

# PDP GS 208 Gymnastics (Intermediate)

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Meets two times per week: 1 Credit Class

Mon. & Wed. 12:35pm-2:05pm

Fitness & Recreation Center – Court One

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## Course Description:

Prerequisite; PDP GS 108 or consent of the instructor. Intermediate-level students work to improve existing skills and achieve specific goals on floor and other apparatus.

## Required Equipment:

Close-fitting athletic wear; ***no loose clothing***. If you typically use any kind of athletic brace or support during exercise or sport, please bring those items with you to each class. Students with long hair will be required to have it worn up and away from their face and shoulders. Personal water bottle is advised.

## Learning Outcomes:

Gaining greater strength, flexibility, and body control. Training skills at an increased difficulty level, and working to perfect current skills.

## Grading Policy:

This class will be graded Pass/Fail, based on attendance and personal growth. Please visit the Registrar's website to view and keep track of relevant deadlines. Below is a list of possible grades you may receive in this class:

P – Pass: Complete course requirements, 80% or more classes attended.

W – Withdraw: If you drop this class after the specified Add/Drop deadline, you will receive a “W” grade.

MG – Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with the course instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

AU – Audit: If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

F – Fail: It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances, such as violating the BU student code of conduct.

**Attendance Policy & Make-Up Classes:**

Because this class is graded on attendance and participation, learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed five absences. If you have more than five absences, you will need to arrange to make up the classes you have missed. You can do this by creating and executing your own conditioning list, watching videos of Senior Level Elite competitive gymnastics and identifying and listing the skills you know, researching an important event in the history of gymnastics and writing a small summary and your thoughts etc. Make sure to communicate with your instructor to come to an agreed upon activity for class make-up.

*It is your responsibility to keep track of your attendance record & to make-up any classes you have missed.*

**Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted there.

For a detailed explanation of PDP credit class policies, please visit FitRec’s website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take time to fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities.

<http://www.bu.edu/dos/policies/student-responsibilities>)

## Course Schedule:

Week 1	Skill Level Evaluation, Review Body Shapes, Static skills, & Acro	Determining each student's current skill level; review and reacquaint oneself with gymnastics movements and technique; handstands and handstand variations, cartwheel connections, back extension rolls, walkovers, and aerials.
Week 2	Floor Exercise; Acro, Dance, & Tumbling Review	Working on acro series/connections, advanced leaps, jumps, and turns. Review of proper tumbling technique and basic front and back tumbling connections.
Week 3	Floor Exercise; Advanced Tumbling	Focus on saltos and salto connections, for both back and front tumbling; tuck, pike, and layout position.
Week 4	Floor Exercise; Tumbling Continued	Introduction of twisting! Starting with $\frac{1}{4}$ turns and progressing to full 360°.
Week 5	Beam: Evaluation & Skill Review	High beam; half and full turns in passé relevé. Straight, tuck, split jumps, and jump series. One step split leaps and three step split leaps, handstands, cartwheels (with both hands and with one hand), varied mounts and dismounts.
Week 6	Beam: Skill Progression	On low and progressing to high beam; walkovers, flight skills, advanced jumps and leaps, acro series connections, mounts and dismounts of increased difficulty.
Week 7	Parallel Bars: Front Support, Swing, & Travel	Holding front support/front press, swings up to horizontal and handstand. Walking, swinging, and propelled travel, handstand pirouettes, dismounts.
Week 8	Parallel Bars (Uneven): Glide Swing & Kip, Pullover, Bar Transitions, Circling Skills	Straddle, and pike glides and kips with proper body position. Pullover to front support, front, back, and clear hip circles, mill circles. Drops from high bar to low bar (with or w/out twisting), tap swings, low bar and high bar dismounts.
Week 9	Vault: Vaulting Shapes & Drill Review	Tight hollow body handstand pops, jump to handstand & handspring off, standard front handspring over vault table, front handspring half twist on, front handspring half twist off.
Week 10	Vault: Advanced Vault Skills	Working towards half on-half off handsprings, Tsukahara and Yurchenko drills.
Week 11	Rings: Muscle Up, Static Holds from Press & Hanging, Tap Swings, Fly-away/Dismounts	Muscle up/start up, pike, tuck, and straddle hold in press and hanging position, hanging and pressed handstand, inverted pike, tuck, and split, tap swings into dismounts.
Week 12	Rings: Advanced Skills & Connections	Muscle up/start up, pike, tuck, and straddle hold in planche. Giants! Connected holds with swings to handstand etc., increased difficulty on dismounts.
Week 13	Final Prep: Choreograph and Practice Routines for an Individual Event	Choreograph a routine on an apparatus of your choosing using the skills you have learned throughout the semester. You may do so as an individual for any event; however, if you so wish, you may have a single partner for beam, and no more than a group of four for floor.
Week 14	Final: Routine Presentation!	Show off your routine, and support your fellow classmates!