



Course Outline

PHED 333: Gymnastics and Track & Field

Winter 2013

January 8 through April 16

Instructor: Doug Lamont	Lisa Smith	Room: Gold Gym/Gymnastics Centre J. Simpson Track
Phone: 403-220-2479	403-220-5364	Days: Tuesdays/Thursdays
Email: lamont@ucalgary.ca	jefferie@ucalgary.ca	Time: 10:00 AM – 11:50 AM
Office: KNA 135	KNB 089	
Office: By appointment	By appointment	
Hours:		

Course Description:

Dominant movement patterns in gymnastic activities and the run-jump-throw skills of track and field. This course is based on the Seven Fundamental Movement Patterns within Gymnastics activities and the Run-Jump-Throw skills of Track and Field as a foundation for all physical activities and sports skills. Content planning for specific themes or units as well as teaching methodology for instruction of Gymnastics and Track & Field in School is part of this course requirement.

Course Objectives:

Content:

- Instruct, plan, create and implement skills and movement patterns through the Seven Fundamental Movement Patterns and Run, Jump, Throw Skills.
- Develop games and activities based on the Seven Fundamental Movement Patterns and Run, Jump, Throw Skills through Fun, Fitness and Fundamentals.
- Demonstrate knowledge of fundamental movement patterns and principles through respective examination, quiz, teaching assignments, and skill development.
- Understand the principles and importance of warm up and cool down for Gymnastics and Track & Field.

Objectives: Students

GYMNASTICS

- Explore (alone, with partners, in small or large groups) Seven Fundamental Movement Patterns through gymnastics skills via large and small apparatus.
- Demonstrate skill ability of the Seven Fundamental Movement Patterns on various large and small apparatus.
- Explain and apply in verbal and written format the Seven Fundamental Movement Patterns (exam/quiz), consisting of landing; spring; rotation (axis and path ways); balance (static/dynamic); swing; locomotion; height and flight.
- Demonstrate knowledge of Seven Fundamental Movement Patterns through teaching assignments (teaching peers).

- Observation and Assistant coaching of Pre-School Gymnastics classes and submission of an Observation paper.
- Demonstrate the principles of warm up and cool down in the sport of Gymnastics.

TRACK & FIELD

- Explore (alone, with partners, in small or large groups) Run-Jump-Throw skills through Track & Field Skill development.
- Demonstrate ability of the Run-Jump-Throw skills in Basic Track & Field Technical models.
- Demonstrate appropriate learning progressions for Main Track & Field events.
- Explain and apply in verbal and written format the skill development for the Main Track & Field events.
- Demonstrate knowledge of the Main Track & Field events through teaching assignments (teaching peers).
- Demonstrate the principles of warm up and cool down in the sport of Track & Field.

Certification:

Kids Can Move Instructor's Certificate in Gymnastics is awarded for students – providing such students fulfill the requirements of the certification guidelines and standards (required attendance).

NCCP Sport Coach Training in Track & Field is awarded for students – providing such students fulfill the requirements of the NCCP guidelines and standards (required attendance).

Required Text: Alberta Gymnastics Federation (2005). *Kids Can Move, Instructor's Manual*. \$65.00
Payment due on first Gymnastic class day
Athletics Canada (2006). *Run, Jump, Throw*. Winnipeg, MN, CAN: Studio Publications

OPTIONAL: Athletics Canada (2008). *Sport Coach Manual*. Winnipeg, MN, CAN: Studio Publications – Required for Sport Coach Certification

Contacting the Instructor: Students requiring assistance are encouraged to speak with their instructor during class or office hours. Should you wish to meet with the instructor outside of office hours, please phone or email the instructor to make an appointment.

Email, while commonly used, does limit the effectiveness of communications and may not be the best way for instructors to answer student questions. Therefore, the instructor may request a telephone call or personal meeting. Your instructor will inform you as to his/her expectations about emails.

Grading Scale:

Grade	Percent	Grade Point Value	Description
A+	97.0-100%	4.00	Outstanding
A	92.0-96.9%	4.00	Excellent - superior performance, showing comprehensive understanding of subject matter.
A-	88.0-91.9%	3.70	
B+	84.0-87.9%	3.30	
B	80.0-83.9%	3.00	Good-clearly above average performance with knowledge of subject matter generally complete.
B-	76.0-79.9%	2.70	
C+	72.0-75.9%	2.30	
C	68.0-71.9%	2.00	Satisfactory – basic understanding of the subject matter. Grade point average below 2.00 is not sufficient for promotion.
C-	64.0-67.9%	1.70	Minimum grade required if needed as a prerequisite course
D+	60.0-63.9%	1.30	
D	56.0-59.9%	1.00	Minimal pass – marginal performance; generally insufficient preparation for subsequent courses in the same subject.
F	Below 56.0%	0	Fail – unsatisfactory performance or failure to meet course requirements.

Evaluation of Course Content:**Evaluation:**

Quiz (4)	40% (10% each)
Gymnastics (2)	
Track & Field (2)	
Teaching Assignments	20%
Track & Field (1)	
Observation Paper	20%
Gymnastics (1)	
Skill Evaluation (2)	20% (10% each)
Gymnastics (1)	
Track & Field (1)	

Note: *PHED 333 is conducted as a Lecture/Lab Course

Theory and individual movement concepts are taught and explored immediately through practical application. Therefore, attendance (See regulations below) and active contribution is necessary for full percentage in respective projects as well as for NCCP certification requirements.

