

Faculty Senate Curriculum Committee

②

APPROVAL FORM

Rev: 5/82

Proposal Title: Gymnastics II: Stunts and Tumbling

Sponsor(s): Edith Thompson Dept.: Health and Physical Education
James Burd

Check one: Course Specialization Concentration Achievement Certificate

Minor Change Major Program
(please name: deletion or credit/title/catalog change)

Certification Program Undergraduate Graduate Credit Hours

Step 1 (Department)

Step 2 (Receipt)

Step 3 (Division CC)

Approved 10/14/83
date
 Not Approved
Mary L. Putman
Dept. CC Chairperson
 Reviewed
date

SCC# 83-84-16
Proposal Received 10/19/83
date

Reviewed 11/7/83
date
 Approved
 Not Approved

Comments:

James H. Hart
Chairperson, Dept.

Shirley A. O'Leary
Chairperson, SCC

James H. Hart
Chairperson, Div. Curr. Comm.

Step 4 (Academic Dean)

Comments: Course should be (Business Dev) Center
and be approved by the committee which is

Reviewed 11/8/83
date

James H. Hart
Signature, Dean of Division

Step 5 (SCC)

Open Hearing Date: 11/17/83 / Approved by Senate Curriculum Committee 11/17/83 (date)

Returned to sponsor(s) for the following reasons:

[Handwritten notes in Step 5 section]

Step 6 (Faculty Senate)

Presented to Faculty Senate (date): 11/17/83

Approved
 Not Approved

Notification to Vice-President Academic Affairs (date): 11/17/83

Shirley A. O'Leary
Signature: SCC Chairperson

Step 7 (Vice-President for Academic Affairs)

Course received 12/23/03 (date)

Course approved Yes No

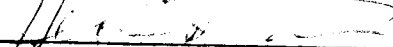
If no, reasons are as follows:

Student credit hours 1

Faculty load hours 1 1/3

Equalized credit hours 1

Official copy and approval sheet filed 1/1/04 (date)

Signature 
(Vice-President for Academic Affairs)

Registrar

Approved course description received _____ (date)

Hegis Taxonomy and Course Number assigned _____

Signature _____
(Registrar) _____ (Date)

Notification forwarded: Senate Curriculum Committee Chairperson, Department Chairperson(s), Academic Dean(s), Registrar, Sponsor(s)

A. Course Proposal Format

1. Details

- a. Title: Gymnastics II: Stunts and Tumbling
- b. Sponsors: Health and Physical Education Department Curriculum Committee in cooperation with Edith Thompson and James Burd.
- c. Level: Undergraduate Freshman. One credit hour, suggested hegis number 0835.111
- d. Curricular Effect: Major requirement
- e. Prerequisite: None
- f. Suggested time of implementation: Spring 1984
- g. Adequacy of staff; resources and facilities; This course represents a reorganization of existing courses.

2. Rationale: The Department of Health and Physical Education has restructured their teacher certification program in order to satisfy the new standards established by the National Association of State Directors of Teacher Education and Certification (NASDTEC) as well as the local general education model for a Bachelors of Science Degree. The reorganization of existing courses and/or the development of new course offerings are necessary for the implementation of the new teacher certification program.

The Gymnastics I (1 hr.) and Gymnastics II (2 hrs.) are being redesigned to become three one-credit classes. These will be:

Gymnastics I : Movement Fundamentals
Gymnastics II : Stunts and Tumbling
Gymnastics III: Apparatus

The department, as well as those instructors involved in the teaching of these courses feel that this change will more completely satisfy the needs of the students in this area of specialization.

3. Essence of the Course

- A. Objectives: The student will:
 1. perform and describe a wide variety of self-testing activities, mimicking movements, lead-up skills for gymnastics.
 2. develop competency in spotting a variety of tumbling skills.
 3. be able to answer questions pertaining to the teaching of tumbling skills in progression, including the use of lead-up skills.
 4. demonstrate ability to perform the basic tumbling skills on a skills test.
 5. develop and perform a sequence of movement which would be suitable for a tumbling routine.

6. experience trampolining as related to tumbling, and pyramid building as related to the balance aspect of tumbling.
7. be able to answer test questions pertaining to the value of gymnastics, safety, history, and techniques of teaching.

B. Content:

1. Stunts

- a. Individual stunts with forward motion
- b. Partner stunts with forward motion
- c. Group stunts
- d. Self-testing stunts
- e. Floor exercise stunts and transitions

2. Tumbling

- a. Balance skills
 1. headstand and variation
 2. handstand and variations
- b. Individual skills
 1. rolls with variations
 2. cartwheels with variations
- c. Round off
- d. Kip
- e. Limbers and walkovers and variations
- f. Handsprings
- g. Somersaults
- h. Movement sequences comprised of tumbling passes

3. Related Activities and major emphasis areas

- a. Pyramids
- b. Spotting
- c. Safety
- d. Values of Gymnastics
- e. Techniques and methods of teaching
- f. Trampolining (rebound tumbling)

C. Evaluation

1. Participation in class activities
2. Mastery of specific skills and spotting
3. Written tests
4. Assignments
5. Projects

D. Course Evaluation

1. Departmental curriculum committee review with input from those faculty members teaching the course.
2. Student Evaluations
3. Results of Consultation
 - a. 1982-83 Health and Physical Education Curriculum committee.
 - b. Health and Physical Education Department
4. Additional information and comments

The restructuring of the three hour gymnastic block has resulted in the following reorganization of content.

