

Faculty Senate Curriculum Committee

(R)

APPROVAL FORM

Rev: 5/82

Proposal Title: Gymnastics III: Apparatus

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)
<input checked="" type="checkbox"/> Approved <u>10/4/83</u> date <input type="checkbox"/> Not Approved <u>Mary A. Putman</u> Dept. FC Chairperson <input type="checkbox"/> Reviewed date	SCC# <u>83-84-17</u> Proposal Received <u>10/19/83</u> date	Reviewed <u>11/1/83</u> date <input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not Approved Comments:
<u>James Burd</u> Chairperson, Dept.	<u>Shirley A. O'Day</u> Chairperson, SCC	<u>James J. Weare</u> Chairperson, Div. Curr. Comm.

Step 4 (Academic Dean)

Comments: Because there is no reference to grade or course description and level, I assume the course is correct

Reviewed 11/8/83
date

James J. Weare
Signature, Dean of Division

Step 5 (SCC)

Open Hearing Date: 12/1/83 Approved by Senate Curriculum Committee 10/1/83 (date)

Returned to sponsor(s) for the following reasons:
Faculty Senate Dept. Health and Physical Education
Department of Health and Physical Education

Step 6 (Faculty Senate)

Presented to Faculty Senate (date): 11/1/83 Approved Not Approved

Notification to Vice-President Academic Affairs (date): 11/1/83

James J. Weare
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 [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 III: Apparatus
- 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 Regis Number 0835.210
- 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 hrs.) 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 lead-up skills, developmental activities, beginning level mounts and dismounts, and on apparatus skills relating to a minimum of six types of gymnastics apparatus.
2. develop competency in spotting a wide variety of apparatus skills.

3. be able to answer questions pertaining to the teaching of apparatus skills in progression including the use of lead-up skills.
4. compose and demonstrate a beginning level routine on a selected piece of apparatus
5. Be able to answer questions pertaining to the general rules of competitive gymnastics, types and values of gymnastics demonstrations (shows), methods of organizing and conducting gymnastics classes, lesson and unit planning, squad leadership, testing and grading and nomenclature.

B. Content

1. Balance Beam
 - (a) mounts and dismounts
 - (b) tumbling skills
 - (c) mini-routines
2. Uneven parallel bars
 - (a) low bar skills
 - (b) between the bar skills
 - (c) lead-up skills
 - (d) mounts and dismounts
 - (e) mini routines
3. Pommel Horse
 - (a) mounts and dismounts
 - (b) travels
 - (c) cuts and circles
 - (d) mini routines
4. High bar
 - (a) conditioning activities
 - (b) basic swing
 - (c) mounts and dismounts
 - (d) single bar skills
 - (e) mini routines
5. Rings
 - (a) conditioning activities
 - (b) basic swing
 - (c) mounts and dismounts
 - (d) mini routines

6. Parallel bars
 - (a) conditioning activities
 - (b) three basic swings
 - (c) mounts and dismounts
 - (d) basic skills
 - (e) mini routines
7. Vaulting
 - (a) elementary horse vaults
 - (b) use of the trampoline and mini trampoline to develop skills
8. Rules of competitive gymnastics
 - (a) general overview
 - (b) possible mock meet
9. Gymnastics demonstrations
 - (a) class demonstration for public relations
10. Methods of Organizing and Conducting Classes
 - (a) Traditional, squad and exploratory
11. Lesson and Unit Planning
 - (a) taken from curriculum guides
12. Squad leaders
13. Techniques of spotting
14. Techniques of teaching
15. Testing and grading
16. Nomenclature

C. Evaluation

1. Participation in class activities
2. Mastery of specific skills, a selected routine 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 Evaluation

4. Results of Consultation

- A. 1982-83 Health and Physical Education Curriculum Committee.
- B. Health and Physical Education Department

5. 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.

6. Catalogue Description

This course will focus on the apparatus events of men's and women's competitive gymnastics. These events include: the balance beam; uneven parallel bars; pommel horse; high bar; rings; parallel bars; and vaulting. Lead-up skills, developmental activities, and beginning skills will be included on each piece of apparatus. Emphasis will be placed on content, teaching methods and techniques as well as on performance and spotting.

7. Details

- a. Title: Gymnastics III: Apparatus
 - b. Sponsor: Department of Health and Physical Education Curriculum Committee in cooperation with Edith Thompson
 - c. Prerequisite: None
 - d. Co-requisite: None
 - e. Credit: 1
 - f. Frequency: 1
 - g. Delivery mode: 1
 - h. Delivery site: 1
 - i. Delivery time: 1
 - j. Delivery location: 1
 - k. Delivery method: 1
 - l. Delivery equipment: 1
 - m. Delivery materials: 1
 - n. Delivery staff: 1
 - o. Delivery resources and facilities: 1
- This course represents a reorganization of existing courses.

1. 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 Bachelor 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 hrs.) and Gymnastics II (1 hrs.) are being re-designed 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.

8. Essence of the Course

A. Objectives: The student will:

1. perform and describe lead-up skills, developmental activities, beginning level mounts and dismounts, and on apparatus skills relating to a minimum of six types of gymnastics apparatus.
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particular emphasis on the skills of mounting and dismounting the use of aids to control.

Progress in the course of the year should result in a selected group of appropriate

skills in the use of the aids to control the horse in the arena and in the field. The course should be designed to provide the student with a practical knowledge of the principles of riding and the use of the aids to control the horse in the arena and in the field. The course should be designed to provide the student with a practical knowledge of the principles of riding and the use of the aids to control the horse in the arena and in the field.

E. Content

1. English Seat
 - (a) mounts and dismounts
 - (b) tumbling skills
 - (c) mini-routines
2. Work on parallel bars
 - (a) low bar skills
 - (b) between the bar skills
 - (c) lead-up skills
 - (d) mounts and dismounts
 - (e) mini routines
3. General Horse
 - (a) mounts and dismounts
 - (b) travels
 - (c) cuts and circles
 - (d) mini routines
4. High bar
 - (a) conditioning activities
 - (b) basic swing
 - (c) mounts and dismounts
 - (d) single bar skills
 - (e) mini routines
5. Rings
 - (a) conditioning activities
 - (b) basic swing
 - (c) mounts and dismounts
 - (d) mini routines

7. Rhythmic exercises
 - (a) rhythmic activities
 - (b) three basic swings
 - (c) jumps and flexibility
 - (d) basic skills
 - (e) body positions
8. Rhythmic exercises
 - (a) rhythmic activities
 - (b) jumps and flexibility
 - (c) basic skills
9. Rules of competitive gymnastics
 - (a) general overview
 - (b) possible mock meet
10. Gymnastics demonstrations
 - (a) class demonstration for public relations
11. Methods of Organizing and Conducting Classes
 - (a) Traditional, squad and exploratory
12. Lesson and Unit Planning
 - (a) taken from curriculum guides
13. Squad leaders
14. Techniques of spotting
15. Techniques of teaching
16. Testing and grading
17. Literature

C. Evaluation.

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