

Syllabus for
HPER 033 — Intermediate/Advanced Gymnastics
1.0 Credit Hour
Spring 2000

I. COURSE DESCRIPTION

Designed for the student who has at least intermediate gymnastic skills. The course is designed to allow the student to practice and acquire skills necessary for participation in floor exercise, balance beam, parallel bars, uneven bars, vaulting, and pommel horse.
Prerequisites: HPER 001 and HPER 002, or Grad Health Fitness 503.

II. COURSE GOALS

The purpose of this course is to enable the student to do the following:

- A. develop an appreciation for competitive gymnastics.
- B. develop and perform optional routines.
- C. understand and appreciate the social, economic, and entertainment aspects of gymnastics in American life.
- D. understand how gymnastics fits into the aerobic program.
- E. understand how the sport of gymnastics can contribute to the development of the whole person.

III. COURSE OBJECTIVES

As a result of successfully completing this course, the student will be able to do the following:

- A. develop and perform optional routines.
- B. improve muscular/skeletal fitness through participation in gymnastics.
- C. demonstrate their health fitness by completing the Aerobic Log Activity Book, passing the field test, and maintaining percent body fat in the acceptance range.

IV. TEXTBOOK

ORU Aerobic Activity Log Book.

V. POLICIES AND PROCEDURES

- A. University Policies and Procedures
 - 1. Attendance at each class or laboratory is mandatory at Oral Roberts University.
 - 2. Double cuts will be assessed for absences immediately preceding or following holidays.
 - 3. Excessive absences can reduce a student's grade or deny credit for the course.

4. Students taking a late exam because of an unauthorized absence will be charged a late exam fee.
5. Students and faculty at Oral Roberts University adhere to all laws addressing the ethical use of others' materials, whether it is in the form of print, video, multimedia, or computer software.

B. Department Policies and Procedures

1. Field Test Policy
 - a. must be taken every semester in each enrolled activities class.
 - b. must be administered by students' activities class instructor during the scheduled class time.
 - c. automatic failure for cheating on field test or assisting another to cheat.
2. HPER 033 course may only be taken twice for credit. Additional 033 classes may be taken but will not count toward ORU/HPER activity requirements for graduation.
3. Class Attendance
Student is expected to attend and participate in all class activities unless administratively excused. Only administrative excuses on the proper form are accepted. Excessive absences can reduce a student's grade or deny credit for the course. **Illness and injuries are not considered excused absences.**

Unexcused Absences	Percentage Subtracted From Final Grade
1-3	0%
4	10%
5	20%
6	30%
7	Fail the Course

Every two tardies are considered an unexcused absence. Arriving late to class causes disruption and demonstrates a lack of respect for the instructor and the University.

C. Course Policies and Procedures

1. Evaluation Procedures
 - a. Health Fitness
 1. Aerobic Points 10%
 2. Field Test 30%
 3. Body Composition 10%

Students currently over the maximum body composition standard (20% men/30% women) should enroll in HPER 092—Exercise and Weight Control and drop this class.
 - b. Class Participation 10%
 - c. Skill and Knowledge of the compulsory activity routines 40%
 - d. Grading for the courses is as follows:

A=90%
B=80%
C=70%
D=60% Less than 60% = 'F'/Failed Course

2. Health Fitness Standards

BODY COMPOSITION (Women add 10 to each standard below)

Levels of Fitness	Points Toward Grade	Age				
		Under 25	25-34	35-44	45-54	55+
Unhealthy	0	<5%	<5%	<5%	<6%	>7%
Athletic	10	5-10	5-10	5-10	6-11	7-12
Healthy	10	11-15	11-15	11-16	12-18	13-19
Acceptable	5	16-20	16-22	17-24	19-26	20-28
Unhealthy	0	>20	>22	>24	>26	>28

AEROBIC POINTS

(Average Weekly Amount for 13 Weeks)

<u>Level of Fitness</u>	<u>Points Toward Grade</u>	<u>Weekly Aerobic Points</u>
Excellent	10	50+
	9	45
Good	8	40
	7	35
Average	6	30
	5	25
Fair	4	20
	3	15
Poor	2	10
	1	5

