

YORK UNIVERSITY  
School of Kinesiology and Health Science  
Faculty of Health

Course Number: **HH/PKIN 0502, HH/PKIN 0503**

Course Title: **Gymnastics I**

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Term: Fall 2022 / Winter 2023

Pre-requisite: None

Instructor:  
JESSE CARISSE

Teaching Assistant:  
KIERAN McCREADY

Location: Tait McKenzie Centre - Upper Gymnasium

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**Course Description:**

The course will focus on the educational and developmental aspects of Gymnastics, as well as on the introduction to basic skills which will lead into Gymnastics II.

The course will provide students with exposure to a large movement repertoire and at the same time the understanding that the “Activity of Gymnastics” in a recreational/educational approach emphasizes the creation of an environment where individuals may become involved in gymnastics in an enjoyable and positive fashion.

**Course Objectives:**

1. To present the dominant movement patterns which are common to all gymnastics skills.
2. To provide students with a basic knowledge in the process of learning and teaching basic gymnastics skills such as tumbling, vaulting, rings, bars, balance beam.
3. To cover the fundamentals of safety in a gymnastics activity.
4. To develop the understanding that the task of basic gymnastics is approached from a philosophical framework: FUN, FITNESS and FUNDAMENTALS.

**Course Requirements:**

1. Class Attendance - 80%
2. Dress: Women - leotard or shorts & t-shirt, Men - shorts & t-shirt

**Required Readings:**

Coaching Certification Level 1 Manual. \*Handouts provided by the instructors.

**Course Evaluation:**

Practical Test: 60% Demonstration of awareness and competency of the Gymnastics dominant movement patterns

Written test 40% Demonstrate knowledge in basic gymnastics.

**PASS: 60%**