

**Department of Health and Human Performance
Prairie View A & M University
HUPF 1061
Gymnastics I**

**INSTRUCTOR: Jim Price
Office: New Gym 109**

**Credit: 01
Office Hrs. TBA**

Phone: (936) 261-3920

Semester: Spring 2008

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Text: NONE

**NCATE: Objectives (E- FOLD - P)
(Educator as Facilitator of Learning For Diverse Population)**

1. Prepare students for a teaching profession who understand and appreciate human diversity and global awareness.
2. Prepare students for teaching profession who facilitate student growth and development.
3. Prepare students for teaching profession who are problem solvers, critical thinkers, and decision makers.
4. Prepare students for teaching profession who are reflective and continual learners.

Prerequisite: Must be able to perform certain skills required by Instructor

Essential Elements:

Understanding techniques, skills, and rules of gymnastics and tumbling. Includes techniques, skills, and strategic elements: strategies for teaching; safety practices; and rules, scoring methods, and scoring criteria.

TEXES Objective:

Completion of the course should enable the student to:

1. Appreciate the historical development of gymnastics and tumbling.
2. Understand the importance of safety and spotting techniques.
3. Become knowledgeable of the basic rules for dual-meet competition in gymnastics
4. Demonstrate fundamental skills and techniques in floor exercise and tumbling activities.
5. Teach basic gymnastics and tumbling skills safety.
6. Develop an understanding of how to organize a floor exercise , bars, and vault, balance beam routine.

Course Content:

- 1-1 History
- 2-1 Safely Rules
- 2-2 Spotting
- 3-1 Dual-meet competition
 - Rules
 - Order of Competition
- 4-1 Floor Exercise
 - Toe Rise or Stand
 - Body Wave
 - Body Sweep
 - Balance Seat
 - Split
 - One Leg Balance
 - Front Scale
 - Handstand
 - Back Walkover
 - Front Walkover
 - Valdez to Handstand
 - 4-2 Tumbling
 - Lead-up Developmental Exercises
 - First-Level Stunts
 - Forward Roll
 - Backward Roll
 - Backward Extension Roll
 - Tripod
 - Headstand
 - Cartwheel
 - Headstand Support
 - Second Level Stunt
 - Dive and Roll
 - Head Spring Over Mat
 - Fish Dive
 - Tiger Stand
 - Mule Kick
 - Round-off
 - Pitch Back Flip
 - Tip From Mat
 - Headspring
 - Front Hand Spring
 - Back Flip
 - Front Flip
 - Back Hand Spring
 - Back Tucks

Evaluation/Grading:

Attendance	25%
Assignments	25%
Mid-term	25%
<u>Final</u>	<u>25%</u>
	100%

Evaluation Methods:

1. Examinations (mid-term and final 100 points each)	200 points
2. Skills Exam (2)	25 points
3. Internet Research Project	25 points
4. Journal Article Critique	50 points
<u>5. Attendance</u>	<u>100 points</u>
TOTAL	400 points

Grade Scoring Range

Grading Scale

A	90-100%	360-400 points
B	80-89%	320-359 points
C	70-79%	280-319 points
D	60-69%	240-279 points
F	59-0%	239 >

Incomplete grades are only given in extraordinary circumstances that are beyond the students' control.

NOTE: Missed exams and assignments CAN NOT be made-up unless permission is granted by the instructor prior to the exam, assignments, or quiz.

Additionally, after the student has seen his/her grade, the professor reserves the right to retain all assignments and examinations completed by the student. AH papers will be retained until 30 days after grades have been posted. After this time, papers will be destroyed.

Attendance Policies & Classroom

NO CELL PHONES ARE TO BE USED IN CLASS!!!

Students will not be permitted to enter into class beyond 15 minutes after the hour. It is extremely disruptive and interferes with the learning process. Attendance is required at each class meetings. Official university sponsored activities are considered excused absences, but the students is responsible to make up all that is missed at the instructor's convenience. It is recognized that personal difficulties/conflicts arise and allowances will be considered on an individual basis.

EXCESSIVE ABSENCES WILL RESULT IN AN "F" IN THE COURSE

It is important to respect each other in class. No fighting, profanity or euphemisms will be tolerated during class time. Additionally, no cell phone use will be permitted during the class period. Students failing to adhere to this policy may be asked to leave to decrease disruption during the learning process.

Disabled Student Policy:

Students having any special needs or any other factors that may affect their performances in class or require special instructions strategies should make these special needs known to the instructor and the Director of the Counseling Center or Student Services.

Each student will be required to sign an academic honesty policy.

Tentative Course Calendar:

The following plan of action is to keep us on track; it does, however, require flexibility to suit the needs and interests of the students. Please be advised: The instructor has the right to modify this syllabus, without notice, due to emergencies or an expressed interest of the students to discuss topics in greater detail. It is in the best interest of each student to regularly attend class.

Each student is responsible for all work that is covered in class whether the student is present or not.