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## HPER 022: Gymnastics

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## COURSE SYLLABUS DORDT COLLEGE

### I. Course Title

HPER 022 Gymnastics - Floor Exercises

### II. Course Description

The course provides instruction in beginning and intermediate skills in gymnastics and tumbling.

### III. Course Objectives

- A. The student will understand the rules and scoring in gymnastics.
- B. The student will understand the terms used in gymnastics.
- C. The student will understand the physics principles involved in tumbling and gymnastics.
- D. Each student will perform a routine in free exercise.
- E. The student will understand safety procedures for gymnastics.

### IV. Course Outline

- A. Introduction to Gymnastics
  - 1. Safety and spotting
  - 2. Terms
  - 3. Equipment
- B. Tumbling Skills
  - 1. Balances - (exp. Headstands, handstands, scales, etc.)
  - 2. Rolls (exp. Forward, back, backstraddle, pike, etc.)
  - 3. Power moves (exp. Headsprings, handsprings, back handsprings, etc.)
- C. Free Exercise Routine

### V. Method of Instruction

The instructor will use explanation and demonstration through visual aids. The majority of class time will be spent in performing skills and being evaluated.

### VI. Major Assignments and Evaluation

Each student will perform a routine on floor exercise. The routine will be evaluated by two class members and the instructor of the class.

### VII. Textbook

No text is required for the course.