.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Equivalent Grade</th>
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<tbody>
<tr>
<td>97% - 100%</td>
<td>A+</td>
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<tr>
<td>93% - 96%</td>
<td>A</td>
</tr>
<tr>
<td>90% - 92%</td>
<td>A-</td>
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<tr>
<td>60% - 62%</td>
<td>D-</td>
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<tr>
<td>below 60%</td>
<td>F</td>
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**University Policies**

Information pertaining to university programs and policies designed to facilitate student success can be found here:

[http://www.sjsu.edu/gup/syllabusinfo/](http://www.sjsu.edu/gup/syllabusinfo/)

**Course Calendar** (subject to change with fair notice by announcement in class and/or email)
<table>
<thead>
<tr>
<th>Week</th>
<th>Dates</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
</table>
| 1    | M 1.30 W 2.1 | Class Overview  
Intro to Warm-ups / Intro to Basic Tumbling  
**Handout:** Warm-up Sheet |
| 2    | M 2.6 W 2.8 | Gym Use & Safety / Landings - Lab 1  
Intro to Artistic Gymnastics Events – Vault / Lab 1  
**LAB 1:** Landings & Safety Falls |
| 3    | M 2.13 W 2.15 | Intro to Artistic Gymnastics Events – Uneven Bars / Lab 1  
Intro to Artistic Gymnastics Events – Balance Beam / Lab 1 |
| 4    | M 2.20 W 2.22 | Intro to Artistic Gymnastics Events – Floor Exercise / Lab 1  
Intro to Men’s Events / Lab 1  
**Research Assignment:** Apparatus Specs |
| 5    | M 2.27 W 3.1 | QUIZ 1 / Proper Handstand Technique & Development  
Skill Development - Labs 1 & 2  
**LAB 2:** Fundamentals |
| 6    | M 3.6 W 3.8 | Skill Development - Labs 1 & 2  
Skill Development – Lab 2  
**LAB 1 DUE**  
**Research Assignment Due** |
| 7    | M 3.13 W 3.15 | Skill Progressions & Drills: Bounding Skills  
Skill Progressions & Drills: Saltos & Aerials  
**LAB 3:** Skill Progressions |
| 8    | M 3.20 W 3.22 | Skill Development - Labs 2 & 3  
QUIZ 2 / Skill Development - Labs 2 & 3  
**LAB 2 DUE** |
| 9    | M 3.27 W 3.29 | SPRING BREAK – NO CLASS  
SPRING BREAK – NO CLASS |
| 10   | M 4.3 W 4.5 | F.I.G Code of Points & Elite Skill Values / Lab 3  
Elite Scoring & Judging / Lab 3  
**Handout:** Code of Points |
| 11   | M 4.10 W 4.12 | Skill Development / Lab 3  
Kin28A Team Competition: Format & Routine Rules  
**Handout:** Routine Rules |
| 12   | M 4.17 W 4.19 | Skill Development / Lab 3 (routine demos)  
Skill Development / Lab 3 (routine demos)  
**LAB 3 DUE** |
| 13   | M 4.24 W 4.26 | Routines & Team Competition Prep / Lab 4  
Routines & Team Competition Prep / Lab 4  
**LAB 4:** Sequences & Routines |
| 14   | M 5.1 W 5.3 | Routines & Team Competition Prep / Lab 4  
Routines & Team Competition Prep / Lab 4  
**CONDITIONING TRACKING DUE**  
**Handout:** Study Guide – Final |
| 15   | M 5.8 W 5.10 | INDIVIDUAL ROUTINES EVALUATION & Team Competition  
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**LAB 4 DUE** |
<table>
<thead>
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<th>Dates</th>
<th>Course Content (Assignments, Exams/Quizzes, ...)</th>
</tr>
</thead>
<tbody>
<tr>
<td>16</td>
<td>M 5/15</td>
<td>WRITTEN FINAL EXAM – During regular class time. No bluebook needed.</td>
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