

GRANDE PRAIRIE REGIONAL COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

PA 1600 GYMNASTICS
(1.5 credits)

COURSE OUTLINE
WINTER 1998

INSTRUCTOR: Bethe 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. Gymnastics 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: PHAC 2125 (1.5)

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

*****CLASSES WILL BE CANCELLED ON THURSDAY, MARCH 5
IN ORDER FOR PE STUDENTS TO ASSIST WITH THE CCAA MEN'S
VOLLEYBALL CHAMPIONSHIPS AT GPRC.**

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. 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 focus of this course is on the foundation skills of gymnastics. Gymnastics is the basis of all human movement and body management; the activity requires strength, flexibility, endurance of virtually every muscle on both right and left sides of the body. For this reason, gymnastics will provide a challenge for every participant! Gymnastics provides unique challenges unlike any other activity. 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 promote the physical capabilities of strength, flexibility, and endurance for the purpose of increasing general body management skill.

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 and skills involving spring from hands and feet.

EVALUATION:	75%	Practical marks
	25%	Written final exam

The practical marks will be based on one point for each successfully completed skill of the 74 listed in the attached guide. One mark will be given for an appropriate advanced skill of the student's choice and approved by the instructor.

The written final examination will cover all material presented in class. Students should keep a detailed log of each day's activities for future reference of the progressions, technical requirements, and sequence of presentation.