



FAYETTEVILLE STATE UNIVERSITY
SCHOOL OF EDUCATION

DEPARTMENT OF
HEALTH, PHYSICAL EDUCATION AND HUMAN SERVICES

I. LOCATOR INFORMATION

Semester: Fall _____ Spring _____

Course No. & Name: PEDU 212 - Gym and Stunts

#Semester Hours of Credit: 1

Time Class Meets: _____

E-mail address: gelliott@uncfsu.edu

Instructors: Dr. Gloria Elliott

Office Location: HPERC 327 Office Phone: 672-1115

Office Hours: M_____ T_____ W_____ TH_____ F_____

II. COURSE DESCRIPTION

A course in the development of physical coordination, strength, and related teaching techniques through practice sessions on the trampoline, parallel bars, side horse, and mats.

III. SPECIFIC COURSE OBJECTIVES

This course is designed to provide opportunities for the learner to develop physical coordination, strength and teaching techniques through participation on the mats, trampoline, parallel bars and side horse. The student will make lesson plans and teach activities in each area.

IV. COURSE COMPETENCIES

1. To develop safety and health principles in using the equipment and facilities.
2. To make lesson plans and develop teaching techniques.
3. To acquaint the learner with the history, basic terminology, etiquette, physical and social values of gymnastics.
4. To appreciate and know the basic fundamental skills.
5. To know at least ten activities and stunts on the mats, trampoline, parallel bars and side horse.

V. EVALUATION CRITERIA

- | | | |
|----|------------------------|-----|
| 1. | Skill Tests (Four) | 60% |
| | A. Mats | |
| | B. Trampoline | |
| | C. Parallel Bars | |
| | D. Side Horse | |
| 2. | Teaching | 10% |
| | A. Lesson Plan | |
| | B. Teaching Techniques | |
| 3. | Final Examination | 30% |
| | Written Examination | |

VI. COURSE OUTLINE WITH ASSIGNMENT SCHEDULE

- Lectures
 - Guests
 - Students
- Demonstrations
 - Teacher
 - Students
 - Guest
- Class Participation
- Class Discussions
- Movies
- Filmstrips

Teaching Aids

- | | |
|------------------|---------------------------|
| 1. Mats | 5. Audio-Visual Materials |
| 2. Trampoline | 6. Score-Cards |
| 3. Parallel Bars | 7. Textbook |
| 4. Side Horse | 8. Reference Books |

VII. COURSE REQUIREMENTS

- | | |
|-----------------------|----|
| Lesson Plans | 4 |
| Activities | 40 |
| Teach Four Activities | |
| Proper Dress | |
| Practice | |

ABSENTEE POLICY

In addition to the University's policy on absenteeism, any unexcused absence above the allowable minimum will result in one (1) point being deducted from the student's final grade average. Example: Final grade average 92 = A; 3 unexcused absences = minus 3 points; 3 points deducted (92 - 3 = 89) = B grade.

Excused absences include **DOCUMENTED** emergencies, medical or otherwise; University service, i.e., athletics, band, choir, etc., or instructor's approval. **This policy includes all levels of classes (100 thru 400 level.)**

Suggested Learning Activities

1. Outside class discussions on related topics and problems
2. Gleaning the assigned reference
3. Browsing in the library
4. Participate with high school meets
5. See movies and film strips

Basic Skills of Each Apparatus

Gymnastics

- A. Trampoline
 1. Fundamental Bounce (feet bounce)
 2. Check Bounce
 3. Knee Drop
 4. Seat Drop
 5. All-Flour Drop
 6. Front Drop
 7. Half Twist Front Drop
 8. Back Drop
 9. Swivel Hip
 10. One-half Turn-table
 11. Full twisting Seat Drop
 12. Front Air From Knee to Rear
 13. Knee Drop to Seat Drop
 14. All Four Drop to Front Drop
 15. Knee Drop, front to Seat Drop
 16. Knee Drop, Forward Somersault, Feet
 17. Backward Somersault
 18. Forward Somersault

- B. Stunts - Mats
- | | |
|---------------------------|--------------------------|
| 1. Forward Roll | 12. Knee, Shoulder Stand |
| 2. Backward Roll | 13. Walk on Hands |
| 3. Log Roll | 14. Thigh Stand |
| 4. Double Roll | 15. Shoulder Mount |
| 5. Hand Flip From Knee | 16. Five Base Pyramid |
| 6. Hand Flip From Mat | 17. Back to Back Flip |
| 7. Hand Flip From Back | 18. Cartwell |
| 8. One hand Flip from Mat | 19. Dive and Roll (6) |
| 9. Head Stand | 20. Kip-up |
| 10. Elbow Stand | 21. Trip Roll (Figure 8) |
| 11. Hand Stand | |
- C. Side Horse
- | | |
|------------------------|---------------------------------|
| 1. Front Support Mount | 11. Cut |
| 2. Squat Vault | 12. Squat Vault to Rear Support |
| 3. Flank Vault | 13. L Seat Mount |
| 4. Rear Vault | 14. Flank Vault to Rear Support |
| 5. Wolf Vault | 15. Chest Stand |
| 6. Straddle Vault | 16. Head Stand |
| 7. Knee Vault | 17. Single Leg Circle |
| 8. Squat Mount | 18. Regular Scissors |
| 9. Straddle Mount | 19. Dougle Leg Circle |
| 10. Flint | 20. Neckspring Vault |
- D. Parallel Bars
- | | |
|---|-----------------------------------|
| 1. Front Support | 11. Single Leg Cut Off |
| 2. Dip | 12. Straddle Vault |
| 3. Hand Walking Exercise with Legs motionless | 13. Forward Swing Dip |
| 4. Handwalking Exercise with High Knee Lift | 14. Forward Roll From Sit |
| 5. Handwalking Exercise While Striding | 15. Straddle Vault |
| 6. Hand Hops | 16. Backward Roll From Hand Stand |
| 7. Piked Inverted Hang | 17. Skin the Cat |
| 8. Inverted Hang | 18. Upper-Arm Kip |
| 9. Bird Nest | 19. L Seat Mount |
| 10. Jump to Cross Seat | |

VIII. TEACHING STRATEGIES

1. Lectures
2. Demonstrations
3. Class Participation

4. Class Discussions
5. Movies
6. Filmstrips

REFERENCES

Frank F. Musker, Casady and Irwin. A Guide to Gymnastics (Text)

Barry L. Johnson, A Beginner's Book of Gymnastics

Fait, Shaw and Ley, A Manual of Physical Education Activities