

San José State University
Kinesiology
Fall 2015, KIN 28A Sec 02, Beginning Gymnastics

Contact Information

Instructor:	Christopher Brown
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Office Hours:	by appointment
Class Meetings & Location	*Section 01 Mondays & Wednesday 9:30-10:20am SPX 231

Course Description

This course is designed to develop the student's appreciation, physical and mental abilities, and performance of basic skills in artistic gymnastics.

Course Goals and Student Learning Objectives

Following activities and assigned reading, students will be able to demonstrate through class activities/assignments, skill tests, and written exams,

- Knowledge of fundamental skills, technique, & training strategies associated with artistic gymnastics.
- Proficiency and/or improvements in execution of the skills covered.
- A positive change in personal fitness as it relates to components such as cardiovascular endurance, muscular strength, flexibility, body composition, balance, coordination, and agility.
- 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 artistic gymnastics.

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 the specific activities completed.
- Identify and/or explain the applicable history, rules, strategies, current research, safety, and etiquette related to the specific activities completed.
- 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.

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. 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 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 can be very helpful. Use recordings for feedback during class only. Do not post or otherwise share recordings.

Important 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 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.
- Flexibility & Strength Development is encourage outside of class, but NOT more advanced skill work without proper equipment & supervision.
- Students may complete up to 3 points of extra credit. Ask the instructor for extra credit options.
- Drop requests will not be accepted after the SJSU drop deadline.
- 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.

Course Requirements and Grading Policy

Grading Plan

"Labs": In-class skill development	40 pts (40%)
"Challenges": In-class research & exploration	20 pts (20%)
Research Assignment: Outside of class project	5 pts (5%)
Quiz: Written exam on course topics	5 pts (5%)
Skills Evaluation: 2 individual routines / team competition	20 pts (20%)
Final: Written exam covering all course topics	10 pts (10%)
	100 pts TOTAL

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

Grading of Written Assignments & Projects:

All assignments must be turned into the instructor during regular class periods, unless specified otherwise.

Late assignments are graded 10% off - or 2 pts. (whichever is larger) - per class period beyond the due date. Class Challenges cannot be completed late or made up.

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 Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+

Percentage	Equivalent Grade
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

Tests: 1 Quiz & 1 Written Final. The format of quiz and test is multiple choice, true/false, fill in the blank, and/or short answer.

Assignments/Projects:

- **4x “Labs” (10 points each): in-class skill work designed to facilitate learning.**
- **10x “Challenges” (2 points each): Randomly scheduled in-class research and explorations**
- **Outside of class Research Project (5 points): research and sketch 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 include any special equipment utilized.**

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.

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 in the [policies section](#) at

<http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current [academic year calendars](http://www.sjsu.edu/provost/services/academic_calendars/) document at http://www.sjsu.edu/provost/services/academic_calendars/. The [late drop policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) 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](http://www.sjsu.edu/senate/S07-2.htm) 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](http://www.sjsu.edu/studentconduct/) website 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](http://www.sjsu.edu/senate/S07-2.htm) at <http://www.sjsu.edu/senate/S07-2.htm> requires approval of instructors.

Note: Outings/assignments 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec/) (AEC) at <http://www.sjsu.edu/aec/> to establish a record of their disability.

Accommodation to Students' Religious Holidays

San José State University shall provide accommodation on any graded class work or activities for students wishing to observe religious holidays when such observances require students to be absent from class. It is the responsibility of the student to inform the instructor, in writing, about such holidays before the add deadline at the start of each semester. If such holidays occur before the add deadline, the student must notify the instructor, in writing, at least three days before the date that he/she will be absent. It is the responsibility of the instructor to make every reasonable effort to honor the student request without penalty, and of the student to make up the work missed. See University Policy S14-7 at <http://www.sjsu.edu/senate/docs/S14-7.pdf>.

Course Calendar (subject to change with fair notice by announcement in class and/or email)

Week	Dates	Course Content (Assignments, Exams/Quizzes,...)
1	M 8.24 W 8.26	Class Overview In assigned room Intro to Warm-ups / Intro to Basic Tumbling / Gym Use & Safety
2	M 8.31 W 9.2	Intro to FX & "4 Fundamentals" / Intro to Vault / Falls & Landings / Lab 1 Handout: Warm-up Sheet LAB 1: Landings & Safety Falls
3	M 9.7 W 9.9	NO CLASS (LABOR DAY) Intro to Balance Beam / Lab 1
4	M 9.14 W 9.16	Intro to Bars (Uneven & Horizontal) / Lab 1 Skill Dev / Lab 1 Research Assignment: Apparatus
5	M 9.21 W 9.23	Proper Handstand Technique & Development Positions & Form / Labs 1 & 2 LAB 2: 4 Fundamentals
6	M 9.28 W 9.30	Skill Development - Labs 1/2 Trampoline - Lab 2 LAB 1 DUE
7	M 10.5 W 10.7	Skill Development - Lab 2 Skill Progressions & Drills: Bounding Skills Research Assignment Due
8	M 10.12 W 10.14	Skill Progressions & Drills: Saltos & Aerials QUIZ / Skill Development - Labs 2/3 LAB 3: Skill Progressions
9	M 10.19 W 10.21	Skill Development - Lab 2/3 Skill Development - Lab 2/3 LAB 2 DUE
10	M 10.26 W 10.28	F.I.G Code of Points & Elite Skill Values / Lab 3 Elite Scoring & Judging / Lab 3 Handout: Code of Points
11	M 11.2 W 11.4	Kin28A Team Competition: Format & Routine Rules Routine examples / Skill Development & Lab 3 Handout: Routine Rules
12	M 11.9 W 11.11	Routine examples / Skill Development & Lab 3 NO CLASS – VETERAN’S DAY LAB 3 DUE
13	M 11.16 W 11.18	Practicing Routines / Lab 4 Routines & Lab 4 LAB 4: Sequences & Routines

Week	Dates	Course Content (Assignments, Exams/Quizzes,...)
14	M 11.23 W 11.25	Routines & Lab 4 Routines & Lab 4 Handout: Study Guide – Final LAB 4 DUE
15	M 11.30 W 12.2	INDIVIDUAL ROUTINES EVALUATION & Team Competition INDIVIDUAL ROUTINES EVALUATION & Team Competition
16	M 12.7	WRITTEN FINAL EXAM – During regular class time. No bluebook needed.