

# PDP GS 108 A1 Beginner Gymnastics

Instructor: Ruthie Ferrante

Email: [ref222@bu.edu](mailto:ref222@bu.edu)

Phone: 617-997-3768

Meets twice per week: 1.0 Credit

## Course Description

Students concentrate on learning general body understanding and specific skills in tumbling and on apparatus.

## Required Equipment

Please show up with work-out ready clothes.

## Course Goals:

- To learn the basics of gymnastics and the varying events included in the sport
- To grow in strength and flexibility
- To meet new people and enjoy the course

## Grading Policy

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 70% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar's Office by the deadline.

F- Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

## Attendance Policy & Make-Up Classes:

Because this class is graded solely on attendance and learning is cumulative, it is important that you attend each class. You will need a 70% attendance record to receive a passing grade. You are allowed 8 unexcused absences. Excused absences (such as illness or injury with a doctor's note or death of a family member) will not count against your attendance record. If you have more than 8 unexcused absences, you will need to arrange to make up the classes you have missed.

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a broader explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Schedule**

<b>Week 1</b>	Overview of the course, begin floor basics
<b>Week 2</b>	Floor basics and introduce trampoline
<b>Week 3</b>	Floor- start steps for back handsprings Floor and introduce Front handspring drills
<b>Week 4</b>	Floor (Front and back handspring drills) Floor and introduce low beam
<b>Week 5</b>	Continue handspring drills, progress to blocks and wedge Floor, beam, introduce rings
<b>Week 6</b>	Continue Handsprings and floor Floor, beam, rings
<b>Week 7</b>	Floor (start combining skills) Floor, beam, rings, introduce parallel bars
<b>Week 8</b>	Floor and Beam Floor, introduce Vault
<b>Week 9</b>	Floor Vault, High beam, parallel bars
<b>Week 10</b>	Floor and Beam Vault, Parallel Bars, Handsprings
<b>Week 11</b>	Introduce Front Handsprings on vault Vault, floor
<b>Week 12</b>	Floor and Vault
<b>Week 13</b>	Floor, Vault, Beam, Rings
<b>Week 14</b>	Student’s choice

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	Course Wrap-Up
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