

Faculty Senate Curriculum Committee

APPROVAL FORM

Rev: 5/82

10

Proposal Title: Gymnastics I: Movement Fundamentals
Sponsor(s): Edith Thompson Dept.: Health and Physical Education
James Burd

Check one: Course Specialization Concentration Achievement Certificate
(please name: deletion or credit/title/catalog change) Minor Change Major Program
 Certification Program

Step 1 (Department)

Approved 10/14/83
date

Not Approved

Mary L. Putman
Dept. CC Chairperson

Reviewed
date

James Burd
Chairperson, Dept.

Undergraduate Graduate Credit Hours

Step 2 (Receipt)

SCC# 83-84-15

Proposal Received 10/19/83
date

Shirley A. O'Day
Chairperson, SCC

Step 3 (Division CC)

Reviewed 11/1/83
date

Approved

Not Approved

Comments:

James Burd
Chairperson, Div. Curr. Comm.

Comments: Person not in class.
may be recommended as a co-ed course.

James Burd
Signature, Dean of Division

Step 4 (Academic Dean)

Reviewed 11/8/83
date

Step 5 (SCC)

Open Hearing Date: 11/14/83

Approved by Senate Curriculum Committee 11/14/83 (date)

Returned to sponsor(s) for the following reasons:

Step 6 (Faculty Senate)

Presented to Faculty Senate (date): 11/14/83

Notification to Vice-President Academic Affairs (date): 11/14/83

Approved
 Not Approved

A. Course Proposal Format - Gymnastics I: Movement Fundamentals

1. Details

- a. Title: Gymnastics I: Movement Fundamentals
- 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 0835.110
- d. Curricular Effect: Major Requirement
- e. Prerequisite: None
- f. Suggested time of implementation: Fall 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 locomotor and non-locomotor patterns.
2. be able to answer questions pertaining to the movement themes of what, where and how one can move.
3. explore basic movement as it is influenced by time, space, force, range, direction, level, pathway, and mechanical principles or physical laws.

4. experience mass floor exercise, balance beam and vaulting activities and be able to identify movement fundamentals in them.
5. participate in a variety of flexibility and strength exercises. Each student will develop and lead a general warm-up or brief conditioning program for classmates.
6. observe and analyze elementary age students perform gymnastics type activities.
7. demonstrate an understanding of the relationship of locomotor movements, non-locomotor movements and movement sequence to rhythms and dance.
8. show a knowledge of instructional strategies, techniques and methods applied to the teaching of gymnastics through movement.

B. Content

1. Locomotor movements

a. Even

- | | |
|----------|----------|
| (1) walk | (4) jump |
| (2) run | (5) hop |
| (3) leap | |

b. Uneven

- (1) skip
- (2) gallop
- (3) slide

c. Examples from floor exercise, balance beam and vaulting

2. Non-locomotor movements

a. Basic

- | | |
|-------------|-----------|
| (1) bend | (3) twist |
| (2) stretch | (4) swing |

b. Combined

- | | |
|-------------------|------------|
| (1) turn | (5) rise |
| (2) rock (sway) | (6) dodge |
| (3) push and pull | (7) strike |
| (4) collapse | (8) sit |

- d. equilibrium
 - (1) balance
 - (2) gravity
 - (3) base of support
- e. relaxation

5. Floor exercise and balance beam

- a. elementary skills in:
 - (1) dance and locomotor and non-locomotor patterns
 - (2) static balance positions
 - (3) transitional movements
- b. movement sequences for individual passes (runs)

6. Vaulting

- a. Basic skills of
 - (1) running
 - (2) jumping
 - (3) flying
 - (4) pushing
 - (5) landing
- b. Types of elementary vaults
- c. Varieties of equipment possibilities
- d. Lead-up skill drills

7. Exercises

- a. General conditioning
- b. Flexibility development
- c. Strength development
- d. Application to sport activities and specific gymnastic skills
- e. Methodology of instruction

8. Instructional strategies, techniques and methods

- a. planning
- b. execution
- c. evaluation

C. Evaluation

- (1) Participation in class activities
- (2) Skill Test
- (3) Class presentations
- (4) Reports
- (5) Written Examinations

D. Course evaluation

- (1) Departmental curriculum committee review with input from those faculty members teaching the course
- (2) Student Evaluation

E. Results of Consultation

- (1) 1982-83 Health and Physical Education Curriculum Committee
- (2) Health and Physical Education Department

F. 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

An introductory course in movement fundamentals that includes the study of locomotor and non-locomotor patterns, movement themes and the mechanical principles of movement. These will be applied as they relate to teaching gymnastics and efficient movement in general. The performance of basic specific skills of elementary gymnastics including floor exercise, balance beam and vaulting is a part of this course.

