

WOLLO UNIVERSITY
COLLEGE OF NATURAL SCIENCE
DEPARTMENT OF SPORT SCIENCE

COURSE NAME	Apparatus Gymnastics
COURSE CODE	Spssc 2092
COURSE WEIGHT	5ects
PREREQUISITE:	Basic Gymnastic
TARGET GROUP :	Regular 2 nd Year Students
MODE OF DELIVERY :	Semester
INSTRUCTOR'S NAME :	Fikeremariam.G
INSTRUCTORS CONTACT INFORMATION:	
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Course Description

The purpose of the course focus performing gymnastics activities by using pommel horse, horse vault, parallel bars, horizontal bars, uneven bars, balanced beam, Familiarize officiating gymnastics competitions program.

Course Objective

By the end of this course, students will be able to:-

Analyze the techniques of apparatus gymnastics

Demonstrate various gymnastics activities using apparatus.



Differentiate the methods of teaching apparatus gymnastics.

Know the rules of judging, and spotting.;

Mode of Delivery: Semester

COURSE CALENDAR AND DELIVERY

Date/week	Key Topics	Teaching Method	Reading
1	CHAPTER- ONE Gymnastics Equipment Dimensions and rules -History and foundation of Artistic Gymnastics -History and foundation of Trampoline gymnastic -History and foundation of Aerobic Gymnastic -History and foundation of Acrobatic Gymnastics.	Lecture Group discussion Questioning and answering	The complete book of gymnastics 3 rd Ed.(Pp309-313)

	<p>-History and foundation of Rhythmic gymnastics</p> <p>1. Artistic gymnastics</p> <p> Judging men's gymnastic</p> <ul style="list-style-type: none"> o Floor, o Pommel horse, o Rings, o Vault, o Parallel & horizontal bar. <p> Judging Women's gymnastic</p> <ul style="list-style-type: none"> o Vault, o Uneven bars, o Balance beam and floor. 		Teaching Gymnastics skills to men and women.
2	<p>Methods Of Training In Apparatus Gymnastic</p> <ul style="list-style-type: none"> o Floor Exercise <ul style="list-style-type: none"> o Values o Conditioning exercise o Safety o Teaching methods o Tumbling pass o Acrobatic elements o Static strength move o Flairs o Circles 	<p>Lecture</p> <p>Group discussion</p> <p>Questioning and answering</p> <p>Lap. Practical</p>	The complete book of gymnastics 3 rd Ed.(Pp309-313)

	<ul style="list-style-type: none"> o Leaps o Turns o Layouts o Twists <p>o Vault</p> <ul style="list-style-type: none"> Basic swings Horse vault Vaulting technique Approach Take off Pre flight On horse Repulsion After flight Landing Progression <p>o Pommel horse</p> <ul style="list-style-type: none"> √ Values √ Horse nomenclature √ Conditioning exercise √ Safety √ Vaulting work on pommel horse √ Rear vault √ Flank vault √ Straddle vault √ Basic swing 		<p>Teaching Gymnastics skills to men and women.</p>
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	<ul style="list-style-type: none"> o Parallel bar <ul style="list-style-type: none"> o Values o Conditioning exercise o Safety o Teaching methods o Support position skill o Low parallel bar skill o Basic swing in hand support o Horizontal bar <ul style="list-style-type: none"> Values Conditioning exercise Safety Teaching methods Horizontal bar techniques Grips Single bar skills Glide kip Dismount o Women's balance beam <ul style="list-style-type: none"> o Values o Conditioning exercise o Safety o Teaching methods o Balance beam techniques Mounts 		
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	Straight-Arm Support mount Straddle seat mount Wolf mount		
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ASSESSMENT TECHNIQUES

Type of Assessment	Assessment Date	Assessment Weight	Competency to be assessed
Individual Assignment	Week 1	10%	Unit-1
Group Paper Assessment	Week 2	15%	Unit-1
Test	Week 6	15%	Unit-2
Oral Presentation	Week 14	10%	Unit-2
Final Examination	Week 16	50%	Unit-1 & 2

COURSE POLICIES

Grading: As per the academic policy of the university.

Attendance policy: As per the legislation of the university

Class Participation: The success of this class and your learning experience is dependent on your engagement and participation. You should come well prepared and constructively engage in class discussions.

REFERENCE

- Aronson, Richard, ed, The Art and science of Judging men's Gymnastics. Lowell mass Lowell Technical Institute, 1970.
- Bowers, Carolyn etal, judging and coaching women's Gymnastics, Palo Alto, Calif: National Press, 1972.
- Cooper P.and Trnka M. (1982). Teaching Gymnastics skills to men and women, Burgess publishing company.
- Cumiskey, Frank, Juding Guide and course. Tucson, Ariz – U.S Gymnastic Federation 1973.
- Laporter R., Renner G., (1938). Tumblers Manual prentice- Hall, Inc., Englewood cliffs, New Jersy.
- Loken, Newton C., and Willoughby, Robert J., (1977). The complete book of Gymnastics, 3rded. By prentice-Hall, inc, Englewood cliffs, New Jersy.
- Pauline prestidge J., (1979). Your book of Gymnastics, BAS printers Limited, over wallog, Hampshire.
- Ryser, Otto, A manual for Jumbling and Apparatus stunts 6th ed. Dubuque, Iowa = wm. C. Brown co., 1976.
- Summer ford, C. (2000). Pre – 4-me : Teaching lifelong health and fitness champaign, IL: Human Kinetics publishers Inc