

San José State University
School/Department
Kinesiology 28A: Activities Class - Beginning
Gymnastics, Section 02, Fall 2013

Instructor:	Christopher Brown
Office Location:	By appointment only
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Email:	cbrown@sjsu.edu
Office Hours:	By appointment only
Class Days/Time:	Section 02: W 12:00-1:50pm
Classroom:	California Sports Center 336 Race St. San Jose, CA 95126 (behind Mel Cotton's Sporting Goods, San Carlos & Race St.)

Course Description

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 Goals and Student Learning Objectives

Upon successful completion of this course, students will be able to:

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

Required Texts/Readings

None. Handouts and reference materials will be provided in class.

Classroom Protocol

- You must be enrolled in this class to participate.
- No food or drink is allowed in the gym.
- Follow all rules of the gym, as posted and/or announced.
- We start class on time. Check-in with the instructor 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.
- Cell phones may be used to create and review photos and videos for teaching purposes only, with instructor approval. Please do not share or use photos or video for purposes beyond 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.

Course Requirements and Grading Policy

Training "Labs":

In-class assignments designed to facilitate skill development **40 pts. (40%)**

Research Assignment:

Specifications & proper use of the competitive apparatus **10 pts. (10%)**

Quizzes:

Covering topics and course work **10 pts. (10%)**

Skills Evaluation:

Perform two individual routines in Kin28A "team competition" **20 pts. (20%)**

Final:

Written exam covering all course work **20 pts. (20%)**

100 pts. total

See the Kin28A course calendar for class topics & due dates of course assignments.

Tests, Assignments/Projects:

- All assignments must be turned into the instructor during regular class periods, unless specified otherwise.
- Late assignments are graded 10% off - 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)**

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.

Below are some extra credit options (1 pt. max. for each):

- Observe a gymnastics practice at a local club or university. 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.

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course. This would include preparing for class, participating in course activities, and completing assignments/projects. Generally this will amount to 1 hour a week outside of class.

Kin28A / Beginning Gymnastics Fall 2013 Sec 02, Course Schedule

This schedule is subject to change with fair notice. An email will be send with any updates or changes, and new hard copies made available in class.

Week	Date	Topics, Readings, Assignments, Deadlines
		All class sessions held at California Sports Center (336 Race St. S.J., 95126) unless specified
1	W 8.21	Class Overview On Campus - SPX 44A
2	W 8.28	Intro to Warm-ups / Gym Use & Safety Handout: Warm-up Sheet Intro to Basic Tumbling / Body Positions & Movements
3	W 9.4	Intro to Floor Exercise / "4 Fundamentals" of FX <i>Warm-up in Teams</i>
4	W 9.11	Intro to Vault / Falls & Landings LAB 1: Safety Falls & Landings Intro to Bars (Uneven & Horizontal)
5	W 9.18	Intro to Balance Beam Research Assignment: Apparatus Intro to Men's Events
6	W 9.25	Proper Handstand Technique & Development LAB 2: Handstands Skill Development & Labs
7	W 10.2	QUIZ #1 / Trampoline: Basics & Safety Research Assignment Due Skill Progressions & Drills: Bounding & Salto Skills
8	W 10.9	Skill Development & Labs LAB 3: Skill Repetition & Mastery LAB 1 DUE
9	W 10.16	Skill Development & Labs
10	W 10.23	Skill Development & Labs LAB 2 DUE
11	W 10.30	F.I.G Code of Points, Skill Values Handout: Code of Points Scoring & Judging
12	W 11.6	QUIZ #2 / Kin28A Meet Format & Routine Rules Handout: Routine Rules Skill Development & Labs
13	W 11.13	Open Training: Skills, Routines & Labs LAB 4: Sequences & Routines
14	W 11.20	Open Training: Skills, Routines & Labs LAB 3 DUE
15	W 11.27	Open Training: Skills, Routines & Labs Handout: Study Guide - Final
16	W 12.4	INDIVIDUAL ROUTINES EVALUATION & Team Competition LAB 4 DUE WRITTEN FINAL EXAM - Regular Class Time. No bluebook needed.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's Catalog Policies section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the Academic Calendars webpage at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop Policy is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the Advising Hub at <http://www.sjsu.edu/advising/>.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The University's Academic Integrity policy, located at <http://www.sjsu.edu/senate/S07-2.htm>, 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 Student Conduct and Ethical Development website is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors. Note: outings completed for another class cannot be counted for this course.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make 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 at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the Disability Resource Center (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.