

Course Number: HH/PKIN 0502, HH/PKIN 0503
Course Title: Gymnastics I
Term: Fall 2015 / Winter 2016
Pre-requisite: None
Instructors: Natasa Bajin Boris Bajin Masaaki Naosaki
44 Chemistry Building – 416-736-2100 Ext. 77226
Location: Tait McKenzie Centre - Upper Gymnasium

Course Description:

The course will focus on the educational and developmental aspects of Gymnastics, as well as on the introduction to basic skills which will lead into Gymnastics II.

The course will provide students with exposure to a large movement repertoire and at the same time the understanding that the "Activity of Gymnastics" in a recreational/educational approach emphasizes the creation of an environment where individuals may become involved in gymnastics in an enjoyable and positive fashion.

Course Objectives:

1. To present the dominant movement patterns which are common to all gymnastics skills.
2. To provide students with a basic knowledge in the process of learning and teaching basic gymnastics skills such as tumbling and vaulting.
3. To cover the fundamentals of safety in a gymnastics activity.
4. To develop the understanding that the task of basic gymnastics is approached from a philosophical framework: fun, fitness and fundamentals.

Course Requirements:

1. Class Attendance - 80%
2. Dress: Women - leotard or shorts & t-shirt
Men - shorts & t-shirt

Required Readings:

Coaching Certification Level 1 Manual or Handouts provided by the instructors.

Course Evaluation:

1. Written Test: 40% Based on the material covered in class and required readings
2. Practical Test: 60% Demonstration of awareness and competency of the Gymnastics dominant movement patterns

PASS: 60%