

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

Contact Information

Instructor: Chelsea Spomer

Office Location: By Arrangement

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Office Hours: By arrangement

Class Meetings & location Mon & Wed 8:30-9:20am & 9:30-10:20/
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.

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- 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.

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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.

Grading Plan

80% (80 points) Participation- showing up to class, being attentive, giving your best effort to understand the mechanics behind gymnastics (- In Class Only)

10% (10 points) Skill Labs- Testing out retention of knowledge of skills

5% (5 points) Conditioning assessment and training-learning body weight conditioning essential to gymnastics.

****** Extra Credit Opportunity******

5% (5 points) Come and watch the NCAA Gymnastics team practice and/or compete. Dates and times TBA.