

**Tumbling and Gymnastics
Coastal Carolina University**

Course Title: PALS 149 Tumbling and Gymnastics

Credit Hours: 1

Semester:

Time: 12:15-1:30 (T-TH)

Location: CCU/Thomas Gymnastics

Instructor: Office:

Email:

Telephone:

Text: N/A

Catalog Description: This course consists of units of instruction in activities such as tumbling, balance beam, uneven bars, vault, and trampoline.

Prerequisites: NA

Student Learning Outcomes

Upon completion of this course, students will be able to:

1. Demonstrate knowledge and skill in flexibility training.
2. Discuss the importance of balance, strength, and flexibility in the acquisition of physical skills.
3. Perform various balance, strength, and tumbling skills.
4. Teach and spot various balance, strength, and tumbling skills.

Teaching Methods: Instruction in basic gymnastics skills, spotting techniques and overall aspects of the sport and general information about gymnastics..

Attendance Policy: In order to improve your overall fitness level, attendance at each class is essential. Absences totaling 25% (3) or more of the class meetings will result in the student receiving an F for the semester.

Evaluation of Objectives: There will be three areas you will be evaluated on in this class. The following weightings will be used to determine your final grade.

Skill/Technique	150 pts. (75 Floor, 25 Bars, 30 Beam/Rings, 20 Vault)
Written. Exam	100 pts.
Attendance	150 pts.

Total	400 pts.
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Grading

A=	350-400
B =	300-349
C =	250-299
D =	200-249
F =	<199

Exam Policy: The final exam will be given on the last day of class.

Course Schedule: TENTATIVE DAILY SCHEDULE

<u>Date</u>	<u>Topic</u>
Week 1	Introduction/Floor skills
Week2	Floor skills/Bar Skills
Week3	Floor skills/Beam Skills
Week4	Floor skillsNault Skills
Week5	Floor skills Testing
Week6	Bar,Beam,and Vault Testing
Week7	Review and Final Exam

* Classes will be held at Thomas Gymnastics at the Beach (112 Surgeons Drive, Myrtle Beach SC 29579)

TESTING STANDARD

FLOOR:

Forward Roll,
Backward roll down hill, back extension roll
Handstand/Handstand forward roll
Cartwheel
Round Off
Front Handspring
Back Handspring

BARS:

Jump to front support/Cast 3x to a stand
Chin up pull over
Cast back hip circle
Under swing off
Glide kip

BEAM:

Toe walks
Straight leg kicks
Jumps
Scales
Split leaps
 $\frac{1}{2}$ tum
Straddle jump dismount
Handstand or Cartwheel

RINGS

Swings
L-Seat
Skin the Cat/Dismount
Front Support
Inverted Hang

VAULT:

Stretch jump off
Tuck jump off
Straddle jump off
Handstand/Straight body fall
Handspring