

**CSUN Department of Kinesiology  
Kin 250 GY Gymnastics Sport Skills**

**INSTRUCTOR** - Mj Smith, MS

**OFFICE/HOURS** - RE 255 TBA

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**COURSE DESCRIPTION**

Designed for KIN majors to develop basic skills, knowledge of concepts, rules, teaching strategies, and spotting techniques in the sport of gymnastics.

**COURSE OBJECTIVES**

At the conclusion of the course, the student will be able to:

1. Perform a routine of their own design, based upon a predetermined list of skills, on one of the apparatus.
2. Perform selected skills, at level of expertise, on each piece of equipment.
3. Learn the difference between a teaching and safety spot and be able to correctly explain and spot the skills learned.
4. Demonstrate proper warm-up and cool-down; flexibility and strength development exercises.
5. Show a working knowledge of the correct care and maintenance of the equipment and the environment.
6. Show a basic knowledge of the basic rules for scoring men's and women's events.

**LEARNING RESOURCES/ACTIVITIES**

1. Handouts
2. Lectures
3. Demonstrations
4. Evaluations/Scoring
5. Skills/Knowledge Testing
6. Practice and Performance

**EVALUATION PROCEDURES**

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|---------------------------|-------|
| 1. Knowledge Exam         | - 30% |
| 2. Skills Tests           | - 40% |
| 3. Routine                | - 10% |
| 4. Peer Teaching/Spotting | - 20% |

**CLASS MANAGEMENT**

1. Student must be dressed appropriately: leggings, yoga pants, exercise camisole, bike shorts, shorts, tucked in or tight T-shirt, sweats; hair pulled back, no clips; no gum.
2. Warm up to be done on own after equipment is set up.
3. No one is allowed on equipment without warming up first.
4. Equipment must be set up and used appropriately.
5. Students should be engaged in activity at all times, either preparing to do a skill, attempting a skill, observing or spotting a skill.
6. THREE absences shall be permitted without an effect on the final grade. Each additional absence lowers grade by one full letter grade. No credit will be given for the course if more than SIX absences. All absences are counted. Three late arrivals or non-participates will count as one absence. Absences may be made up with approval of instructor, but only those due to extraordinary circumstances.

**TEXT: Teaching Basic Gymnastic, a Coeducational Approach, Third Edition.** Cooper, P. and Trnka, M. MacMillan College Publishing Company, 1994.

**KIN 250 GY  
MEN'S GYMNASTICS  
SPORT SKILLS**

An average minimum score of 2.0 is needed to pass the tumbling and gymnastics skills test. The greater the difficulty of skill, the higher the score. Not all skills listed need to be mastered, one can be spotted for reduced credit. Spotting techniques are required on all skills.

<b>FLOOR</b>	<b>EXERCISE</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>ROLLS</b>	Forward roll	Fwd Straddle roll	Dive roll	
	Backward roll	Bwd Straddle roll	Back Extension	
<b>BALANCES</b> (3 seconds)	Tripod	Held Headstand	Headstand fwd roll	
	Teeter Totter	Held Handstand	Handstand fwd roll	
<b>FLEXIBILITY</b>	Bridge (Back bend)	Scale	One leg balance	
<b>LEAPS/JUMP</b>	Stride leap	Straddle toe touch	Pike toe touch	
<b>STUNTS</b>	Cartwheel	1 arm cartwheel	Dive Cartwheel	
	Round off	Hurdle Round off	Both & rebound	
	Mule Kick	Handstand pop	Kip	
<b>EXTRA CREDIT</b>			Handspring	
<b>VAULT</b>		<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>SQUAT</b>	Spring to knees jump off	Spring to squat jump off	Squat vault	
<b>STRADDLE</b>	Spring to straddle	Straddle on, jump off	Straddle vault	
<b>FLANK</b>	Flank Vault w/ bent hip	Flank Vault in Layout position	Flank Vault in layout position w/ amplitude	
<b>FRONT</b>	Front Vault w/ bent hip	Front Vault in Layout position	Front Vault in layout position with amplitude	

