

**Sam Houston State University**  
**KIN 115 - Gymnastics**  
Fall 2007

Instructor: Courtney Wallace/Mike Walton  
Office: HKC 222  
Phone: 936-294-4328

COURSE DESCRIPTION

The course will cover all of the Olympic apparatus in both men's and women's gymnastics. The class is designed to have each student perform beginning level skills and routines in a variety of events. The student will also learn how to spot various stunts as well as the progressions involved in learning the individual stunts. Course content will include some lecture and demonstration, in order to teach students safe progressions that will lead to safe performance of beginning and intermediate gymnastics skills. Class members will also participate in conditioning and flexibility training.

COURSE OBJECTIVES

As a result of taking this course, each student should be able to:

1. Identify by name beginning and intermediate men's and women's gymnastics skills;
2. Perform beginning gymnastics skills on men's and women's apparatus;
3. Perform skill combinations/routines on men's and women's apparatus; and
4. Spot others who are performing gymnastics skills.

COURSE REQUIREMENT

Students are expected to attend every class meeting.

If you are injured, sick, or just not feeling good you should NOT participate in class activity. In fact, you should not participate until you feel better. Also, if you believe that you are being asked to do anything that may injure yourself or another student, you should again not do it. In either case, just sit and watch or when it is convenient talk with your instructor. Your instructor is very committed to preventing injuries and accidents. The attendance portion of your grade will not suffer if you just sit and watch; in other words, you will not be penalized for nonparticipation. You can learn by sitting, listening and watching. A few days of nonparticipation will not hurt your grade. If your injury or illness prevents you from participating for several class meetings, you should talk with your instructor. Options which may be used with injured students include; (1) withdraw from class, (2) modifying the grading procedure, (3) assigning additional "nonparticipation" assignments, or (4) assigning an incomplete grade. It all depends on when the injury occurred, how many points you have already earned, and your year in school.

Furthermore,

1. Students must read and sign the Gymnastics Rules and Warnings, Medical History and Disclaimer and the Affirmation, Waiver and Liability Release before participating in this class.
2. Only students who are officially enrolled may be in the gym.
3. Students must wear appropriate clothing (Shorts & Kin Shirts, leotards). Shirts must be tucked in while on equipment. Denim clothing and jewelry are not allowed, as they can damage equipment.
4. No gum, food, or drink in the gym.
5. Students participating in behavior considered, by the instructor, to be inappropriate will be dismissed from class and will not receive attendance credit for the day. Reoccurrence of this type of behavior will result in the dismissal from class for the remainder of the semester.
6. Students may not begin activity without an instructor.
7. Students must participate in warm-up exercises in order to participate in the class.

INJURY/FIRST AID

All activity classes pose a certain risk to the participant. This class has a potential for injury. In case of ANY accident, please inform your instructor immediately.

### APPROXIMATE COURSE SCHEDULE

1. A “good” warm-up, body awareness, falling safely, forward rolls.
2. Forward and backward rolls and variations, Handstand position, cartwheels.
3. Cartwheel variations, handstand variations, round-offs.
4. Dance skills, handspring lead-up drills, vault skills.
5. Handstand pirouettes, front and back handsprings, bars skills.
6. Back extension rolls, beam skills, skill combinations and routines.
7. Routine/Skill stations.
8. Final exam

### COURSE REQUIREMENTS

1. **Participation** (25 points). Students arriving late or leaving early will lose points.
2. **Spotting Performance**. Students will be required to “spot” performers during the execution of specific skills (25 points total).
3. **Routine Performance**. Students will be required to choreograph a gymnastics floor routine and perform that routine (50 point minimum).
4. **Midterm paper** (50 points). Students will be required to write a 1 ½ - 2 page paper (typed, double spaced) on the history of gymnastics.
5. **Final Written Examination** (50 points). Student cognitive knowledge of the game will be ascertained through a written examination.

### Attendance:

Attendance is mandatory for all class sessions. Students are responsible for any material or work prior to the next class period. Any student who misses class because of a university activity, religious holiday, family emergency, military obligation, or court imposed legal obligation should provide the instructor with proper documentation prior to (if possible) the projected missed date. More than (2) unexcused absences will affect the students’ grade accordingly:

- 3 absences – reduction of one (1) letter grade
- 4 absences – reduction of two (2) letter grades
- 5 absences – reduction of three (3) letter grades
- 6 absences – automatic failure of the class

\*\*\*If you miss class and you have an excused absence, you must bring documentation within 7 days of the absence or it will be counted as unexcused.

