

PDP GS 109 Beginning Gymnastics Tumbling Skills

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Meets once per week: 1 Credit Class

Fitness & Recreation Center – L140 Court One of Three Court Gym

Course Description:

Students concentrate on learning and understanding basic gymnastics movements and skills, building into the fundamentals of tumbling, as well as further advanced tumbling skills.

Required Equipment:

Close-fitting athletic wear; ***no loose clothing***. If you typically use any kind of athletic brace or support during exercise or sport, please bring those items with you to each class. Students with long hair will be required to have it worn up and away from their face and shoulders. Personal water bottle is advised.

Learning Outcomes:

Gaining greater strength, flexibility, body control, and spatial orientation. Becoming comfortable with inversion, quick movement, and the connection of skills in a tumbling pass.

Grading Policy:

This class will be graded Pass/Fail, based on attendance and personal growth. Please visit the Registrar's website to view and keep track of relevant deadlines. Below is a list of possible grades you may receive in this class:

P – Pass: Complete course requirements, 80% or more classes attended.

W – Withdraw: If you drop this class after the specified Add/Drop 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 the course 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, such as violating the BU student code of conduct.

Attendance Policy & Make-Up Classes:

Because this class is graded on attendance and participation, learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed five absences. If you have more than five absences, you will need to arrange to make up the classes you have missed. You can do this by creating and executing your own conditioning list, watching videos of Senior Level Elite competitive gymnastics and identifying and listing the skills you know, researching an important event in the history of gymnastics and writing a small summary and your thoughts etc. Make sure to communicate with your instructor to come to an agreed upon activity for class make-up.

It is your responsibility to keep track of your attendance record & to make-up any 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. 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 there.

For a detailed explanation of PDP credit class policies, please visit 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 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.

(<http://www.bu.edu/dos/policies/student-responsibilities>)

Course Schedule:

Week 1	Skill Level Evaluation & Basic Body Shapes & Movements	Determining each student's current skill level; learning pike, straddle, tuck variations, hollow and arch shapes, arm positions, rolls, & bridges.
Week 2	Static skills, Acro, Tumbling Basis	Introduction to basic floor skills; levers, handstands, cartwheels, walkovers, additional acrobatics. Learning to hurdle properly, roundoffs, aerials
Week 3	Skill Isolation: Handsprings & Front Salto Introduction	Standing back handspring/back handspring step-out, front handspring step-out and front handspring stick. Front salto introduction, starting with dive rolls and progressing to front tuck and/or pike with springboard.
Week 4	Skill Connection: One to Two Elements	Start of single and/or double skill roundoff and front handspring connections (backward or forward roll/extension roll, back handsprings etc.) Continued work on front saltos.
Week 5	Skill Connection: One to Two Elements	Continued work on skill connection.
Week 6	Skill Connection: Two to Three Elements (w/1 Salto)	Incorporating single rotation salto skills into a front or back tumbling pass. Intro to back saltos.
Week 7	Skill Connection: Two to Four Elements (w/1 Salto + Jump/Acro)	Continuing to work on salto connections, along with additional dance or acro to expand to a four-element cross tumbling pass.
Week 8	Skill Connection: Two to Four Elements (w/1 Salto + Jump/Acro)	Continued work on skill connection.
Week 9	Skill Isolation: Back Saltos	Progressing to standing back tucks off block. Continuing with skill connection.
Week 10 - 12	Individual Focus	Working on polishing a solid two to four element back tumbling pass and front tumbling pass.
Week 13	Final Prep: Choreograph and Practice a Routine Tumbling Sequence or Full Floor Routine	Choreograph a tumbling sequence (three or more 2 to 4 element tumbling passes) or a full floor routine using the skills you have learned throughout the semester. You may do so as an individual or with a partner.
Week 14	Final: Routine Presentation!	Show off your routine, and support your fellow classmates!