

EFD 794

# REQUEST FOR CHANGE IN UNDERGRADUATE PROGRAM

FEB 10 2004

Program Kinesiology

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Formal Option Teacher Certification Or Specialty Field \_\_\_\_\_  
(if applicable) (if applicable)

Department (if applicable) Kinesiology & Health Promotion

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College (if applicable) Education

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Degree title BA Kinesiology Bulletin PP 128-129

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CIP Code \_\_\_\_\_ UK ID No. \_\_\_\_\_ HEGIS Code \_\_\_\_\_

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Accrediting Agency (if applicable) \_\_\_\_\_

## I. PROPOSED CHANGE(S) IN PROGRAM REQUIREMENTS

Particular University Studies Requirements or Recommendations for this program

	<u>Current</u>	<u>Proposed</u>
English Writing		
Communication		
Mathematics		
Area I (Natural Science)		
Area II (Social Science)	SAME	
Area III (Humanities)		
Area IV (Cross-disciplinary component)		
Area V (Non-western cultural component)		

2. College Depth and Breadth of Study Requirements (if applicable) (including particular courses required or recommended for this program) NOTE: To the extent that proposed changes in 2 through 6 involve additional courses offered in another program, please submit correspondence with the program(s) pertaining to the availability of such courses to your students.

<u>Current</u>	<u>Proposed</u>

3. Premajor or Preprofessional Course Requirements (if applicable)

<u>Current</u>	<u>Proposed</u>

Total Hours

4. Credit Hours Required	<u>Current</u>	<u>Proposed</u>
	81-82	80-81
a. Total Required for Graduation	<u>139-140</u>	
b. Required by level		
100	18	200
	<u>18</u>	300
		<u>29</u>
		400-500
		<u>15</u>
Premajor or Preprofessional (if applicable)	11-12	f. Hours Needed for a Particular Option Or Specialization (if applicable)
d. Field of Concentration (if applicable)	36	g. Technical or Professional Support Electives (if applicable)
Division of Hours Between Major Subject and Related Field (if applicable)		h. Minimum Hours of Free or Supportive Electives (Required)
		<u>34*</u>
		18

\*Course would be omitted from this area.

5. Major or Professional Course Requirements	<u>Current</u>	<u>Proposed</u>
	Same except EDA 401 from the program area of professional (specialization)	Would be eliminated requirements in the education courses

6. Minor Requirements (if applicable)	<u>Current</u>	<u>Proposed</u>

Total Hours \_\_\_\_\_

Rationale for change(s): (If rationale involves accreditation requirements, please include specific references to those requirements.)

The content for EDA 401 (The Professional Teacher: Legal Perspectives) is already embedded in other required courses in the Kinesiology curriculum. Within several KHP courses required in the major, students are exposed to legal issues related to KHP 115; safety, prevention, negligence, and adequate supervision. Students are tested on their knowledge of gymnastics safety; in KHP 162 a unit is included on legal issues in outdoor education; in KHP 369 a unit is included on professional ethics and accountability in public education; in KHP 344 a unit is included on negligence and related terminology; in KHP 579 a chapter and unit is included specifically addressing legislation related to adapted physical education. (See all pertinent syllabi, handouts and PowerPoint slides/notes).



DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION  
COLLEGE OF EDUCATION - UNIVERSITY OF KENTUCKY

**BEGINNING GYMNASTICS**  
**KHP 115-001, 002 & 003**

**Instructor:** Jim Nance  
**Office:** Seaton 122  
**Phone:** 257-8935  
**Office Hours:** Monday, Wednesday 2:00 - 4:00  
Tuesday & Thursday 8:30 - 9:30  
Or by appointment

**I. Description of Course**

This course is designed to acquaint the student with basic gymnastic skills and the knowledge to understand gymnastics as an activity.

**Entrance Requirement:**

**Women:** Hold a flexed arm hang and flex at the waist and knees (squat) to lift the upper leg horizontal or above.

**Men:** To complete a pull-up and while in a pull-up position, flex at the waist and knees (squat) to lift the upper leg horizontal or above.

All students will be tested the 2<sup>nd</sup> and/or 3<sup>rd</sup> class meeting. If they do not pass, they will be recommended to take a weight training class to get strong enough to pass the entry requirements.

**II. Objectives**

1. The student will be capable of performing basic gymnastics routines and/or skills competently in the following gymnastic events:

Women - Vaulting, Uneven Bars, Balance Beam, Floor Exercise and Tumbling.

Men - Floor Exercise, Pommel Horse, Rings, Vaulting, Parallel Bars, and Horizontal Bar.

Educational Opportunities. The skills are taught and practiced daily using appropriate apparatus throughout the semester, supervised by an instructor/s during practice sessions.

Assessment. The students are evaluated at the end of the semester by a scoring system based on the FIG Code of Points. 60%

2. The student will be capable of applying specific gymnastic spotting techniques and safety concepts (equipment, etc.) in gymnastics.