### **Gymnastics Rules and Warnings**

By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how careful the gymnast and teacher/coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises and more serious injuries such as broken bones, dislocations and muscle pulls. The risk also includes, and always includes, catastrophic injuries such as permanent paralysis or even death from landings or falls on the back, neck or head.

If you have any sort of injury, illness or condition that may make participation in gymnastics activity difficult or dangerous, please inform your instructor immediately.

### **Another Way to Say the Same Thing**

#### **Assumption of risk:**

Participation in gymnastics activities involves motion, rotation, and height in a unique environment and as such carries with it a reasonable assumption of risk.

#### **Appreciate the risk:**

Participation in gymnastics, even under the best conditions, carries with it a reasonable assumption of risk. Appreciate the fact that improper conduct of this activity can result in head and neck injuries, paralysis, or even death.

#### **Carefulness:**

No matter how careful the gymnast and teacher/coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk can not be eliminated. Reduced, yes, but never eliminated.

#### **Serious Injuries:**

Serious injuries which can occur include; death, brain injury, paralysis from landings or falls on the back, neck, or head; loss of vision, loss of teeth, concussion, severe bruises and tissue injury, broken or fractured bones, dislocated joints, and sprains.

### **Gymnastics Rules**

1. Do not use any apparatus without direct, qualified supervision. Properly trained spotters should be used while working an apparatus.
2. Wear proper attire, shorts, sweat clothes, etc. Use chalk on hands whenever necessary to prevent slipping.
3. BEFORE MOUNTING EQUIPMENT, make sure the apparatus is properly adjusted and secured. Have sufficient mats around the apparatus and use additional mats for dismounts.
4. Attempt new skills only (a) in proper progression, and (b) with your instructor's approval and supervision.
5. DISMOUNTS from apparatus require proper landing techniques and may require additional mats. All dismounts made on the feet. Land with your knees bent to absorb the landing. No dismounts are landed on one's head or back as serious injury may result. If there are any questions about dismounts, consult your instructor.
6. Any skill involving the inversion of the body could be dangerous and could cause serious neck or head injury. Always use proper progressions, ample mats, trained spotters and work with a qualified teacher.
7. No HORSEPLAY at any time while on or around gymnastics equipment.
8. Concentration is important. Do not attempt to perform skills if there are distracting noise or activity in the gym.
9. Consult instructor for type, number, and placement of mats. Remember, mats alone will not prevent all injuries, and are not a substitute for proper supervision or the above safety procedures.
10. No food or drink (YES that includes gum!) allowed in gymnasium.
11. KNOW YOUR LIMITATIONS.

**WARNING**

Any activity including motion or height creates the possibility of serious injury, including permanent paralysis and even death from landing or falling on the head or neck.

You assume a risk of serious injury in the use of gymnastics equipment which may include, but is not limited to:

Catastrophic injuries:

1. Death
2. Paralysis - neck or spinal injury
3. Brain injury
4. Loss of vision

Severe injuries:

1. Loss of teeth, concussion, severe bruises and tissue injury
2. Broken or fractured bones and dislocated joints

Neck Pain:

The backward roll involves the neck muscle. For most people, the neck muscle is one that they do not use much and is, therefore, weak. **CAUTION:** If your neck muscles are weak and/or you do an improper backward roll; you will probably experience discomfort and pain in your neck.

To Prevent Neck Pain:

- Strengthen your neck muscles.
- Perform the backward roll correctly.

If Neck Pain Exists:

- Stop doing all activities that would further aggravate the neck.
- See a physician as needed.
- When the pain stops, work on the “prevent neck pain” list.

**Your risk can be significantly reduced by always following these simple rules.**

1. Perform gymnastics activity ONLY under the supervision of a trained and qualified instructor.
2. KNOW YOUR OWN LIMITATIONS
3. Do NOT attempt stunts which you think you cannot perform. If in doubt, consult your instructor.
4. Follow PROGRESSIVE learning techniques. Master beginning level stunts and routines BEFORE attempting higher level skills.
5. Always have qualified spotters who are SUITABLE and CAPABLE of spotting the activity and skill you are performing.
6. Always INSPECT equipment for loose fittings, damage, and proper positioning. TEST STABILITY of the equipment before each use (shake it firmly).
7. Use chalk on the hands when performing on all apparatus.
8. The equipment MUST be setup properly and have ample mats placed around the apparatus.

**Disability Statement:**

Students with a disability that affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired may contact the Director of the Counseling Center as chair of the Committee for Continuing Assistance for Disabled students by telephone (ext. 1720).