

# Minnesota State University Moorhead

## PE 192: Activities Course: Gymnastics

### A. COURSE DESCRIPTION

Credits: 1

Lecture Hours/Week: 1

Lab Hours/Week: 1

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Designed for physical education majors, this course develops skills and knowledge of rules, terminology, and a practical experience to assist with teaching gymnastics.

### B. COURSE EFFECTIVE DATES: 03/17/1997 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Teaching basic tumbling to students in a physical education environment.
2. Observe and spot children in a gymnastics environment.
3. Create lesson plans for teaching basic gymnastic related skills.

### D. LEARNING OUTCOMES (General)

1. Demonstrate proper safety measures to be applied to the teaching and participation in gymnastics through participation and practice teaching.
2. Develop knowledge about the physical skills involved for the participation in gymnastics. These skills include balance, muscular strength, flexibility, agility, coordination, kinesthetic awareness, timing, and muscular endurance.
3. Learner will demonstrate basic tumbling and apparatus skills through a skills test.
4. Learner will apply the skills and knowledge of stunts, tumbling, and apparatus to a classroom situation by developing appropriate lesson plans.
5. Demonstrate correct spotting techniques to ensure safety through skills testing.
6. Develop affective skills: self-confidence, reliance on others, aesthetic appreciation, social interaction, and personal accomplishment.
7. Identify the proper progression of skills in gymnastics through written exam questions.
8. Demonstrate how to evaluate and provide feedback on basic gymnastic skills through peer teaching and practical experience hours.
9. Demonstrate teaching gymnastics skills to others through a practical experience.
10. Complete a practical experience working with children teaching gymnastics skills.
11. Complete a reflective journal about gymnastics and the practical experience .
12. Develop a gymnastics routine with various skills and other gymnastics elements.
13. Create a lesson plan to teach gymnastics or gymnastics related skills.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted