



Approval Form

Proposal Title: Gymnastics 0835. 212

Sponsor(s) Mrs. Edith Thompson Dept.: Health & Phys. Ed. Ext. 7110
Dr. Mary L. Putman
Department of Health and Physical Education

Check one: Course Specialization Concentration Minor Achievement Certificate
 Certification Program Major Program Minor Change 2 credit hours
(please name deletion or credit/title/catalog change)

Undergraduate Graduate Credit Hours

<p>Step 1 (Department)</p> <p><input checked="" type="checkbox"/> Approved <u>2/6/91</u> <small>Date</small></p> <p><input type="checkbox"/> Not Approved</p> <p><u>Edith Thompson</u> <small>Dept. CC Chairperson</small></p> <p><input checked="" type="checkbox"/> Reviewed <u>2/8/91</u> <small>Date</small></p> <p><u>Mary L. Putman</u> <small>Dept. Chairperson</small></p>	<p>Step 2 (Receipt)</p> <p><input checked="" type="checkbox"/> SCC# <u>90-91-36</u></p> <p>Proposal Received <u>2-8-91</u> <small>Date</small></p> <p><u>Donna Hathaway</u> <small>SCC Chairperson</small></p>	<p>Step 3 (School CC)</p> <p>Reviewed <u>3-26-91</u></p> <p><input checked="" type="checkbox"/> Approved <input type="checkbox"/> Not Approved</p> <p>Comments:</p> <p><u>Edith Thompson</u> <small>School Curr. Comm. Chairperson</small></p>
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Step 4 (Academic Dean) **Comments:**

Recommend
 Not Recommend
 Conditionally Recommend (see comments)

Reviewed 3/28/91
Date

Doug Krupar
Signature, Dean of School

Step 5 (SCC)

Open Hearing 4/19/91 Approved by Senate Curriculum Committee 4/19/91
Date Date

Returned to sponsor(s) for the following reasons:

Step 6 (Senate)

Presented to Senate 11/19/91 Approved Not Approved
Date

Notification to Executive Vice-President/Provost 11/29/91 Donna Hathaway
Date Signature, SCC Chairperson

Step 7 (Executive V.P./Provost)

Received 5/8/91
Date

Approved Yes No

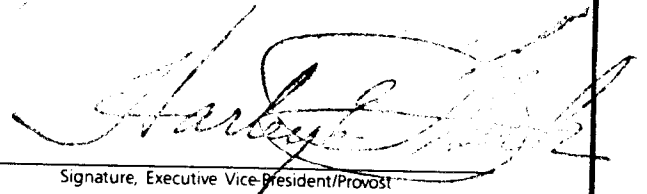
If no, reasons are as follows:

Student credit hours 2 SA

Faculty load hours _____

Equalized credit hours _____

Official copy and approval sheet filed MAY 29 1991
Date


Signature, Executive Vice President/Provost

Registrar

Approved course description received 14 May 91
Date

Hegis Taxonomy and Course Number assigned 0835. 212

B.F. Kelsey
Signature, Registrar

14 May '91
Date

Notification forwarded:

- Senate Curriculum Committee Chairperson
- Department Chairperson(s)
- Academic Dean(s)
- Registrar
- Sponsor(s)

GLASSBORO STATE COLLEGE
HEALTH AND PHYSICAL EDUCATION DEPARTMENT
NEW COURSE PROPOSAL

I. Details:

- A. Course Title: Gymnastics (0835.210-suggested)
- B. Sponsors: Edith Thompson, Curriculum Chairperson
Department of Health and Physical Education
- C. Credit Hours: Two semester hours
- D. Course Level: Undergraduate, sophomore
- E. Curricular Effect: Major requirement
- F. Prerequisites: Movement/Rhythmic Fundamentals or
permission of the instructor

II. Rationale:

Students majoring in health and physical education are currently required to take three one-credit quarter courses entitled: Gymnastics I: Movement Fundamentals; Gymnastics II: Tumbling; Gymnastics III: Apparatus. This proposal will combine Gymnastics II and Gymnastics III. (Gymnastics I will be combined with Rhythmic Activities in another proposal.)

There are common elements in tumbling and apparatus skills, and similar resource materials are used for both courses. This format will increase instructional time by reducing the amount of class time devoted to organization and administration. Students will have additional time to practice some tumbling and apparatus skills.

III. Essence of the Course

A. Objectives

The student will:

1. develop an understanding of the history, development and values of gymnastics.
2. demonstrate proficient ability to spot a wide variety of tumbling and apparatus skills and mini-routines.
3. work in small groups and assist peers with verbal cues appropriate to elicit desirable performance.
4. develop a vocabulary of terminology unique to gymnastics.
5. gain ability to select, teach and evaluate tumbling and apparatus skills for participants in school and non-school settings.

B. Topical Outline

1. Tumbling

- a. Balances such as head and handstands
- b. Rolls forward, backward and sideward
- c. Cartwheels and variations thereof
- d. Power skills such as the roundoff & the handsprings
- e. Kipping skills such as necksprings and headsprings
- f. Flexibilities such as walkovers and limbers
- g. Somersaults backward and forward
- h. Routine composition

2. Responsibilities of the Teacher

- a. Making, posting and enforcing rules
- b. Establishing a procedure for emergencies
- c. Providing a safe environment
- d. Using effective class organization
- e. Providing adequate and suitable warm-ups
- f. Skill analysis, emphasis and evaluation
- g. Provision for spotting

3. Apparatus

- a. Balance Beam (Mounts, skills, dismounts)
- b. Horizontal (single) Bar (Mounts, skills dismounts)
- c. Parallel Bars (Conditioning activities, mounts, skills, dismounts)
- d. Pommel Horse (Mounts, cuts, circles, travels, dismounts)
- e. Rings (Conditioning activities, mounts, skills, dismounts)
- f. Uneven parallel bars (Mounts, skills, dismounts)
- g. Vaulting: (Parts common to all vaults; horizontal & inverted vaults)
- h. Trampolining: (as used to teach tumbling and vaulting)

4. Other Topics:

- a. History and values of gymnastics
- b. Lead-up skills and conditioning activities
- c. Dual stunts and pyramid building
- d. Gymnastics demonstrations

5. Teaching Techniques

- a. Lecture-demonstration
- b. Films & video-taping
- c. Field trips and/or observation assignments
- d. Textbook and/or other readings
- e. Practice sessions
- f. Handouts, posters and charts
- g. Written assignments
- h. Question & answer sessions
- i. Practical examinations
- k. Written examination(s)

C. Evaluation and Grading

1. Participation in class activities
2. Outside assignments (ie. gymnastics notebook)
3. Observation of spotting ability
4. Degree of success in assisting peers
5. Skill test
6. Final examination

D. Course Evaluation

1. Student input
2. Quality of student work
3. Instructor evaluation
4. Review by department curriculum committee

IV. Results of Consultation: The proposal to combine Gymnastics II and Gymnastics III into one course was approved by the members of the Department of Health and Physical Education.

Catalogue Description - Gymnastics (0835.210-suggested) 2 s.h.

Prerequisite: Movement/Rhythmic Fundamentals or permission of instructor.

This course, required for students majoring in Health and Physical Education, will focus on tumbling and men's and women's competitive apparatus events. Emphasis is on how skills associated with these events are presented from beginning through intermediate levels for participants in school and non-school settings. Safety and spotting procedures, lead-up skills and teaching techniques are an integral part of this course.