Educational Opportunities. Spotting and safety techniques are taught

and emphasized throughout the semester by using the USA Gymnastics safety guidelines and safety video.

Assessment. The students are evaluated on spotting and safety by a spotting skills and written test. Part of this material is used by the USA Gymnastics Safety Program. 10%

3. The student will be capable of utilizing basic biomechanical principles to analyze, understand and perform basic gymnastic skills.  
Educational Opportunities. Basic biomechanical principles are taught throughout the semester to understand how to perform skills and how to assist classmates to perform skills. The instructor uses slides, videos, lecture and demonstrators to analyze skills.  
Assessment. The students have movement questions on the final exam.
4. The student will develop endurance, flexibility, speed, strength, coordination, balance, and symmetry of the large muscle groups of shoulders, arms, chest, legs and abdomen by using gymnastic movements and exercises.  
Educational Opportunities. The student practices in each class skill and exercise that directly relates to gymnastic movement. The instructor directs the exercises.  
Assessment. They are evaluated at the middle of the semester on a skills and fitness test. 5% A minimum passing grade of 68% on the skills fitness test is required before the student may exit the class. Two scores of four, two scores of six and the rest 8 or above will be a minimum. Students who receive a non-passing score will receive an "I." (See Skills and Fitness Attachment)
5. The student will be capable of passing a written test on skill movement and gymnastic evaluation from the FIG Code of Points.  
Educational Opportunities. The knowledge portion of gymnastics is taught by the instructor through lecture, videos, and skills demonstration.  
Assessment. The students are evaluated on the knowledge portion at the end of the semester with a written test. 25%.
6. The student will be capable of enjoying and appreciating gymnastics both as a participant and as a spectator.  
Educational Opportunities. The students directed by the instructor through temperance and classmate respect have an opportunity to develop appreciation of the sport of gymnastics.  
Assessment. The assessment for the objective is an interval non-measured evaluation.

### III. Outline of Content

#### A. History and tradition of gymnastics

#### B. Equipment and facilities

1. Mats
2. Apparatus
3. Chalk
4. Hand grips
5. Wearing apparel

#### C. Justification of gymnastics

#### D. Skill content

##### Women

1. Floor Exercise
2. Vaulting
3. Uneven Bars
4. Balance Beam
5. Tumbling

##### Men

1. Floor Exercise
2. Vaulting
3. Parallel Bars
4. Still Rings
5. Pommel Horse
6. Horizontal Bar

#### E. Conditioning exercise specifically for gymnastics

#### F. Safety and spotting procedures

#### G. Evaluation and gymnastics

#### H. Analysis of mechanical principles with reference to gymnastic skills

#### I. Performing the skills as composed routines or individual skills

#### J. Written Tests

#### K. Fitness Component

### IV. Course Requirements and Evaluation Procedure

#### A. Evaluation

1. 60% of the student's evaluation is skill performance

##### Women

- a. 15% Floor Exercise or Tumbling
- b. 15% Uneven Bars
- c. 15% Vaulting
- d. 15% Balance Beam

##### Men

- a. 15% Floor Exercise
- b. 15% Vaulting
- c. 15% Parallel Bars or Pommel Horse
- d. 15% Horizontal Bar or Still Rings

2. 5% Passing the fitness component with a minimum score of 68% as specified on the Skills & Fitness Test.
3. 10% Mid-Term Safety Test
4. 25% Final Exam
5. Grading: Grades for all service classes are based on performance. For those wishing non-competitive involvement, the pass/fail option is recommended.

**B Class Procedure**

1. Class roll will be taken at 9:35 and 11:05, and 12:35 respectively.
2. Two tardies will count as one unexcused absence.
3. 5.2.4.2-E Students missing work due to an excused absence bear the responsibility of informing the instructor about their excused absence within one week following the period of the excused absence (except where prior notification is required), and of making up the missed work. The instructor shall give the student an opportunity to make up the work and/or exams missed due to an excused absence, and shall do so, if feasible, during the semester in which the absence occurred. (US: 11/10/85 and RC: 11/20/87) If attendance is required or serves as a criterion for a grade in a course, and if a student has excused absences in excess of one-fifth of the class contact hours for that course, a student shall have the right to petition for a "W" or take an "I" in the course. (US: 2/9/87; RC: 11/20/87)
4. Attendance: Refer to "SERVICE CURRICULUM GRADING" handout.

**C. Class Participation**

1. How can you participate if you are not there? Absences will be detrimental to your final grade.
2. You will be expected to dress and participate if you are present in class.
3. Excused and unexcused absences must be made up.

**D. Dress Appropriate for safe participation in gymnastics**

**E Jewelry: All jewelry must be removed for your own safety, including loop earrings, navel rings or studs, tongue studs (posts), necklaces, watches, finger rings, and all external body piercings, etc.**