

The University of British Columbia  
School of Human Kinetics

## **HKIN 115B: PERFORMANCE ANALYSIS IN DEVELOPMENTAL GYMNASTICS**

**CLASS MEETING TIMES:** Mondays and Wednesdays from 2:00-3:50pm  
January 08-February 26, 2007

**CLASS LOCATION:** Osborne Centre, Gym B East and West

**INSTRUCTOR:** Jennifer Dober  
Unit II, Osborne Centre 604-822-2606  
General Info/ UBC Gymnastics Registration Desk 604-822-0207  
e-mail: [jennifer.dober@ubc.ca](mailto:jennifer.dober@ubc.ca)

**OFFICE HOURS:** Mondays, Wednesdays or Fridays by appointment

**COURSE FORMAT:** This course is designed to provide opportunities for students to integrate theoretical concepts of developmental gymnastics in applied settings. Unless notified otherwise, students are expected to come to each class dressed for, and prepared to actively participate in physical activity.

Acceptable dress includes shorts, comfortable pants that are easy to move in (not too baggy as we will be looking at different body positions and form), and t- shirts. Long hair should be tied back. Please remove jewellery before class. Outdoor shoes are not allowed in the gym; bare feet are recommended.

---

### **COURSE POLICIES**

#### **1. Performance Analysis Courses Attendance Policy**

**Participation and attendance are compulsory. Students are expected to attend and participate in all scheduled lecture and lab classes. UNAUTHORIZED ABSENCE FROM MORE THAN TWO CLASSES IS CONSIDERED UNSATISFACTORY. A student may be denied the privilege of writing the final examination because of unsatisfactory attendance. In this case, course credit will NOT be granted. Students who are unavoidably absent due to illness or disability should report to the instructor as soon as possible. Students who cannot actively participate in classes due to physical illness or injury, must provide written medical documentation and make up any missed components in order to receive course credit and N.C.C.P. certification.**

## **2. University Policies**

**The University accommodates students with disabilities who have registered with the Disability Resource Center. The University accommodates students whose religious obligations conflict with attendance, submitting assignments, or completing scheduled tests and examinations. A list of religious holidays involving fasting, abstention from work or study, or participation in all-day or fixed-time activities is available at <http://students.ubc.ca/publications/multifaith/>. Please let your instructor know in advance, preferably in the first week of class, if you will require any accommodation on these grounds. Students who plan to be absent for varsity athletics, family obligations, or other similar authorized commitments, cannot assume they will be accommodated, and should discuss their commitments with the instructor DURING THE FIRST WEEK OF CLASSES.**

### **COURSE DESCRIPTION**

This course is an examination of performance, leadership, and learning in developmental gymnastics.

### **LEARNING OUTCOMES**

Upon completion of this course, successful students will:

- Be able to explain the concept and scope of developmental gymnastics and the role gymnastics- related activities play in motor development
- Have developed a movement vocabulary to describe the components and movement patterns inherent in developmental gymnastics activities
- Be able to explain the factors that contribute to effective performance in developmental gymnastics
- Demonstrate the ability to apply systematic observation and analysis in order to accurately recognize effective and ineffective performance, in developmental gymnastics activities
- Be able to describe the qualities of, and demonstrate the application of, effective leadership in developmental gymnastics environments
- Be able to describe and demonstrate instructional strategies for leading safe, effective, and inclusive, developmental gymnastics classes and activities
- Demonstrate proficiency in selected performance elements of developmental gymnastics

- Have compiled a comprehensive bibliography of developmental gymnastics literature references and professional resources
- Have prepared and completed a professional, comprehensive Developmental Gymnastics Resource Manual for leaders of developmental gymnastics programs

**REQUIRED READINGS AND TEXT**

- 1) Required Readings will be provided in class.
- 2) Gymnastics Canada Level 1 Gymnastics Manual (purchased in class \$25)

**EVALUATION COMPONENTS:**

<b>Component</b>	<b>Grade Value</b>	
<b>Practical Performance</b>	<b>20 marks</b>	
<b>Field Observations &amp; Report</b>	<b>15 marks</b>	
<b>Leadership Presentations</b>	<b>3x10 marks</b>	
<b>Lesson Plan</b>	<b>5 Marks</b>	
<b>Resource Manual **</b>	<b>Pass/Fail</b>	
<b>Class Participation</b>	<b>10 Marks</b>	
<b>Final Examination**</b>	<b>20 marks</b>	<b>– in class Feb. 26</b>
<b>Total</b>	<b>100 marks</b>	

**NOTE: STUDENTS MUST COMPLETE ALL COMPONENTS OF THE EVALUATION IN ORDER TO QUALIFY FOR COURSE CREDIT**

**\* students who are unable to complete the practical requirements of the course due to authorized absence, or injury will be given a Standing deferred in Hkin 115F until practical requirements are completed**

**\*\* students who know, in advance that, due to authorized absence, or unavoidable circumstances, they cannot complete the graded work requirements of the course, according to the above schedule and who wish to request special consideration, MUST make prior arrangements with the instructor.**