

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PA 1600 GYMNASTICS
(1.5 credits)

COURSE OUTLINE
WINTER 1996

INSTRUCTOR: Bethé Goldie

OFFICE: K216

OFFICE PHONE: 539-2972 HOME PHONE: 532-6348

CLASS SCHEDULE: TUESDAYS AND THURSDAYS:
Section A3 - 9:30 - 10:50 am
B3 - 11:00 am - 12:20 pm

PLEASE ATTEND THE CLASS FOR WHICH YOU
ARE REGISTERED, UNLESS WITH SPECIAL
PERMISSION FROM THE INSTRUCTOR.

CLASS LOCATION: G.P. Gymniks Training Center
9514 - 113 Street (Phone 539-1414)

TRANSFERABILITY: U of Alberta: PAC 160 (1.5)
U of Calgary: PEAT 233 (1.5)
U of Lethbridge: PAC 2105 or 2115 (1.5)

ATTENDANCE: Regular attendance and participation are required
at ALL sessions.

CLOTHING: Appropriate clothing (eg. shorts and T-shirt,
leotard, track suit) is required. Most practical work
is to be done in bare feet or gymnastics slippers;
clean court (running) shoes will be needed for some
activities. DO NOT wear jewellery, watches, etc.
DO tie long hair up/back/around, etc.! NO gum,
candy, etc., is permitted within the building!!!

DESCRIPTION:

The course will focus on the development of competency in each of the movement patterns unique to gymnastics. Specifically, these are:

- a) Landings
- b) Statics
- c) Rotations
- d) Swing
- e) Spring and Locomotion

OBJECTIVES:

1) To develop the physical capabilities of strength, flexibility, and endurance necessary to be competent in personal body management skills of gymnastics.

2) To develop general and specific body management skills in the activity of gymnastics.

Specifically, these are:

- a) Landings – The performer shall be able to demonstrate five varieties of landings: on feet, on hands, forward with rotation, backward with rotation, and on back.
- b) Statics – The performer shall be able to demonstrate various static positions, showing controlled balanced positions.
- c) Rotations – The performer shall be able to demonstrate a variety of dynamic rotations around all three body axes.
- d) Swing – The performer shall be able to demonstrate the element of gravity driven momentum (swing skills).
- e) Spring and Locomotion -- The performer shall be able to demonstrate locomotor skills of spring from hands and feet.

EVALUATION:

The chart on the following page indicates the minimum competency skills for each grade. To attain a grade in any column, all skills up to and including that column are to be performed according to the Evaluation Criteria.