

0835.115



Glassboro State College Senate Curriculum Committee

Approval Form

Proposal Title: Introduction to Movement Fundamentals

Sponsor(s) Mary L. Putman Dept.: Health & Physical Ed Ext. 7110

Edith Thompson 2 cr

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

Undergraduate Graduate 2 Credit Hours

<p>Step 1 (Department)</p> <p><input checked="" type="checkbox"/> Approved <u>10/18/91</u> Date</p> <p><input type="checkbox"/> Not Approved</p> <p><u>Edith Thompson</u> Dept. CC Chairperson</p> <p><input checked="" type="checkbox"/> Reviewed <u>10/18/91</u> Date</p> <p><u>Mary L. Putman</u> Dept. Chairperson</p>	<p>Step 2 (Receipt)</p> <p><input checked="" type="checkbox"/> SCC# <u>91-92-23</u></p> <p>Proposal Received _____ Date</p> <p><u>Norm Hathaway</u> SCC Chairperson</p>	<p>Step 3 (School CC)</p> <p>Reviewed _____</p> <p><input type="checkbox"/> Approved <input type="checkbox"/> Not Approved</p> <p>Comments:</p> <p><u>Mary L. Putman</u> School Curr. Comm. Chairperson</p>
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Step 4 (Academic Dean)

Recommend Not Recommend Conditionally Recommend (see comments)

Reviewed 1/17/92
Date

Comments:
See letter.

Henry E. Kuper
Signature, Dean of School

Step 5 (SCC)

Open Hearing 2/7/92 Approved by Senate Curriculum Committee 2/7/92
Date Date

Returned to sponsor(s) for the following reasons:

Step 6 (Senate)

Presented to Senate 2/21/92 Approved Not Approved
Date

Notification to Executive Vice-President/Provost 2/21/92 Norm Hathaway
Date Signature, SCC Chairperson

Step 7 (Executive V.P./Provost)

Received _____

Approved Yes No

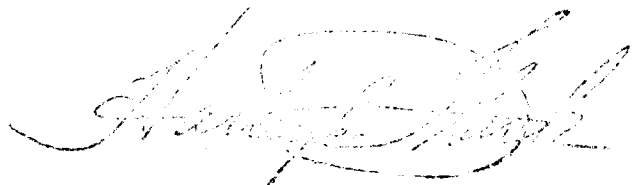
If no, reasons are as follows:
Date

Student credit hours _____

Faculty load hours _____

Equalized credit hours _____

Official copy and approval sheet filed APR. 3 1992
Date



Signature, Executive Vice-President/Provost

Registrar

Approved course description received 2 apr. 92
Date

Hegis Taxonomy and Course Number assigned 0835.115

B. F. Kelvey for DB 2 apr. 92
Signature, Registrar Date

Notification forwarded:

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

DEPARTMENT OF HEALTH AND PHYSICAL EDUCATION
Course Proposal

I. Details

- a. Course title: Introduction to Movement Fundamentals
- b. Sponsors: Mary L. Putman, Chairperson
Edith Thompson, Curriculum Chairperson
Department of Health and Physical Education
- c. Credit Hours: two semester hours
- d. Course Level: freshman
- e. Curricular Effect: major requirement
- f. Prerequisite: none
- g. Implementation: Fall, 1992
- h. Adequacy of Present Staff: The Health and Physical Education Department has several faculty qualified to teach an introductory course in movement fundamentals. No additional faculty is needed.

II. Rationale

Students majoring in Health and Physical Education are currently required to take two one-credit classes entitled Gymnastics I - Movement Fundamentals (0835.110) and Introduction to Rhythmic Activities (0835.112) during concurrent quarters. This proposal will combine the content into one full semester, two-credit course. Movement fundamentals and the application of mechanical and physical principles of movement are basic to each of these courses. Each of the current one-credit courses focuses on different areas of human movement (i.e. gymnastics or rhythmic activities). The new combined course will provide students an opportunity to apply movement fundamentals to a variety of human performance areas. In addition, this format will increase instructional time by reducing the amount of class time devoted to organization and administration.