Note: Normally, absences from LAB Sessions are excused for documented medical reasons only. Two or more unexcused absences will result in failure of the course. If a student has to miss a class for medical or varsity sport travel he/she is expected to contact the instructor prior to the specific class and arrange a make-up session through a designated outside-class setting (community club).

Late Policy:

None

Final Examination:

None

Additional Course Information:

The demands of this activity can be harmful to a student with physical limitations. It is the student's responsibility to inform the instructor of any physical limitations (including a recent positive PAR-Q) prior to participating in any activity class. Appropriate activity modifications will be made to accommodate these students.

Other Medical Issues

- Need to inform the instructor of any medication taken or to be taken (dosage, time) prior to the activities, which are very active in nature
- Medical problems such as asthma, diabetes, etc. may become a serious issue, especially due to potential inhalation of gymnastics chalk which may trigger medical alerts
- Medication taken before or during the activities may lead to potential injuries due to potential affects on balance or cause drowsiness

Course Content:

Tentative Class Schedule

Day	Date	Activity
Tuesday	January 8	T&F #1 Introduction Warm-up/ Cool down
Thursday	January 10	T&F #2 Running Events
Tuesday	January 15	T&F #3 Hurdles
Thursday	January 17	T&F #4 High Jump
Tuesday	January 22	T&F #5 Long Jump/Triple Jump
Thursday	January 24	T&F #6 Basic Throwing mechanics Shot Put
Tuesday	January 29	T&F #7 Quiz #1 Discus
Thursday	January 31	T&F #8 Javelin/Ball Throw Training Theory for Track & Field
Tuesday	February 5	T&F #9 Quiz #2 Practice Planning
Thursday	February 7	T&F #10 Teaching Assignments
Tuesday	February 12	T&F #11

		Teaching Assignments
Thursday	February 14	T&F #12 Teaching assignments
Tuesday	February 19	Reading Week
Thursday	February 21	Reading Week
Tuesday	February 26	T&F #13 Teaching assignments
Thursday	February 28	Gymnastics #1 Bring \$65.00 for payment of text Philosophy and Physical attributes
Tuesday	March 5	GYMN #2 DMP's: Landings and Springs
Thursday	March 7	GYMN #3 STL; Motor Attributes; Statics
Tuesday	March 12	GYMN #4 Quiz #1; Locomotions
Thursday	March 14	GYMN #5 Rotations, Swing
Tuesday	March 19	GYMN #6 Quiz #2
Thursday	March 21	GYMN #7 Kids Can Move
Tuesday	March 26	GYMN #8 Kids Can Move
Thursday	March 28	GYMN #9 Stuntnastics
Tuesday	April 2	GYMN #10 Teaching assignments
Thursday	April 4	GYMN #11 Teaching assignments
Tuesday	April 9	GYMN #12 Teaching assignments
Thursday	April 11	GYMN #13 Teaching assignments
Tuesday	April 16	GYMN #14

Supplementary Course Information

In accordance with the University of Calgary Calendar

**Academic
Accommodation
Awareness Information:**

It is the student's responsibility to request academic accommodation. If you are a student with a documented disability who may require academic accommodation and have not registered with the Disability Resource Centre, please contact their office at 220-8237. You are also required to discuss your needs with your instructor no later than fourteen (14) days after the commencement of this course. Students who have not registered with the Disability Resource Centre are not eligible for formal academic accommodation.

Plagiarism/Cheating/Other Academic Misconduct:
(see Calendar)

A single offence of cheating, plagiarism, or other academic misconduct is a serious act that will not be tolerated in the Faculty of Kinesiology. Penalties for such acts will be determined by the Dean and may result in a failing grade, probation, suspension, or expulsion. Any student who is uncertain if an action falls into this category should consult the instructor and/or the Calendar.

Midterm Exam Policy:

The Faculty of Kinesiology policy is that all students are expected to write midterm exams on the dates listed on the course outline. Special accommodation may be granted by the instructor in exceptional circumstances only which include illness, participation in athletic events (varsity, national or international), domestic affliction, and religious conviction. It is the student's responsibility to supply proper documentation and/or notification prior to the originally scheduled midterm to support their circumstance. Personal travel plans and arrangements are not valid reasons for requesting a special accommodation for a midterm exam. Failure to comply with this policy will result in a grade of zero for the midterm and possible failure in the course.

FOIP Policy:

Please note that the University is under the jurisdiction of the provincial Freedom of Information and Protection of Privacy (FOIP) Act. Please refer to the website for details: <http://www.ucalgary.ca/secretariat/privacy>

**Internet and Electronic
Communication Device
Information:**

Any surfing of the Internet during lectures that is not directly related to the class discussion is distracting and strictly forbidden. Additionally, the use of any electronic devices (e.g., cellular phones, Blackberrys) for e-mailing, texting, etc. is strictly prohibited. Please turn OFF your phone before the beginning of each lecture.

**Emergency Meeting
Place:**

For classes in the Kinesiology buildings Primary assembly point is the MacEwan Student Centre - North Courtyard and the Alternate assembly point is University Theatres Lobby

Safewalk Information:

Safewalk volunteers walk people safely to their destination on campus (including Health Sciences, Children's Hospital, McMahon Stadium, and University LRT station). This service is free and available to students, staff and campus visitors. Call 403-220-5333 (24 hours a day/7 days a week/365 days a year).

Student's Union:

The Kinesiology Representative is Calindy Ramsden - Phone: 220-2913 or E-mail: kinesrep@su.ucalgary.ca.