

## Global Learning Semesters

### Course Syllabus

Course: SPSC-302 Gymnastics Teaching

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-302	Gymnastics Teaching	2
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	SPSC-140, SPSC-230
Department	Level of Course	Language of Instruction
Liberal Arts	Upper Division	English

### Course Description

In this course, students will develop an understanding of the basic skills and knowledge in the Olympic-gymnastic events through a performance oriented gymnastic experience. Male students will perform in six apparatus: Floor Exercises, Pommel Horse, Rings, Vault, Parallel Bars and Horizontal Bar. Women participate in four apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercises. Various techniques of teaching gymnastics will be delivered and discussed. Understanding of how gymnastics and developmental movement skills are learned will be covered.

### Prerequisites

SPSC-140, SPSC-230

### Topic Areas

1. Introduction to and history of Gymnastics.
2. Foundational positions and movements that form the building blocks for all gymnastics skills.
3. How fundamental skills fit together to make complex movements and sequences.
4. Common errors in gymnastics skills and how to correct them.
5. Body rolling, balance skills, inverted balances, and tumbling skills.
6. Trampoline activities.
7. Performance on the Floor and gaining techniques of teaching floor exercises (male-female).
8. Performance on the vault and gaining techniques of teaching vault gymnastic sequences (male).
9. Performance on the balance beam and gaining techniques of teaching balance beam gymnastic sequences (female)
10. Performance on the parallel bars and gaining techniques of teaching parallel bars gymnastic sequences (male).
11. Performance on the horizontal bar and gaining techniques of teaching horizontal bars gymnastic sequences (female).
12. Performance on the side horse and gaining techniques of teaching side horse gymnastic sequences (male-female).
13. Performance on the rings and gaining techniques of teaching rings gymnastic sequences (male).
14. Current issues in gymnastics.

### Learning Outcomes

By the end of the course students should be able to:

1. Clearly, effectively and professionally teach and demonstrate basic and advance gymnastic skills.
2. Understand the standard rules of each particular gymnastic stunt (vault, balance beam, parallel bars, horizontal bar, side horse, rings and floor exercise).
3. Fundamentally coach and/or guide elementary and secondary educations kids as well as young teams during official school-gymnastic competitions.
4. List progressions and developmental level placements for gymnastic activities.
5. Understand the techniques of spotting when teaching gymnastic activities.
6. Organize a comprehensive lesson of Olympic gymnastic activities that includes the six (for male) and four (for female) basic performance equipments.

#### Assessment

The assessment procedure will be focused on skills and sequences:

1. Performed by the students, on the major, traditional pieces of apparatus (e.g. beam, bars, floor, etc.). All sequential gymnastic stunts will be explained and handed in written to the students from the beginning of the course (All students, regardless of body type or skills level, are judged and held to the same standards).
2. Delivered and demonstrated by the students to a group of kids or classmates.

Gymnastic Performance:	(40%)
Teaching Gymnastic Skills:	(40%)
Theory of Gymnastics and Rules:	(20%)

### Readings and Resources

#### Required Textbooks

1. D. Mitchell, B. Davis, R Lopez (2002) Teaching Fundamental Gymnastic Skills. Human Kinetics Publishers.
2. E. Gerling (1999) Teaching Children's Gymnastics: Spotting and Securing: Step by Step with Thousands of Ideas--From "With Each Other" to Be Able to Help. Meyer & Meyer Sport Publishers. ISBN: 3891245491.