The student of Health and Physical Education needs to develop an ability to apply movement fundamentals to various areas of human performance. This course will expand the application beyond the areas of gymnastics and rhythmic activities. This combined course will encourage students to evaluate their own performance, improve individual movement fundamentals (where needed), and analyze movement fundamentals of other individuals.

III. Essence of the Course

A. Objectives:

The student will:

1. Identify and define locomotor and nonlocomotor patterns and apply this knowledge in a variety of movement areas.
2. Define and demonstrate the application of fine motor skills and basic sport skills to instruction on sport and activity units at the elementary school level.
2. Answer questions pertaining to the movement themes of what, where, and how one can move.
3. Explore the influence of mechanical principles and physical laws on fundamental forms of human movement.
4. Apply the physical and mechanical principles of movement in the manipulation of objects.
5. Combine locomotor, nonlocomotor, and manipulative skills in rhythms, gymnastics, games and sport movements.
6. Self-evaluate selected locomotor and manipulative patterns and remediate inferior movement patterns.
7. Observe and evaluation the movement patterns of other learners.

B. Topical Outline:

1. Locomotor Patterns
 - a. Even locomotor patterns
 - walk, run, leap, jump, hop
 - b. Uneven locomotor patterns
 - skip, gallop, slide
 - c. Combined movements patterns

2. Nonlocomotor Patterns
 - a. Basic nonlocomotor patterns
 - bend, stretch, twist, swing
 - b. Combined nonlocomotor patterns
 - turn, rock/sway, push, pull, collapse, rise, dodge, strike, sit
 - c. Combination patterns
3. Movement Themes
 - a. What Can I Move? My body:
 - parts
 - surfaces
 - shapes
 - in relationship to
 - other body parts
 - objects
 - persons
 - b. How Do I Move?
 - muscular contractions
 - weight transference
 - balancing
 - c. Where Can I Move?
 - space (self and general)
 - dimensions of space
 - direction
 - level
 - range
 - plane
 - pathway
 - d. How Can I Move Better?
 - time
 - rhythm
 - force
 - flow
 - c. Movement sequences
 - movement themes
 - specific skills using equipment and apparatus
4. Mechanical Principles and Physical Laws of Movement
 - a. Production of force
 - b. Absorption of force
 - c. Newton's Laws of Motion
 - inertia
 - acceleration
 - action and reaction

- d. Equilibrium
 - balance
 - gravity
 - base of support
- e. Relaxation

5. Manipulation of Objects

- | | |
|------------|----------|
| a. push | f. throw |
| b. pull | g. catch |
| c. balance | h. hit |
| d. toss | i. kick |
| e. receive | |

6. Application of Movement Fundamentals in Specific Areas of Human Performance

- a. Rhythmic activities
- b. Gymnastics
- c. Sport skills
- d. Fitness
- e. Games

7. Evaluation of Movement Patterns

- a. Self and peer evaluation
- b. Selected locomotor and manipulative skills
- c. Body mechanics and posture

8. Remediation of inferior movement patterns

C. Evaluation and Grading

- 1. Participation
- 2. Skill and Performance Evaluation
- 3. Analyze Movement Patterns
- 4. Outside Assignments and Projects
- 5. Written Examination

D. Course Evaluation

- 1. Student Evaluations
- 2. Review by Departmental Curriculum Committee
- 3. Instructor's Evaluation

IV. Results of Consultation

The Department of Health and Physical Education has reviewed and approved this curricular revision. No consultation with other departments were requested since this change does not impact on other college programs.

Catalog Description

Introduction to Movement Fundamentals (0835.1...)

A required course for all Health and Physical Education majors. This introductory course in movement fundamentals includes the study of locomotor and nonlocomotor patterns, movement themes, and mechanical principles of movement. These will be applied as they relate to efficient and effective movement patterns used gymnastics, rhythms, and sports.

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