University of Nicosia, Cyprus

Course Code	**Course Title**	**ECTS Credits**
SPSC-120	Gymnastics Teaching	6
Department	**Semester**	**Prerequisites**
Sports Science	Spring	None
Type of Course	**Field**	**Language of Instruction**
Required	Physical Education	Greek
Level of Course	**Year of Study**	**Lecturer**
1st Cycle	1st	Mr Charalambides Michalis
Mode of Delivery	**Work Placement**	**Co-requisites**
face-to-face	N/A	None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

In this course, students will develop an understanding of the basic skills and knowledge in the Olympic-gymnastic events through a performance oriented gymnastic experience. Male students will perform in six apparatus: Floor Exercises, Pommel Horse, Rings, Vault, Parallel Bars and Horizontal Bar. Women participate in four apparatus: Vault, Uneven Bars, Balance Beam and Floor Exercises. Various techniques of teaching gymnastics will be delivered and discussed. Understanding of how gymnastics and developmental movement skills are learned will be covered.

Learning Outcomes:

A. Course Goals:

By the end of the course students should be able to:

1. Clearly, effectively and professionally teach and demonstrate basic and some advance gymnastic skills.
2. Understand the standard rules of each particular gymnastic stunt (vault, balance beam, parallel bars, horizontal bar, side horse, rings and floor exercise).
3. Fundamentally guide elementary and secondary educations kids as well as young teams during official school-gymnastic competitions.
4. List progressions and developmental level placements for gymnastic activities.
5. Understand the techniques of spotting when teaching gymnastic activities.
6. Organize a comprehensive lesson of Olympic gymnastic activities that includes the six (for male) and four (for female) basic performance equipments.

Course Contents:

1. Introduction to and history of Gymnastics.
2. Foundational positions and movements that form the building blocks for all gymnastics skills.
3. How fundamental skills fit together to make complex movements and sequences.

4. Common errors in gymnastics skills and how to correct them.
5. Body rolling, balance skills, inverted balances, and tumbling skills.
6. Trampoline activities.
7. Performance on the Floor and gaining techniques of teaching floor exercises (male-female).
8. Performance on the vault and gaining techniques of teaching vault gymnastic sequences (male).
9. Performance on the balance beam and gaining techniques of teaching balance beam gymnastic sequences (female)
10. Performance on the parallel bars and gaining techniques of teaching parallel bars gymnastic sequences (male).
11. Performance on the horizontal bar and gaining techniques of teaching horizontal bars gymnastic sequences (female).
12. Performance on the side horse and gaining techniques of teaching side horse gymnastic sequences (male-female).
13. Performance on the rings and gaining techniques of teaching rings gymnastic sequences (male).
14. Current issues in gymnastics.

Learning Activities and Teaching Methods:

Lectures (~20%), practical application (~80%) from the students

Assessment Methods:

The assessment procedure will be focused on skills and sequences:

1. Performed by the students, on the major, traditional pieces of apparatus (e.g. beam, bars, floor, etc.). All sequential gymnastic stunts will be explained and handed in written to the students from the beginning of the course (All students, regardless of body type or skills level, are judged and held to the same standards).
2. Delivered and demonstrated by the students to a group of kids or classmates.

Gymnastic performance, teaching gymnastic skills, theory of gymnastics and rules .

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
D. Mitchell, B. Davis, R Lopez	Teaching Fundamental Gymnastic Skills	Human Kinetics	2002	0736001247

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
E. Gerling	Teaching Children's Gymnastics: Spotting and Securing: Step by Step with Thousands of Ideas--From "With Each Other" to Be Able to Help	Meyer & Meyer	1999	3891245491