PHY ED 111-001  
EDUCATIONAL GYMNASICS

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Course Description:

This course is an introduction to basic mechanical principles of locomotor and non-locomotor movement (body management skills) with required laboratory experiences. Each student will develop competence in the utilization of locomotor and non-locomotor movement patterns as they relate to Educational Gymnastics. Body management skills and gymnastic activity is connected to the varied use of movement required in a broad spectrum of physical activity for physical fitness and overall physical development.

Course Rationale:

The required assignments are designed to help you with the knowledge and development of a variety of gymnastic-like movement skills which will be used in teaching an effective and appropriate physical education curriculum in public schools. Students will be required to relate some fundamental principles of movement to activities that have a traditionally gymnastic-like quality to them, but a gymnastics background is not necessary for this course. The practical assignments of the course include the performance of both isolated movement skills (stunts) and the development of "movement sequences".

Course Objectives:

The course activities, competencies and experiences are intended to provide opportunities for you to expand your knowledge of movement and movement vocabulary in a gymnastic-like fashion. There are three categories of movement skills for you to perform:

1. Individual Skills  
2. Skills with a partner (partner stunts)  
3. Movement Sequences (individual, with a partner or group)

Written materials listing movement skills which we will describe, rehearse and practice in class will be provided to you. All movements and movement patterns will be described and presented with appropriate biomechanical terminology. BRING THESE MATERIALS WITH YOU TO EVERY CLASS. It will serve as both instruction and as a reminder for you.
Possible Points:

Individual Skills and Partner Stunts .......... 30%
................................................................ There will be a minimum of 20 stunts to attempt.

Sequences .............................................. 45%
Midterm quizzes and Final Written Exam ...... 25%

Grading:
A ....................................................... 90-100%
B ........................................................ 80-89%
C ........................................................ 70-79%
D ........................................................ 60-69%
F .......................................................... 59%

Attendance

Please take very seriously these remarks about class attendance.

IT IS ESSENTIAL THAT YOU ATTEND CLASS.

Your participation and graded performance is the way you accumulate points. Utilize good time-management behaviors. DO NOT WASTE TIME. I expect you to be responsible and make the best use of time before class starts and during class to practice and rehearse your movement skills. You can neither accumulate points nor improve unless you practice.

Clothing

For this class wear appropriate clothes, designed for activity, to facilitate movement and give you protection. Do NOT wear loose, baggy clothes. Any jewelry which is a possible hazard should be left at home. Do not wear hats in class.

TURN YOUR CELL PHONES OFF DURING CLASS.

STUDENT DISABILITY SERVICES

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC, Student Success Center.

Academic Offenses

The maintenance of academic integrity is of fundamental importance to the University. Thus it should be clearly understood that acts of plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks the punishment of a serious nature.