1. Details

- a. Title: Gymnastics I: Movement Fundamentals
- b. Sponsors: Health and Physical Education Department Curriculum Committee in cooperation with Edith Thompson and James Ford.
- c. Prerequisites: None
- d. Curricular Effect: Health Requirement
- e. Prerequisites: None
- f. Suggested time of approval: Fall 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:

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- 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 locomotor and non-locomotor patterns.
2. be able to answer questions pertaining to the movement themes of what, where and how one can move.
3. explore basic movement as it is influenced by time, space, force, range, direction, level, pathway, and mechanical principles or physical laws.

4. experience basic floor exercise, balance beam and vaulting activities and be able to identify movement fundamentals in them.
5. participate in a variety of flexibility and strength exercises. Each student will develop individualized program for flexibility conditioning.
6. assist and instruct all elementary students perform gymnastics performance.
7. demonstrate an understanding of the relationship of locomotor movements, non-locomotor movements and movement sequence to rhythms and dance.
8. show a knowledge of instructional strategies, techniques and methods applied to the teaching of gymnastics through movement.

B. Content

1. Locomotor movements

a. Even

- | | |
|----------|----------|
| (1) walk | (4) jump |
| (2) run | (5) hop |
| (3) leap | |

b. Uneven

- (1) skip
- (2) gallop
- (3) slide

c. Examples from floor exercise, balance beam and vaulting

2. Non-locomotor movements

a. Basic

- | | |
|-------------|-----------|
| (1) bend | (5) twist |
| (2) stretch | (4) swing |

b. Combined

- | | |
|-------------------|------------|
| (1) turn | (5) rise |
| (2) rock (sway) | (6) dodge |
| (3) push and pull | (7) strike |
| (4) collapse | (8) sit |

3. Movement Themes

a. What can I Move? My body:

- (1) parts
- (2) position
- (3) direction
- (4) relationship to other body parts
- (5) object (level, direction, amount)
- (6) persons

b. How do I move?

- (1) muscular contraction
- (2) weight transference
- (3) balancing

c. Where can I Move?

- (1) division of space
 - (a) self space
 - (b) general space
- (2) dimensions of space
 - (a) direction
 - (b) level
 - (c) range
 - (d) plane
 - (e) pattern

d. How can I move better?

- (1) time
- (2) speed
- (3) rhythm
- (4) force
- (5) flow
 - (a) degrees
 - (b) qualities

e. Movement sequences

- (1) to link movement themes
- (2) to link specific skills applicable to floor exercise, balance beam or vaulting

4. Mechanical Principles and Physical Laws

- a. production of force
- b. absorption of force
- c. Newton's laws of motion
 - (1) inertia
 - (2) acceleration
 - (3) action and reaction

- (1) center of gravity
 - (2) base of support
 - (3) gravity
 - (4) base of support
 - e. relaxation
 5. Floor exercise and balance beam
 - a. theory
 - (1) center of gravity and base of support patterns
 - (2) static balance positions
 - (3) transitional movements
 - b. relevant exercises for individual poses (plans)
 6. Vaulting
 - a. Basic skills of
 - (1) running
 - (2) jumping
 - (3) flying
 - (4) pushing
 - (5) landing
 - b. Types of elementary vaults
 - c. Varieties of equipment possibilities
 - d. Lead-up skill drills
 7. Exercises
 - a. General conditioning
 - b. Flexibility development
 - c. Strength development
 - d. Application to sport activities and specific gymnastic skills
 - e. Methodology of instruction
 8. Instructional strategies, techniques and methods
 - a. planning
 - b. execution
 - c. evaluation

C. Evaluation

- (1) Participation in class activities
- (2) Skill Test
- (3) Class presentations
- (4) Reports
- (5) Written Examinations

D. Course evaluation

- (1) Departmental curriculum committee review with input from those faculty members teaching the course

E. Results of Consultation

- (1) 1980-81 Health and Physical Education Curriculum Committee
- (2) Health and Physical Education Department

F. Additional Information and Comments

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

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Catalogue Description

An introductory course in movement fundamentals that includes the study of locomotion, posture, and balance. The course emphasizes the use of fundamental principles of movement which will be applied as they relate to teaching gymnastics and efficient movement in general. The performance of basic specific skills of elementary gymnastics including floor exercises, balance beam and vaulting is a part of this course.