FIELD TEST STANDARDS
3-MILE RUN, 7 ½-MILE CYCLE, AND 1,100-METER SWIM
(Women add 3 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	21:00	22:00	23:00	24:00	25:00
	28	22:00	23:00	24:00	25:00	26:00
Good	26	23:00	24:00	25:00	26:00	27:00
	24	24:00	25:00	26:00	27:00	28:00
Average	22	25:00	26:00	27:00	28:00	29:00
	20	26:00	27:00	28:00	29:00	30:00
	18	27:00	28:00	29:00	30:00	31:00
Fair	16	28:00	29:00	30:00	31:00	32:00
	14	29:00	30:00	31:00	32:00	33:00
Poor	12	30:00	31:00	32:00	33:00	35:00
	10	31:00	32:00	33:00	35:00	37:00
Very Poor	8	32:00	33:00	35:00	37:00	39:00
	6	33:00	35:00	37:00	39:00	41:00
	4	35:00	37:00	39:00	41:00	43:00
	2	37:00	39:00	41:00	43:00	45:00

3-MILE WALKING
(Women add 2 minutes to each time below)

<u>Level of Fitness</u>	<u>Points</u>	<u>Under 25</u>	<u>25-34</u>	<u>35-44</u>	<u>45-54</u>	<u>55+</u>
Excellent	30	33:00	35:00	37:00	39:00	41:00
	28	34:00	36:00	38:00	40:00	43:00
Good	26	35:00	37:00	39:00	41:00	45:00
	24	36:00	38:00	40:00	43:00	47:00
Average	22	37:00	39:00	42:00	45:00	49:00
	20	38:00	41:00	44:00	47:00	51:00
	18	39:00	43:00	46:00	49:00	53:00
Fair	16	41:00	45:00	48:00	51:00	55:00
	14	43:00	47:00	50:00	53:00	57:00
Poor	12	45:00	49:00	52:00	55:00	59:00
	10	47:00	51:00	54:00	57:00	61:00
Very Poor	8	49:00	53:00	56:00	59:00	63:00
	6	51:00	55:00	58:00	61:00	65:00
	4	53:00	57:00	60:00	63:00	67:00
	2	55:00	59:00	62:00	65:00	69:00

VI. COURSE CALENDAR

Week	Topic/Content
1	Introduction, Review Syllabus
2/3	Floor Exercise
4	Bars
5	Vault
6	Beam
7	Pommel Horse
8	Rings
9-12	Develop and practice optional routines
13	<i>Field Test</i> and Body Composition
14	Turn in Aerobic Activity Log Book and perform routines
15	Perform routines

Huber, Dr. Fritz
Instructor

HPER 033
Course No.

Interm/Advanced Gymnastics
Title of Course

HPER
Name of I

MISSION

The lifestyle at ORU is rooted in the word "Wholeness." ORU seeks to educate the whole person, with balanced emphasis placed on the development of mind, spirit, and body.

GENERAL OUTCOMES

1. Spiritual Development
2. Physical Development
3. Communication
4. Analysis
5. Problem Solving
6. Valuing in Decision-making
7. Social Interaction
8. Global Perspectives
9. Effective Citizenship
10. Aesthetic Responsiveness

MAJOR OUTCOMES

Physical Development: To develop and acquire the skills and knowledge to participate in gymnastics.

Analysis: To participate in team play and team strategies.

Social Interaction: To participate in the intramural program.

COURSE GOALS

To develop the basic skills for participation and enjoyment in the sport of gymnastics.

To develop and maintain aerobic fitness.

ASSESS
GOALS

STIMUL

Aerobic
Field Te
Body Co
Gymnas
Class Pa

CRITER

Aerobic
Field Te
Body Co
Gymnas
Class Pa

Other Course Information

1. Requirements for optional routines:

		<u>Men</u>	<u>Women</u>
a.	Floor Exercises	3 tumbling passes 2 balance holds 1 strength move 1 flexibility move	2 tumbling passes 1 leap series 2 balance holds dance moves
b.	Vault	long horse 2 different skills	side horse 2 different skills
c.	Uneven Bars		2 directional changes 10 skills 2 bar changes 1 release move
d.	Parallel Bars	1 bold balance 1 strength 1 release move 1 beneath the bar 1 change of direction 8 skills	
e.	Beam		1 balance hold 1 flexibility move 1 leap series 1 tumbling pass 2 change of direction 5 passes (3 half, 2 full)
f.	Pommel Horse	use all parts 1 circle skill 1 cuts or scissor 8 skills	
g.	Rings	1 strength skill 1 balance hold 1 skill on top 1 full circle swing 8 skills	