Present courses as listed in college catalogue

Gymnastics I - (1 S. H.) - the content in this class is stunts and tumbling and the relevant movement fundamentals necessary to perform these skills

Gymnastics II (2 S. H.) - the content in this class is men's and women's apparatus with concern for spotting, performance, and teaching.

New course proposals:

Gymnastics I - Movement Fundamentals - will deal with the fundamentals of locomotor and non-locomotor skills using a movement education approach. These concepts, knowledges, and skills will then be applied to the performance and understanding of elementary gymnastics skills.

Gymnastics II - Stunts and Tumbling - will deal with the skills of stunts and tumbling. It is similar, but not identical, to the present Gymnastics I course.

Gymnastics III - Apparatus - will deal with the skills and knowledges necessary for the teaching of apparatus. This specific component of gymnastics has been reduced by one semester hour. The students will be exposed to the different pieces of apparatus, but less time will be available for developing higher levels of skill proficiency.

Catalogue Description

This course will prepare students to teach self-testing activities, lead-up skills, and tumbling and balance skills that are useful in tumbling, floor exercise and gymnastic apparatus. Throughout the course, emphasis will be placed on the development of skill in spotting and efficient use of instructional methods and techniques.

1. Details

- a. Title: Gymnastics II: Stunts and Tumbling
- b. Sponsors: Health and Physical Education Department Curriculum Committee in cooperation with Edith Thompson and James Ford.
- c. Credit: 2 credit hours, 1 hour per week, 16 weeks, 1984-1985
- d. Prerequisite: None
- e. Suggested time of implementation: Spring 1984
- f. Adequacy of staff; resources and facilities: This course represents a reorganization of existing courses.

2. Rationale: The Department of Health and Physical Education has restructured their teacher certification program in order to satisfy the new standards established by the National Association of State Directors of Teacher Education and Certification (NASDTEC) as well as the local general education model for a Bachelors of Science Degree. The reorganization of existing courses and/or the development of new course offerings are necessary for the implementation of the new teacher certification program.

The Gymnastics I (1 hr.) and Gymnastics II (2 hrs.) are being redesigned to become three one-credit classes. These will be:

Gymnastics I : Movement Fundamentals
Gymnastics II : Stunts and Tumbling
Gymnastics III: Apparatus

The department, as well as those instructors involved in the teaching of these courses feel that this change will more completely satisfy the needs of the students in this area of specialization.

3. Essence of the Course

- A. Objectives: The student will:
 1. perform and describe a wide variety of self-testing activities, mimicking movements, lead-up skills for gymnastics.
 2. develop competency in spotting a variety of tumbling skills.
 3. be able to answer questions pertaining to the teaching of tumbling skills in progression, including the use of lead-up skills.
 4. demonstrate ability to perform the basic tumbling skills on a skills test.
 5. develop and perform a sequence of movement which would be suitable for a tumbling routine.

6. experience trampolining, as related to tumbling, and pyramid building as related to the balance aspect of tumbling.
7. be able to answer test questions pertaining to the value of gymnastics, safety, history, and techniques of teaching.

4. Content:

1. Stunts

- a. Individual stunts with forward motion
- b. Partner stunts with forward motion
- c. Group stunts
- d. Self-testing stunts
- e. Floor exercise stunts and transitions

2. Tumbling

- a. Balance skills
 1. headstand and variation
 2. handstand and variations
- b. Individual skills
 1. rolls with variations
 2. cartwheels with variations
- c. Round off
- d. Kip
- e. Limbers and walkovers and variations
- f. Handsprings
- g. Somersaults
- h. Movement sequences comprised of tumbling passes

3. Related Activities and major emphasis areas

- a. Pyramids
- b. Spotting
- c. Safety
- d. Values of Gymnastics
- e. Techniques and methods of teaching
- f. Trampolining (rebound tumbling)

C. Evaluation

1. Participation in class activities
2. Mastery of specific skills and spotting
3. Written tests
4. Assignments
5. Projects

D. Course Evaluation:

1. Departmental curriculum committee review with input from those faculty members teaching the course.
2. Student Evaluations
3. Results of Consultation
 - a. 1982-83 Health and Physical Education Curriculum committee.
 - b. Health and Physical Education Department
4. Additional information and comments

The restructuring of the three hour gymnastic block has resulted in the following reorganization of content.

Present courses as listed in college catalogue

Gymnastics I - (1 S. H.) - the content in this class is stunts and tumbling and the relevant movement fundamentals necessary to perform these skills

Gymnastics II (2 S. H.) - the content in this class is men's and women's apparatus with concern for spotting, performance, and teaching.

New course proposals:

Gymnastics I - Movement Fundamentals - will deal with the fundamentals of locomotor and non-locomotor skills using a movement education approach. These concepts, knowledges, and skills will then be applied to the performance and understanding of elementary gymnastics skills.

Gymnastics II - Stunts and Tumbling - will deal with the skills of stunts and tumbling. It is similar, but not identical, to the present Gymnastics I course.

Gymnastics III - Apparatus - will deal with the skills and knowledges necessary for the teaching of apparatus. This specific component of gymnastics has been reduced by one semester hour. The students will be exposed to the different pieces of apparatus, but less time will be available for developing higher levels of skill proficiency.

Catalogue Description.

This course will prepare students to teach self-testing activities, lead-up skills, and tumbling and balance skills that are useful in tumbling, floor exercise and gymnastic apparatus. Throughout the course, emphasis will be placed on the development of skill in spotting and efficient use of instructional methods and techniques.