## SPORT SKILLS

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<b>PARALLEL BARS</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>MOUNTS</b>	Jump to fnt support	Single leg straddle cut dominant leg	Single leg straddle cut non dominant leg
<b>SUPPORTS/ SWINGS</b>	Basic Swings in hand & upper arm	Upper arm in pike pos.	Front Hand L support
<b>LOW SKILLS</b>	Hand travel forw/backw	Straddle travel forw/backw	Forward shoulder roll to straddle seat
<b>BALANCES</b>	Shoulder stand	Swing to shoulder stand	Shoulder stand to forward roll
<b>DISMOUNTS</b>	Rear w/ 1/4 turn	Rear w/ 1/2 turn	Front

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<b>POMMEL HORSE</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>MOUNTS</b>	Jump to stride leg support cc or clkw	Jump to rear support	1/2 double leg circle to rear support
<b>LEG CUTS/</b>	Single leg cut w/ dominant leg	Single leg cut w/ non-dominant leg	Alternating leg cuts w/ R and L
<b>LEG CIRCLES</b>	Single leg circle w/ R ccw or L cw	Single leg circle w/ L ccw or R cw	Single leg circle w/ dom. leg both cw & ccw
<b>DISMOUNTS</b>	Single leg swing Fwd or bwd	Flank to left	Flank w/ 90 degree turn or rear dismount

**KIN 250 GY  
WOMEN'S GYMNASTICS  
SPORT SKILLS**

An average minimum score of 2.0 is needed to pass the tumbling and gymnastics skills test. The greater the difficulty of skill, the higher the score. Not all skills listed need to be mastered, one can be spotted for reduced credit. Spotting techniques are required on all skills.

<b>FLOOR</b>	<b>EXERCISE</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>ROLLS</b>	Forward roll	Fwd Straddle roll	Dive roll	
	Back Shoulder roll	Backward Roll	Back Straddle Roll	
<b>BALANCES</b> (3 seconds)	Tripod	Held Headstand	Headstand fwd roll	
	Teeter Totter	Held Handstand	Handstand fwd roll	
	Attitude	Scale	One Leg Balance	
<b>FLEXIBILITY</b>	Bridge (Back bend)	Walk down wall & back up	Back bend from stand & back up	
<b>STUNTS</b>	Cartwheel	1 -arm cartwheel	Dive Cartwheel	
	Round off (no run)	Hurdle Round off	Hurdle Round off & rebound	
	Mule Kick	Handstand pop	Kip	
<b>EXTRA CREDIT SKILLS</b>				
	Backbend kickover Limber	Back walk over Front Walkover	Back Handspring Handspring Back Extension	

<b>DANCE</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>URNS</b>	Pirouette	Chaines Turns	Coupe'Turns
	Grand Battement	Battement Tourney	Tour Jete
<b>LEAPS/JUMPS</b>	Cat Leap	Chasse' Step Leap	Straddle toe touch
	Hitch Kick	Cabriole	Scissors

**KIN 250 GY/KIN 161 A  
WOMEN'S GYMNASTICS  
SPORT SKILLS**

<b>BALANCE</b>	<b>BEAM</b>	<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>MOUNTS</b>		Front support to staddle sit	Step on side	Stradle, squat or Their Vault
<b>WALKS</b>		Dip walk forward/backward	Chasse (step together step)	Glissade (Slide side wards)
<b>HOP/LEAP/JUMPS</b>		Step hop/skip	Cat Leap	Stride leap
		Changement	Crouch jump	Cabriole
<b>TURNS</b>		Crouch	Tip toe	Pirouette
<b>LOW BALANCE</b>		V sit	Knee scale	One arm knee scale (3 seconds)
<b>HIGH BALANCE</b>		Body Wave	Scale/arabesque	One leg balance(3 seconds)
<b>DISMOUNTS</b>		Straddle toe touch Or front vault	Round off	Cartwheel
<b>EXTRA CREDIT SKILLS</b>				
<b>TUMBLING</b>		Forward roll w/ under grip	Forward roll w/ out under grip	Cartwheel
		English Handstand	Side Handstand	Handstand press down
<b>VAULT</b>		<b>2.0</b>	<b>3.0</b>	<b>4.0</b>
<b>SQUAT</b>		Spring to knees or squat	Squat on, jump off	Squat vault
<b>STRADDLE</b>		Spring to straddle	Straddle on, jump off	Straddle vault
<b>FLANK</b>		Flank Vault w/ bent hip	Flank Vault in Layout position	Flank Vault in layout position w/ amplitude
<b>FRONT</b>		Front Vault w/ bent hip	Front Vault in Layout position	Front Vault in layout position with amplitude