

GRANDE PRAIRIE REGIONAL COLLEGE  
DEPARTMENT OF PHYSICAL EDUCATION, ATHLETICS AND  
KINESIOLOGY

PA 1600 GYMNASTICS  
(1.5 credits)

WINTER 2000  
COURSE OUTLINE

**INSTRUCTOR:** Bethe Goldie  
**OFFICE:** K216 **EMAIL:** bgoldie@gpre.ab.ca  
**OFFICE PHONE:** 539-2972 **HOME PHONE:** 532-6348  
**OFFICE HOURS:** Monday & Wednesday: 9:00 – 10:00 am; Friday 9:00 – 11:00 am

**CLASS SCHEDULE:** Tuesdays and Thursdays  
Section A3: 9:30 – 10:50 am  
Section 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 Gymnastics Training Center  
9514-113 Street (Phone 539-1414)

**TRANSFERABILITY:** University of Alberta PAC 160 (1.5)  
University of Calgary PEAT 233 (1.5)  
University of Lethbridge PHAC 2125 (1.5)

**ATTENDANCE:** Regular attendance and participation are required at ALL sessions. If absent for more than 3 classes, the student will be asked to withdraw from the course. This is a safety issue.

**\*\*\*\*CLASSES WILL BE CANCELLED ON THURSDAY, MARCH 2 IN ORDER FOR THE PE STUDENTS TO ASSIST WITH THE CCAA MEN'S VOLLEYBALL CHAMPIONSHIPS AT GPRC.**

**CLOTHING:** Appropriate clothing (e.g. shorts and T-shirt, leotard, sweats) is required. Most practical work is to be done in bare feet or gymnastics slippers. DO NOT wear jewelry, 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 and physical parameters of gymnastics. Gymnastics is the basis of all human movement and body management; the activity requires strength, flexibility, and endurance of virtually every muscle on both sides of the body. For this reason, gymnastics provides unique challenges unlike any other activity. The course will focus on the development of competency in

each of the **Dominant Movement Patterns (DMP's)** of gymnastics. Specifically, these are:

- a.) **Landings** – for control and safety; on different body parts
- b.) **Statics** – balances with different body shapes and in a variety of positions
- c.) **Rotations** – about the 3 axes of the body
- d.) **Swing** – pendular swing in support and hang positions
- e.) **Spring** – from different body parts (includes movements with flight)
- f.) **Locomotion** – travelling skills on floor and various apparatus

#### OBJECTIVES:

- 1.) To promote the physical capabilities of strength, flexibility, balance and muscular endurance for the purpose of general body management, and the application of these capabilities to a healthy lifestyle and/or other sport activities.
- 2.) To learn the basic elements of gymnastics in the six unique DMP's noted above with particular emphasis on the safety landings.
- 3.) To exhibit mastery of the basic skills presented in class.

#### EVALUATION:

Practical marks	75
Written final exam	<u>25</u>
TOTAL	100

The practical marks will be based on one point for each successfully completed skill of the list given in class, up to a total of 75 marks. One mark may also be given for each appropriate advanced skill which an experienced student has presented to the instructor for approval (not to exceed the 75 mark total).

The written final examination will cover all material and handouts presented in class. Students are advised to keep a detailed log of each day's activities for future reference. Of particular importance are the lead up and skill progressions, spotting techniques, technical requirements, and the sequence of presentation.